



## **Crafting Your Plan for Health and Wellness**

**Three Semester Credits/Units – EDUO 9780**

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### **Course Description**

This course supports the notion that creating and maintaining health and wellness is a skill that can be learned and sustained. The course will arm teachers with appropriate information that will result in a fitness plan designed to fit their own lifestyle

### **Class Goal**

The teacher will receive information that will help in creating a plan that will lead towards a lifestyle of health and wellness.

### **Class Objectives**

The teacher will

- 1. Receive health and wellness information concerning:**
  - A. chemical makeup of the human body**
  - B. physical needs**
  - C. mental health**
- 2. Create an individual health and wellness life style plan**

## GRADING RUBRIC

Exemplary: A+ to A-	Acceptable: B+ to B-	Unacceptable: Must be resubmitted
Reflective, thoughtful ideas relevant to the assignment are clearly stated	Presents some relevant ideas and connections to the assignment	Ideas are not clear or relevant
Very well organized	Generally well organized	Shows little or no organization
Numerous fact and specific details of the personal health and wellness program are presented	Some facts and specific details of the program are presented	Few or no facts or specific details are presented of the program
Free of spelling and/or grammatical errors	Writing contains a few spelling and/or grammatical errors	Numerous spelling and/or grammatical errors make the writing difficult to read

## ASSIGNMENTS

### Before You Get Started

#### **Strengths and Weaknesses of Your Current lifestyle**

Create two lists of what you believe to be 1-strengths or 2-weaknesses of your current lifestyle. You will not have to make this list public or turn it in as an assignment, so be honest and conscientious. The assessment is for your own benefit and will be used in creating your individual plan at the end of the course. During the course as you learn new information, you will be given opportunities to adjust your list for additional assets or liabilities.

# Chemical issues

## A. Harmful Foods and Additives

**A1 Read the following resources and describe the negative effects (mental and/or physical) of each chemical/additive**

A1a Negative Effects of Caffeine

- <http://www.caffeineinformer.com/harmful-effects-of-caffeine>
- <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>

A1b Negative Effects of Artificial Sweeteners

- <http://www.medicaldaily.com/4-dangerous-effects-artificial-sweeteners-your-health-247543>
- <http://www.health.harvard.edu/blog/artificial-sweeteners-sugar-free-but-at-what-cost-201207165030>

A1c Negative Effects of Partially Hydrogenated Oils

- [http://www.naturalnews.com/024694\\_oil\\_food\\_oils.html](http://www.naturalnews.com/024694_oil_food_oils.html)
- <http://www.livestrong.com/article/272066-why-is-hydrogenated-oil-bad-for-you/>

A1d Negative Effects of Artificial Preservatives

- <http://www.livestrong.com/article/325437-harmful-effects-of-preservatives-in-foods/>
- <http://livehealthy.chron.com/effects-food-preservatives-human-body-6876.html>

## A2 Harmful Foods

After reading the following resources, answer questions A2a- d

- [https://www.yahoo.com/health/30-worst-foods-heart-205700306.html?soc\\_src=mailandsoc\\_trk=ma](https://www.yahoo.com/health/30-worst-foods-heart-205700306.html?soc_src=mailandsoc_trk=ma)
- <http://www.prevention.com/food/healthy-eating-tips/foods-cause-inflammation>
- <http://bembu.com/most-unhealthy-foods>

A2a. Were there commonalities among some of the unhealthy foods?

A2b. If so, what are they?

A2c. Were you surprised by any of the mentioned foods? Which ones?

A2d. Have you eaten any of these foods in the past week?

## A3 Reflection

To complete section **A**, make a written comment on **your** own food intake before starting this course and (without proselytizing) some observations about what those around you are consuming.

## B. Hydration for Performance

Read and study the following two resources.

- <http://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/04/Influence-of-Hydration-on-Cognition.pdf>
- <http://www.h4hinitiative.com/book/print/890>

B1. What results were concluded from the two studies regarding hydration and cognitive performance?

Read and study the following two resources.

- <https://www.healthykids.nsw.gov.au/kids-teens/choose-water-as-a-drink-kids.aspx>
- <http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

According to the resources above:

B2 Did you drink enough water daily when you were a student?

B3 Do you drink enough water daily today?

