

# Are You Healthy?

## WELLNESS ASSESSMENT

1= No/Never    2= Sometimes    3= Usually    4= Yes/Always

### General Health

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. I am well and do not get sick very often. | 1 | 2 | 3 | 4 |
| 2. I have energy and feel good all day.      | 1 | 2 | 3 | 4 |
| 3. I have very little pain.                  | 1 | 2 | 3 | 4 |
| 4. I take very little medicine.              | 1 | 2 | 3 | 4 |
| 5. I wakeup excited about my day.            | 1 | 2 | 3 | 4 |

Score \_\_\_\_\_ divide by 5=\_\_\_\_\_/4

### Caring For Self

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. I like myself.                                  | 1 | 2 | 3 | 4 |
| 2. I take time for myself and rest daily.          | 1 | 2 | 3 | 4 |
| 3. I am a good friend and have several friends.    | 1 | 2 | 3 | 4 |
| 4. I am usually happy and say nice things.         | 1 | 2 | 3 | 4 |
| 5. I usually think positive thoughts about myself. | 1 | 2 | 3 | 4 |

Score \_\_\_\_\_ divide by 5=\_\_\_\_\_/4

### Coping with Stress

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. I practice deep breathing daily.                        | 1 | 2 | 3 | 4 |
| 2. I take a deep breath when I am upset.                   | 1 | 2 | 3 | 4 |
| 3. I spend time outside in nature daily.                   | 1 | 2 | 3 | 4 |
| 4. I make time to stretch and relax my body daily.         | 1 | 2 | 3 | 4 |
| 5. I watch TV or play video games less than 2 hours a day. | 1 | 2 | 3 | 4 |

Score \_\_\_\_\_ divide by 5=\_\_\_\_\_/4

### Healthy Choices

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I eat 2 vegetables, 2 fruits and 2 grains every day.   | 1 | 2 | 3 | 4 |
| 2. I drink water and beverages with very little caffeine. | 1 | 2 | 3 | 4 |
| 3. I eat a wide variety of fruits and vegetables daily.   | 1 | 2 | 3 | 4 |
| 4. I get 30 minutes of exercise daily.                    | 1 | 2 | 3 | 4 |
| 5. I eat very little sweets.                              | 1 | 2 | 3 | 4 |

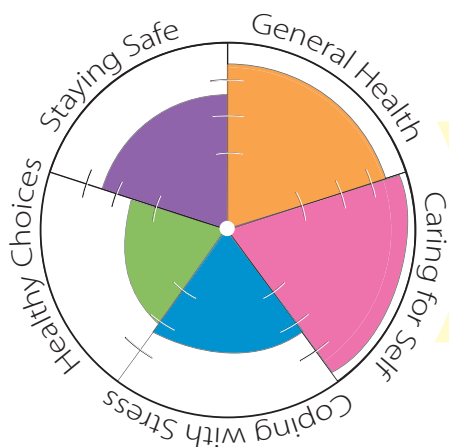
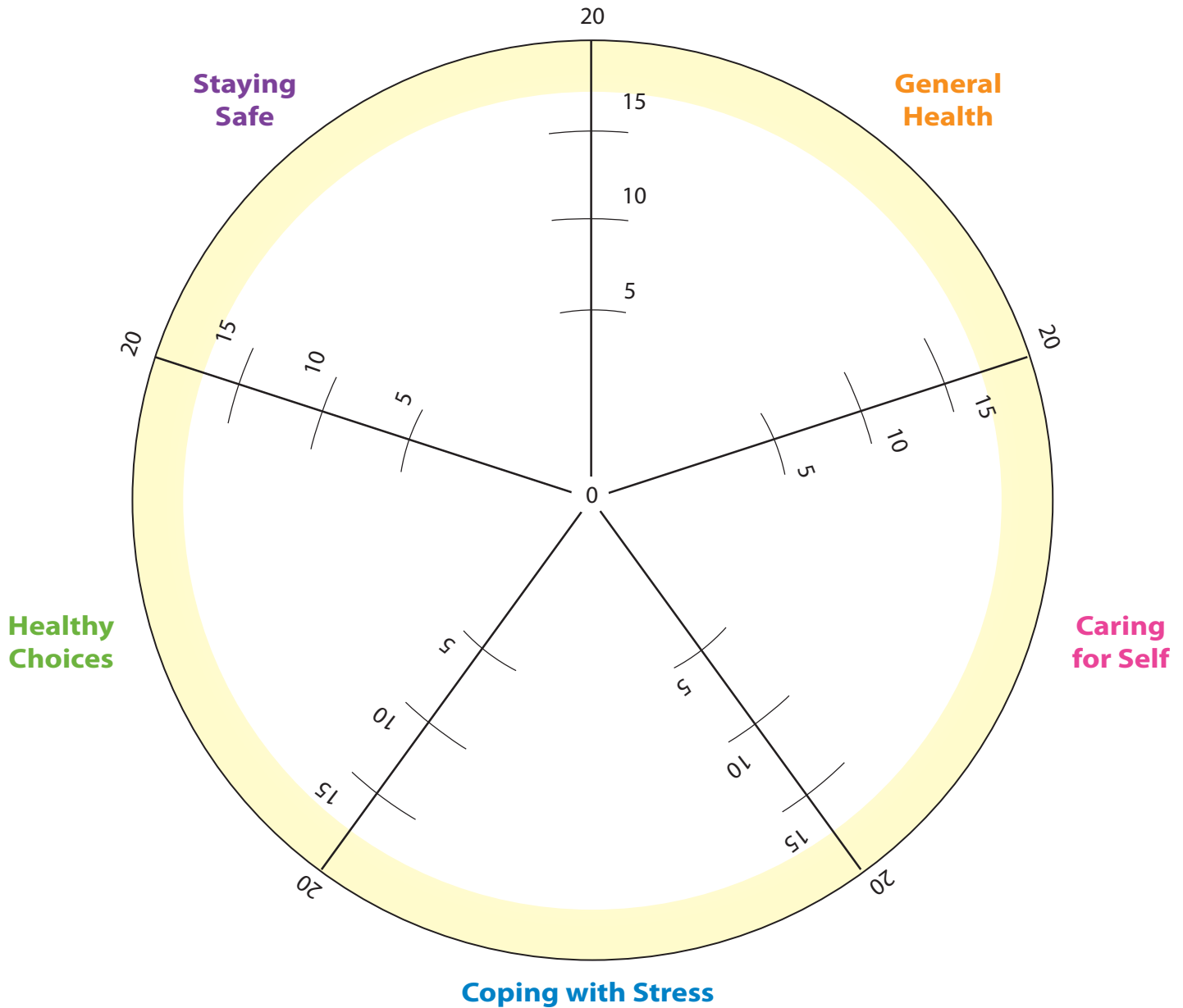
Score \_\_\_\_\_ divide by 5=\_\_\_\_\_/4

