

The Six Most Important Health Habits

Guided Discussion Outline Health 5-Mrs. Maus

Name: _____ Hour ____

Does this outline count toward my grade? _____ Is it ok to recycle or throw it away? _____

1. Getting Regular and Adequate Amounts of Sleep

- Kids aged 9-12 need how many hours of sleep each night? ____ to ____
- What happens in the body during sleep? 1. _____ 2. _____
3. _____
- What is the most important body part growing and recovering during sleep?

- What are some effects of NOT getting proper sleep each night?(list at least 3)

2. Engaging in Regular Physical Activity

- To stay healthy or improve health, how many HOURS of exercise do you need every day? ____
- How many days a week do you need to exercise? ____
- Exercise is classified as either aerobic or anaerobic. Which improves your heart health? _____ How?

- What are some of your favorite activities that are considered aerobic exercise?

(list at least 5)
- How does regular physical activity help to maintain weight?

3. Eating Regular Well-Balanced Meals

- It is best to eat ____ small meals at _____ times during the day. Why?

- Having a healthy snack in between meals is recommended so you never get too hungry. List 3 healthy snack ideas that you would enjoy that we discussed in class:

4. Never Miss Breakfast

5. Maintaining a Healthy Body Weight

6. Don't Use Tobacco, Alcohol or Drugs