B4 What are some helpful tips that you can share with your students and yourself in regards to hydration?

## C. Foods that Enhance Brain Function

Read and study the following four resources.

- <http://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>
- <http://www.webmd.com/add-adhd/ss/slideshow-brain-foods-that-help-you-concentrate>
- <http://www.webmd.com/diet/eat-smart-healthier-brain>
- <http://www.rd.com/health/conditions/best-brain-food/>

C1. What surprised you the most about the material in the four above resources?

C2. Which foods mentioned in the above resources were not consistently a part of your diet when you were a student?

C3. Are there any that still are not consistently a part of your diet today – if so name them.

C4. Assuming that there are more foods listed in C2 than in C3 – state why you think that as an adult one consumes more brain foods than when he/she was a student and probably needed them more?

C5. State how you might convey your answer in C4 effectively to your students.

## POPULAR Food Plans

While some food plans target weight loss, others seek to decrease inflammation in the body and/or provide general well being. Most importantly, our bodies require necessary nutrients, vitamins, and minerals to support healthy functioning systems including the brain. The following section will provide information for some popular food plans. As you acquire information, continue to think about the benefits for yourself and your students from the standpoint of physical and cognitive function.

### D1. Paleo

Read the following three resources and answer questions D1a, b, and c.

- <http://thepaleodiet.com/what-to-eat-on-the-paleo-diet/#.VpEYM7YrLIU>
- <http://www.paleodietevolved.com/benefits-of-the-paleo-diet.html#.VpEYerYrLIU>
- <http://www.upmc.com/services/sports-medicine/newsletter/pages/paleo-diet.aspx>

D1a Describe briefly the Paleo Food Plan.

D1b Did anything you read surprise you? Explain

D1c Which parts of this plan would you **consider** following? Explain

### D2. New Atkins

Read the following two resources and answer questions D2a and b.

- <http://www.dailymail.co.uk/femail/article-1105208/The-All-New-Atkins-Diet-Plan-lets-eat-forbidden-carbs-STILL-lose-weight.html>
- <http://www.freedieting.com/new-atkins-diet.htm>

D2a Briefly describe the New Atkins Plan.

D2b List or describe some differences between the Paleo and Atkins food plans.

### D3. South Beach

Read the following three resources and answer questions D3a and b.

- <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/south-beach-diet/art-20048491>
- <http://www.south-beach-diet-101.com/learn/south-beach-diet-pros-cons.html>
- <http://www.betterhealthusa.com/public/251.cfm>

D3a Briefly describe the South Beach food plan.

D3b What are the major pros and cons to this plan?

### D4. Zone

Read the following two resources and answer questions D4a and b.

- <http://www.webmd.com/diet/a-z/zone-what-it-is>
- <http://crossfitimpulse.com/the-zone-diet-explained-edited/>

D4a Write a paragraph describing the Zone food plan.

D4b Outline a typical meal plan for three days on this plan.

## **D5. Weight Watchers**

Read the following three resources and answer questions D5a, b and c.

- <http://health.usnews.com/best-diet/weight-watchers-diet>
- <http://www.webmd.com/diet/a-z/weight-watchers-diet>
- [http://www.weightwatchers.com/util/art/index\\_art.aspx?tabnum=1&art\\_id=65271&ndsc=3002](http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=65271&ndsc=3002)

D5a What is the basic premise of the weight Watchers food plan?

D5b What surprised you the most about this plan?

D5c What are the motivating factors of this plan?

**D5d** What is Your Food Plan?

Describe a food plan that would be best for you and explain why that is. (this could be one of the above five or parts of each or parts of some or something entirely different).

## **Assignment E**

### **Many Times the Teacher Learns as Much as the Students When Preparing a Teaching Lesson for the Students!**

Assignment E is given with the above statement in mind

**This is not a lesson plan!!!**

It is simply ideas. Within the curriculum you are assigned to teach, how could you transmit nutritional wisdom to your students and get them to want to make changes (small or large) in their eating behavior.

