

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.



10 HOURS OF SLEEP

Aim for 10 hours of restful sleep. When we don't get enough sleep it affects our bodies, minds, emotions and behaviours. Such as: hyperactivity, easily hurt feelings, difficulty focusing and potentially long-term health effects.



5 SERVINGS OF FRUITS AND VEGGIES

Veggies and fruits have vitamins, minerals and fibre that help us grow. Aim for 5 or more servings everyday to help build strong bodies and minds. Veggies and fruits give us energy to keep us going throughout our busy days.



2 HOURS OR LESS OF TV/SCREEN TIME

When we are plugged in too much for our down time we aren't making time for all the other great things around us like; playing, biking, walking, gardening. Families can: Take a break. Turn it off. Unplug & Play. Throughout the day.



1 HOUR OF PHYSICAL ACTIVITY/PLAY

Every step and movement we take or make throughout our day helps to make our mental and physical health better. Aim for 60 minutes of active play everyday. You can do it all at once or add smaller amounts of time throughout the day.



0 SUGAR SWEETENED BEVERAGES

Choose water first for thirst. Water contains no sugar, is free and is an environmentally sound choice when we use a refillable bottle. We win and the earth wins! Look for water refill stations, water fountains, the Blue W and taps because when we don't drink enough water we can feel tired, muscle weakness and irritability.

MONEY



Money plays a role in all areas of our life. Money even affects our health. Money impacts the choices we make from our housing, to the activities we participate in, right down to the noodles we buy. There is help. Connect with somebody.

MENTAL HEALTH



Our thoughts, feelings and emotions play a role in how we deal with stress, connect to other people and make choices. Mental health is important throughout our entire life, from childhood to teenage years and adulthood. It can change over time or with things we don't expect. We can all build skills that help us handle our thoughts, feelings and emotions to help us live healthy lives.

FAMILY LIFE



Let's face it, family life can be messy at times and wonderful at others. Yikes! No one has an instruction manual but that doesn't mean we can't learn skills and tricks to survive and thrive.

- WANT TO LEARN MORE? -

EXPLORE HEALTH IN SOUTH GEORGIAN BAY

Check out our interactive health map of South Georgian Bay to explore more ways to build health into your everyday life. Visit our website at www.bewellcommunity.ca to discover our community in a whole new way.

