



HeLP: Your Healthy Living Plan

For Graduation Transitions

Graduation Transitions and Healthy Living

In order to graduate from high school in British Columbia, all students in Grades 10 – 12 need to complete Graduation Transitions. To develop this provincial mandate, British Columbians were asked what characteristics they think are important for high school graduates. When it comes to healthy living, the result was that BC grads should have:

“the attitudes, knowledge, and positive habits they need to be healthy individuals, responsible for their physical and emotional well-being.”

That’s why you are required to develop a Healthy Living Plan (HeLP) for Graduation Transitions. So what does this mean? Well, to some extent that’s for YOU to decide. With the information you have found on www.hi5living.org, you have learned about cancer prevention and the impact that good health choices will have on your future health. Now you can put it all together to create your own Healthy Living Plan.

Note: Your teacher may have specific expectations for your Healthy Living Plan for Graduation Transitions. Be sure to show this outline to your teacher and discuss how you intend to meet and document the requirements for your Healthy Living Plan.

What’s in HeLP?

HeLP consists of three sections to help you meet the Healthy Living component of Transitions.

- 1) Physical Activity
 - Physical Activity Logs ...2
 - Monthly Physical Activity Log ...3
- 2) Menu & Food Planning
 - Healthy Eating ...4
 - Healthy Meals Worksheet ...5
- 3) HeLP Yourself: Your Healthy Living Plan
 - Quiz Results ...6
 - Self Assessment ...7
 - Healthy Living Goals ...7
 - Health Service Providers ...8





HeLP: Your Healthy Living Plan

Physical Activity Logs

As you know, Graduation Transitions requires that you document 150 minutes per week (2 ½ hours) of **moderate to vigorous activity** during Grades 10, 11, and 12. This is the same amount we’ve learned that is needed for health benefits—30 minutes, five times a week. Your Healthy Living Plan should include a description of your ‘regular exercise routines’. The Activity Logs on these pages will help you keep track of your monthly activities.

Physical Activity Intensity:

The physical activity intensity scale refers to your level of effort. Intensity levels vary depending on the fitness and abilities of each person, and so it is up to you to determine what level is right for you!

L = LIGHT • Light activity makes you breathe a little harder or minimally exert your muscles. Walking at a regular pace, stretching, or doing simple household chores are light physical activities. This type of exercise may not be enough to bring health benefits but it is a good place to start.

M = MODERATE • Moderate activity includes either consistent or repeated intervals where you breathe somewhat harder (but you can still talk), break a light sweat, and feel warm. Brisk walking, slow bicycling, playing tennis (doubles), doing repetitive weight lifting, juggling, horseback riding, and low-impact aerobics are all moderate activities.

V = VIGOROUS • Vigorous activity makes you breathe hard (so that you can still talk but you can’t sing), break a sweat, tire your muscles, and raise your heart rate for 20 minutes or more. Jogging, swimming laps, fast bicycling, rollerblading, doing jumping jacks, and hiking uphill are all vigorous physical activities.

Types of Physical Activity:

There are three different types of activities that you can keep track of on your Physical Activity Logs. Some activities combine categories. For example, yoga involves strength and flexibility training together.

E = ENDURANCE • Endurance activity raises your heart rate, makes you breathe more heavily, and makes you break a sweat. Any activity where you are moving your large muscles, such as running, jumping, climbing, or swimming, builds endurance.


S = STRENGTH • You use your muscles against resistance to build strength—either the resistance of your own body or of some kind of weights or resistance machines. Weight training, pilates, and lifting heavy objects are all strength-building activities.

F = FLEXIBILITY • Flexibility activities involve stretching the major muscle groups of your body. You increase your flexibility by bending, stretching, and reaching.

Regular Physical Activity Log:

If you participate in a regular activity or sport, such as playing on a hockey team or taking dance lessons, record it here.

Dates from – to	Activity Description	Type (E/S/F)	Number of Sessions/Week	Intensity (L/M/V)	Supervisor and/or Location



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Menu & Food Planning

Healthy Eating:

Through the Quizzes and Get Informed section of hi5living, you've probably learned a few things about healthy food and good nutrition. Graduation Transitions wants you to describe 'sound nutritional habits.' To demonstrate what you have learned and how it relates to your own food choices, fill in the following. (You may need to use additional paper.)

How much have you learned about healthy food choices?