**Return to Your Strengths and Weaknesses list for any changes you might make at this time.**

## **Mental**

### **F. Sleep**

Read and study the following two resources

- <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times>
- <http://www.sleepforkids.org/>

Chart your sleep for one week and then respond to the following:

**F1** How many hours did you average?

**F2** Did you get enough sleep according to the sleep foundation?

Read and study the following three resources

- <http://www.universityherald.com/articles/11540/20140924/sleep-disturbance-academic-performance-adolescents-uppsala-sweden.htm>
- <http://www.news-medical.net/news/20121122/Sleep-deprivation-could-affect-academic-performance-of-college-students.aspx>
- <http://breakingmuscle.com/health-medicine/how-sleep-deprivation-fries-your-hormones-your-immune-system-and-your-brain>

**F3** In looking back at your life, reflect upon your sleep habits as to its effect upon your performance as a student and a teacher.

Read and study the following resource

- <http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm>

**F4** Make a written comment about the parts that this resource relates to you.

## **G. Anxiety, Stress and Tension**

**G1** Describe briefly an occurrence in your life when anxiety, stress and/or tension got the better of you.

**G2** After reading and studying the following three resources, state how knowing some of the information in them could have helped you in the occurrence described in G1.

- <http://www.wikihow.com/Live-a-Stress-Free-Lifestyle>
- <http://zenhabits.net/10-simple-ways-to-live-a-less-stressful-life/>
- <http://www.pickthebrain.com/blog/7-steps-to-positive-self-talk/>

**G3** List three stress free ways identified in the above resources that you would recommend to your students to help them to cope with life.

**G4** Why did you choose the three methods you listed in G3?

## **H. Relaxation**

Read and study the following resource

- <http://psychcentral.com/blog/archives/2013/05/24/20-ways-to-relax-unwind/>

Of the twenty ways to relax and unwind, pick the three that appeal most to you and tell why.

**H1 –H3**

View the following Ted Talk by Daniel Levitin on how to stay calm when you know you will be stressed

- [http://www.ted.com/talks/daniel\\_levitin\\_how\\_to\\_stay\\_calm\\_when\\_you\\_know\\_you\\_ll\\_be\\_stressed/transcript?language=en](http://www.ted.com/talks/daniel_levitin_how_to_stay_calm_when_you_know_you_ll_be_stressed/transcript?language=en)

**H4** Before stressful situations occur in the classroom, what systems can you put in place that will allow you to remain relaxed and calm when they occur?

**Return to Your Strength and Weakness list for any changes you might make at this time.**

## **I. Physical**

**Watch the following Ted Talk then complete question I1.**

- [http://www.ted.com/talks/emily\\_balcetis\\_why\\_some\\_people\\_find\\_exercise\\_harder\\_than\\_others](http://www.ted.com/talks/emily_balcetis_why_some_people_find_exercise_harder_than_others)

**I1.** Describe three salient points that Emily makes in her talk.

**Read the Surgeon General's statement below, then complete I2**

Engaging in regular physical activity is one of the most important things that people of all ages can do to improve their health. Physical activity strengthens bones and muscles, reduces stress and depression, and makes it easier to maintain a healthy body weight or to reduce weight if overweight or obese. Even people who do not lose weight get substantial benefits from regular physical activity, including lower rates of high blood pressure, diabetes, and cancer. Healthy physical activity includes aerobic activity, muscle strengthening activities, and activities to increase balance and flexibility. As described by the Physical Activity Guidelines for Americans, adults should engage in at least 150 minutes of moderate-intensity activity each week, and children and teenagers should engage in at least one hour of activity each day.

- <https://search.yahoo.com/yhs/search?p=physical+activity+guidelines+for+americans&dei=UTF-8&andhspar=mozillaandhsimp=yhs-003>

**I2.** List the physical activities (and approximate minutes) that you perform in a given week.

**I3.** Now consider the Five Components of Health Related Physical Fitness and the primary benefits of each, and then answer questions I3a, b, and c.

