



## IEHA Program Lesson Submission

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<b>Topic Title:</b>	Take Time For Your Health
<b>Topic Description:</b> <small>(Information should be researched, educational, approved for use (if you are not the author, seek approval from materials author), and presented in a format that would allow an individual to read, study, and teach to other peers. <b>All copyright issues should be resolved before submission.</b>)</small>	Does your family, job, volunteer work, housework, responsibilities and hobbies make it seem impossible to live a healthy lifestyle? Is your calendar too full to workout for 60 minutes a day? Do you lack motivation and energy for exercise? At the end of the day, do you feel too tired to fix a healthy meal? No time for sickness? If you answered yes to any of these questions this class might be what you need to make healthy choices without a huge time commitment. This program will address the following (a) Eat Healthy, (b) Be Active, (c) Protect Yourself, (d) Manage Stress, (e) Get Regular Check-ups.
<b>Short Goal/Objective Statement for Lesson:</b>	Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. Taking personal action to prevent chronic diseases can be done with simple healthy behaviors covered in this lesson.

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## Take Time For Your Health

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### Description:

Do you often find yourself saying “I don’t have time for this?” Does your family, job, volunteer work, housework, responsibilities and hobbies make it seem impossible to live a healthy lifestyle. Is your calendar too full to work out for 60 minutes a day? Do you lack motivation and energy for exercise? At the end of the day, do you feel too tired to fix a healthy meal? No time for sickness? If you answered yes to any of these questions this class might be what you need to make healthy choices without a huge time commitment.

### Goal Statement:

A little bit of time spent towards good health practices can really add up to saving money and preventing long term illness and disease. Prevention can come in travel sizes with BIG rewards! In the words of Benjamin Franklin – *“An ounce of prevention is worth a pound of cure.”*

### Lesson Plan and Directions:

Introduce the 5 areas of healthy living:

1. Eat Healthy
2. Be Active
3. Protect Yourself
4. Manage Stress
5. Get Regular Check-ups

After you have provided an overview of each area listed above, present additional details regarding each area of health as presented in the Lesson Plan.

**Goal Setting Activity:** Practice writing SMART goals based on 5 areas of healthy living presented in the program.

### Resources

<https://www.cdc.gov/>

## Lesson Plan: Take Time for Your Health

**Chronic diseases** are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$4.1 trillion in annual health care costs.

Many chronic diseases are caused by the following list of risky behaviors:

- **Tobacco use and exposure to secondhand smoke.** Stopping smoking (or never starting) lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease, as well as premature death—even for longtime smokers.
- **Poor nutrition,** including diets low in fruits and vegetables and high in sodium and saturated fats.
- **Physical inactivity.** Lack of activity can hinder your brain health, cause weight gain, increase the risk of disease, weaken bones and muscles, and decrease your ability to do everyday activities.
- **Excessive alcohol use.** It is recommended to limit intake to 2 drinks or less in a day for men or 1 drink or less in a day for women, on days when alcohol is consumed.

**The following FIVE areas of healthy living will be the focus of this lesson.**

### 1) Eat Healthy

- ✓ Eat a variety of fruits and vegetables – Aim to make half your plate full of fruits and vegetables
- ✓ Eat whole grains every day – half of the grains you eat should be **whole** grains
- ✓ Eat and drink fat free or low-fat dairy products – fat free or low-fat milk and cheese is recommended
- ✓ Choose lean meats such as chicken and fish – If the meat you are preparing has any visible fat, please remove it from meats before cooking. Drain grease from meat before eating as well.
- ✓ Eat nuts and seeds as a good source of protein over high fat meats
- ✓ Limit foods and drinks high in calories, sugar, salt, fat and alcohol
- ✓ Drink water to stay hydrated and replace drinks high in sugar
- ✓ Avoid oversized portions

### 2) Be Active

Adults are recommended to be physically active for a minimum of 150 minutes a week (That's only 20 min a day) Activities should raise your breathing and heart rate. 10 minutes at a time is fine. We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time. Aerobic activity or "cardio" gets you breathing harder and your heart beating faster.

Strengthening your muscles is also important. Besides aerobic activity, you need to do things to make your muscles stronger at least 2 days a week. These types of activities will help keep you from losing muscle as you get older. Muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help.

Many benefits of physical activity include (but not limited to):

- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer
- Reduce arthritis pain and associated disability
- Reduce risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety
- Better Sleep
- Weight Management
- Better balance and overall strength
- Controls blood sugar and blood pressure
- Helps to improve cholesterol

### **3) Protect Yourself and Others**

- ✓ Wear seat belts, sunscreen and insect repellent, and helmets
- ✓ Prevent germs from spreading by washing hands often
- ✓ Avoid drugs, excess alcohol, tobacco use and breathing other people's smoke
- ✓ Prepare for emergencies by having an escape plan in case of fire. Make an emergency kit.
- ✓ Practice food safety – keep cold food cold and hot food hot. Use clean utensils and countertops when preparing food. Wash your hands between tasks. Keep raw meats separate.
- ✓ Don't drive distracted. Keep phones out of reach while driving. Don't eat while driving. Eliminate distractions that take your eyes off the road or hands off the wheel.

### **4) Manage Stress**

- ✓ Balance work, home and play
- ✓ Maintain healthy relationships with family and friends
- ✓ Stay positive and SMILE 😊 and LAUGH every day and often
- ✓ Take time to relax – enjoy hobbies that allow you to relax
- ✓ Don't wait to get counselling if you need it
- ✓ Get 7-9 hours of sleep each night

### **5) Get Regular Check-ups and Screenings**

- ✓ Ask your doctor how you can lower your risk of illness based on your lifestyle and health history
- ✓ Get recommended health tests, screenings and vaccinations as scheduled
- ✓ Have yearly physical even if you don't feel sick or have any health concerns

**Goal Setting Activity:**

Hand out 3x5" index card or piece of paper to each participant. Remind them of the 5 areas of healthy living:

1. Eat Healthy
2. Be Active
3. Protect Yourself
4. Manage Stress
5. Get Regular Check-ups

Have everyone identify at least 1 area to set a specific goal to work on and write it down on the note card/paper. Explain to that goals that are written in SMART format are more likely to be successful. **SMART** goals are written in the format of the acronym below.

**S**pecific  
**M**easurable  
**A**chievable  
**R**ealistic  
**T**ime Specific

Goal Example: Drink a minimum of 8, 8 oz glasses (64 oz) of water each day.

**S**pecific – drink water

**M**easurable – 64 oz

**A**chievable – 8 glasses spread out across the day

**R**ealistic – If you are awake 7 AM – 10 PM every day, that's about 4 ¼ oz each hour you are awake

**T**ime Specific - Daily