### Staying Safe

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I am kind and find kindness is returned to me.     | 1 | 2 | 3 | 4 |
| 2. I make sure to wash my hands before eating.        | 1 | 2 | 3 | 4 |
| 3. I know that my actions and thoughts affect others. | 1 | 2 | 3 | 4 |
| 4. I keep myself safe from harm.                      | 1 | 2 | 3 | 4 |
| 5. I know how to exercise safely.                     | 1 | 2 | 3 | 4 |

Score \_\_\_\_\_ divide by 5=\_\_\_\_\_/4

# WELLNESS WHEEL



## WELLNESS WHEEL SAMPLE & INSTRUCTIONS:

Plot the final score in the pie wedge that corresponds to the dimensions.

## Healthy Me! Healthy You! Program Challenge Goals

Name \_\_\_\_\_

Start Date \_\_\_\_\_

### *Program Challenge Goals:*

Eat 5-7 servings of fruits and vegetables each day

Drink 6-8 8 ounce glasses of water each day

Get at least 30 minutes of exercise daily

### **Wellness Log: Record Your Progress Below**

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
Fruits and Veggies								
Glasses of Water								
Minutes of Activity								
Tried Belly Breathing								

Parents/Care Providers: At each session we teach the importance of taking a deep abdominal breath to de-stress. Was there a time this week when someone in your family could have used a deep breath to de-stress? Yes/No Did you try using the belly breath this week? Yes/No

Parent/Caregiver Signature: \_\_\_\_\_

## Physical Health Progression Chart

Name \_\_\_\_\_

Start Date \_\_\_\_\_

**Standing Forward Fold:** Stand with feet hip width apart. Reach your arms to the sky, then fold down to the earth, bending at the waist. Measure from your finger tips to the ground.

Date							
Fingers to ground in inches							

**Behind Back Arm Stretch:** Sit or stand. Reach your right arm to the sky then bend the elbow and bring your hand towards your back. Keep the left arm at your side, bend the elbow and reach the left hand towards the right. Measure between the hands. Then switch sides.

Date							
Right arm above							
Left arm above							

**Sitting Forward Fold:** Stand with your legs straight in front of you. Reach your arms to the sky then fold forward from the waist. Measure from the finger tips to toes with arms straight.

Date							
Finger tips to toes in inches							

**Behind Back Arm Stretch:** Sit or stand. Reach your right arm to the sky then bend the elbow and bring your hand towards your back. Keep the left arm at your side, bend the elbow and reach the left hand towards the right. Measure between the hands. Then switch sides.