1. Cardiovascular Endurance-decrease risk of arteriosclerosis, anxiety, and depression  
<https://www.innerbody.com/image/cardov.html>

2. Muscular Strength-decrease risk of osteoporosis and improves tissue integrity
  - [http://index.about.com/index?am=exactandq=muscular+strength+exercisesandan=msn\\_sandaskid=664de86c-b496-462d-ba40-0a4752aef5f7-0-ab\\_mseanddqj=andqsrc=999andad=semDando=4349andl=sem](http://index.about.com/index?am=exactandq=muscular+strength+exercisesandan=msn_sandaskid=664de86c-b496-462d-ba40-0a4752aef5f7-0-ab_mseanddqj=andqsrc=999andad=semDando=4349andl=sem)
  
3. Muscular Endurance-decreases fatigue and improves enzyme activity
  - [https://search.yahoo.com/yhs/search;\\_ylt=AwrTcdSFps5W\\_U8A8jQnnllQ;\\_ylc=X1MDM\\_TM1MTE5NTY4NwRfcgMyBGZyA3locy1tb3ppbGxhLTAwMwRncHJpZANTeWJISmVVM1Fr\\_eWd6T3JDWm9VNkRBBG5fcnNsdAMwBG5fc3VnZwMxMARvcmlnaW4Dc2VhcmNoLnIha\\_G9vLmNvbQRwb3MDMgRwcXN0cgNtdXNjdWxhciBFbmR1cmVuY2UEcHFzdHJsAzE4BHFzdHJsAzI4BHF1ZXJ5A211c2N1bGFyIGVuZHVyYW5jZSBleGVyY2lzZXMEdF9zdG1wAzE0NTY\\_zNTcxNTE-?p=muscular+endurance+exercisesandfr2=sa-gp-searchandhs part=mozillaandhsimp=yhs-003](https://search.yahoo.com/yhs/search;_ylt=AwrTcdSFps5W_U8A8jQnnllQ;_ylc=X1MDM_TM1MTE5NTY4NwRfcgMyBGZyA3locy1tb3ppbGxhLTAwMwRncHJpZANTeWJISmVVM1Fr_eWd6T3JDWm9VNkRBBG5fcnNsdAMwBG5fc3VnZwMxMARvcmlnaW4Dc2VhcmNoLnIha_G9vLmNvbQRwb3MDMgRwcXN0cgNtdXNjdWxhciBFbmR1cmVuY2UEcHFzdHJsAzE4BHFzdHJsAzI4BHF1ZXJ5A211c2N1bGFyIGVuZHVyYW5jZSBleGVyY2lzZXMEdF9zdG1wAzE0NTY_zNTcxNTE-?p=muscular+endurance+exercisesandfr2=sa-gp-searchandhs part=mozillaandhsimp=yhs-003)
  
4. Flexibility-improves range of motion and decreases pain (injury)
  - <https://search.yahoo.com/yhs/search?p=flexibility+exercisesandei=UTF-8andhs part=mozillaandhsimp=yhs-003>
  
5. Body Composition- improves complete system and organ function
  - <https://search.yahoo.com/yhs/search?p=body+compositionandei=UTF-8andhs part=mozillaandhsimp=yhs-003>

**13a.** Does your current routine of physical fitness incorporate all five components?

**13b.** Which areas (if any) do you believe you fall short?

**13c.** What activities will you consider to improve in your areas of need?

\*Remember exercise and healthy choices do not have to be hours at a gym. Adherence to physical activity is the most important part of this learning experience. If you enjoy it, you will do it. You can make small changes (i.e. always taking the stairs opposed to the elevator, or cleaning the house more vigorously). Do not forget about non-traditional activities such as Pickle ball, Bocce ball, Disc golf, kayaking etc.

**Return to Your Strength and Weakness list for any changes you might make at this time.**

## **J. Your Plan**

Your plan will be made up of at least three sections ***Chemical***, ***Mental*** and ***Physical***. Feel free to add other sections or categories within the sections. Note that you don't have to include every category listed in each section as shown below. They are listed to help you organize your plan. Use your Strength and Weakness list to help create your plan to minimize or eliminate your weaknesses and maximize your strengths. Submit the plan as Assignment **J** and discard the Strength and Weakness list.

1. Chemical
  - A. Harmful Foods and Additives
  - B. Hydration for Performance
  - C. Foods that Enhance Brain Function
  - D. Popular Food Plans
2. Mental
  - A. Sleep
  - B. Stress, Worry and Tension
  - C. Relaxation
3. Physical
  - A. Three Salient Points
  - B. Physical Activity Guidelines for Americans
  - C. Five Components of Physical Exercise

**You now have a plan for your health and wellness –**

**YOUR STUDENTS WILL BENEFIT, TOO!!!**