1) One thing I have learned about my best eating habits is . . . _____

I could plan to continue this by . . . _____

2) One thing I have learned about my worst eating habits is . . . _____

I could plan to change this by . . . _____

3) A fact I was surprised to learn about food is . . . _____

This could help me in my food choices by . . . _____

4) I could cut down on fat in my diet by choosing . . . _____

5) I could replace sugar in my diet by choosing . . . _____

6) I could reduce the salt in my diet by choosing . . . _____

7) I could improve my beverage choices by . . . _____

8) I could add fibre to my diet by . . . _____

Healthy Meals Worksheet


There are two ways you can use this chart to help with your healthy eating goals.

- 1) Copy this page and use it help keep track of the foods you eat each day over the course of a week, or even a few weeks. Then visit the Dietitians of Canada EATracker tool (www.eatracker.ca) and use it to assess your food and activity choices. (Note: you must register to use the EATracker tool.)
- 2) Take a look at the nutrition and weight sections of the Get Informed section of hi5living (www.hi5living.org/get-informed.php). Then fill out the chart below to show how a day of healthy eating might look. Can you use this as a guideline for healthy meals?

Day: _____ Date: _____ Healthy Eating Goal: _____

Food Group	Tip	Serving Goal	Actual Servings	Food & Quantity	Meal* B/L/D/S
Vegetables	<i>Fresh and frozen are both good choices</i>				
Fruit	<i>Fresh or frozen fruit are better than juice</i>				
Grains	<i>Choose whole grains over refined versions</i>				
Beans & Legumes	<i>Beans are good for your heart—and more</i>				
Dairy	<i>Choose fat-free and low-fat options</i>				
Dairy Alternatives	<i>Milk, yogurt, and cheese made with soy are non-dairy</i>				
Meat & Alternatives	<i>Choose fish and poultry most; eat only lean red meat</i>				
Other	<i>Foods like candy don't fit into any group</i>				

*B = Breakfast • L = Lunch • D = Dinner • S = Snack



HeLP: Your Healthy Living Plan

Summary

Now that you have documented your physical activity and eating habits, it's time to turn to the future and develop your Healthy Living Plan. First, let's see how well you did with the cancer prevention quizzes.

Cancer Prevention Quizzes (www.hi5living.org/quizzes.php)

Quiz #1, YOUR CANCER SMARTS • Your score out of 10: _____

One important thing I learned about healthy living and cancer prevention is . . .

Quiz #2, SOLAR POWER • Your score out of 10: _____

One important thing I learned about protecting myself from overexposure to the sun is . . .

Quiz #3, TOBACCO • Your score out of 10: _____

One important thing I learned about tobacco use is . . .

Quiz #4, EXERCISE & BODY WEIGHT • Your score out of 10: _____

One important thing I learned about healthy body weight and exercise is . . .

Quiz #5, EATING WELL • Your score out of 10: _____

One important thing I learned about good nutrition choices is . . .

HeLP Yourself

Self-Assessment (www.hi5living.org/self-assessment.php)

Score on the Questionnaire: _____ out of 40 • I would describe my lifestyle as . . .

Goal Setting Tools (www.hi5living.org/hi5-tools.php)

- What are S.M.A.R.T. goals? Take a look at this worksheet before you start working on your plan.
- Healthy Living Goals can help you develop weekly, monthly, and even yearly action plans. You will choose three of the hi5living areas where you could make better choices for your health (*Cancer Smarts, Solar Power, Tobacco, Exercise & Body Weight, Eating Well*).

Healthy Living Goals

My Short Term, Long Term, and Back-up Plan for the three hi5living areas I have chosen are:

A. Short Term Goal:

1. _____
2. _____
3. _____

B. Long Term Goal:

1. _____
2. _____
3. _____

C. Back-up Plan:

1. _____
2. _____
3. _____

HeLP Yourself

Health Service Providers

The BC Cancer Agency Prevention Programs has a team of Prevention Educational Leaders (PELs) located through British Columbia. In carrying out their mandate, the PELs inform the public about the main preventable risk factors for cancer. In addition, they provide information on mammography and cervical screening. You can find out more about our PELs at:

www.bccancer.bc.ca/PPI/Prevention/Team.htm.

What kinds of actions can people take to prevent many cancers? _____

What do the BC Cancer Agency Prevention Educational Leaders do in the community? _____

What can I do to prevent cancer for myself and for others? _____

Who are the some health care providers and resources I can turn to to help me get reliable information about the following?

You can find some of these sources at www.Hi5Living.org/get-informed.php.

Healthy Eating: _____

Exercise & Physical Activity: _____

Tobacco Use: _____

Sun Safety: _____

Stress Management: _____

Alcohol & Drugs: _____

Cancer Screening: _____

Sexual Health: _____