Date							
Left knee and floor							
Right knee and floor							

## *Eating from the Rainbow*

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It's not just about eating your greens or your spinach anymore! To get the most nutrition out of your food, it helps if you "Eat the Rainbow". Fruit and vegetables come in all colors and it turns out those colors have very specific purposes in keeping us healthy. All fruits and vegetables have vitamins, minerals and phytochemicals that promote a healthy heart and help us fight infections.

**Did you know that yellow and orange fruits and vegetables:**

- Support a healthy immune system & fight infections
- Support healthy vision & night vision
- Examples: oranges, carrots, yellow peppers, butternut squash, pumpkin, peaches, nectarines, corn, sweet potatoes

**Did you know that white fruits and vegetables:**

- Support a healthy cholesterol level
- Reduce the effects of aging
- Examples: jicama, turnips, apples, radishes, cucumbers, potato, pears

**Did you know that blue, red and purple fruits and vegetables:**

- Support memory & brain health
- Support healthy aging
- Support a healthy circulatory system
- Support a healthy urinary tract
- Examples: blueberries, strawberries, raspberries, grapes, plums, cranberries

**Did you know that green fruits and vegetables:**

- Support bone health
- Support vision
- Supports healthy skin
- Supports healthy digestion & elimination
- Examples: grapes, broccoli, salad greens, spinach, kiwi, beans, peas

Experiment with new fruits and vegetables and see if you can "Eat the Rainbow"!

## Healthy Snack Choices

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### **GREEN GO! YELLOW SLOW! RED STOP!**

Choose to eat from this list most of the time and limit foods from the yellow list and avoid foods from the red list.



#### **Green Go!**

Foods are: all vegetables and fruits, most nuts, whole grains, fresh fish, tuna, skinless and low % fat meats, eggs, lowfat cheese, whole grain pastas, 1% or lowfat milk, 100% juices, water, oatmeal.



#### **Yellow Slow!**

Foods are: muffins, fruit yogurts, granola and other snack bars, juices and beverages that are not 100% juice or that have sugar added puddings, ice cream, popcorn with light butter and salt, rice cakes, juice bars, low sugar cereals, pizza.



#### **Red Stop!**

Foods are: white rice/bread, fried foods, chips, soda, candy, cake, Gatorade, doughnuts, fast food, ice cream high in fat and sugar.

## *Self Nurturing Handout*

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**Here is a list of activities that you can do to help reduce your stress and help you get healthy!**

- Go for a walk in nature
- Listen to soothing music
- Enjoy a warm bath
- Watch the sunset or sunrise
- Exercise
- Play with a pet
- Stretch
- Talk to friends and family
- Watch a funny movie
- Listen to music that makes you dance
- Draw or paint
- Sing
- Savor a healthy snack
- Go to the beach
- Go to the mountains
- Go on a picnic
- Play sports
- Take a nap
- Belly breathe
- Practice positive affirmations
- Think of things you are thankful for in your life
- Look at the stars
- Garden
- Give yourself a foot massage
- Go to the lake and watch the ducks

## ***Tense and Release Exercise***

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The "Tense and Release" exercise is a progressive relaxation exercise involving the tensing of muscle groups (isometrics) followed by relaxing those same muscle groups. Have the clients sit on the floor with legs out stretched. The progression is as follows:

- 1. Beginning with the toes of both feet have them curl their toes as if making a fist with their toes and hold for 2-3 seconds and then release. Repeat three times.**
- 2. Flex the feet towards the head (Toes to the Nose) as if you were trying to touch your nose with your toes and hold for 2-3 seconds and then release. Repeat three times.**
- 3. Extend the feet towards the floor (Toes to the Floor) as if you were trying to touch the floor with your toes and hold for 2-3 seconds and then release. Repeat three times.**
- 4. Pull the cheeks of the buttocks in close to the body and hold for 2-3 seconds and release. Repeat three times.**
- 5. Pull your belly muscles in tight and hold for 2-3 seconds and release. Repeat three times.**
- 6. Hold both arms out in front of the body and make fists with both hands and hold for 2-3 seconds and then release. Repeat three times.**
- 7. Pull the shoulders up to the ears and hold for 2-3 seconds and then release. Repeat three times.**
- 8. Pull the muscles of the face into the center as if you had just bitten into a very bitter lemon and hold for 2-3 seconds and then release. Repeat three times.**

Staff will need to help clients with these moves in the beginning but the client's will learn the pattern very quickly and be able to do it on their own. When they can do the sequence holding easily for 2-3 seconds, you can increase it to 5 seconds.