

NEW START

Presented by Isa and Camryn



Introduction

In health class this year we learned about a project called NEW START.

NEW START is a very effective way to work on your emotional, physical, mental, and spiritual health.

NEW START also teaches that it is never too late or early to make a healthy change in your life.

Quick explanation on NEW START

NEW START stands for...

Nutrition (healthy food, good habits, balance)

Exercise (physical health, mental health, balanced lifestyle)

Water (hydration, cleansing, listening to your body)

Sunlight (mental health, vitamins, stability)

Temperance (control/ responsibility, balance, healthy choices and a happy life)

Air (detoxing, clear thinking, breathing)

Rest (proper function, growth, brain development, mental and physical health)

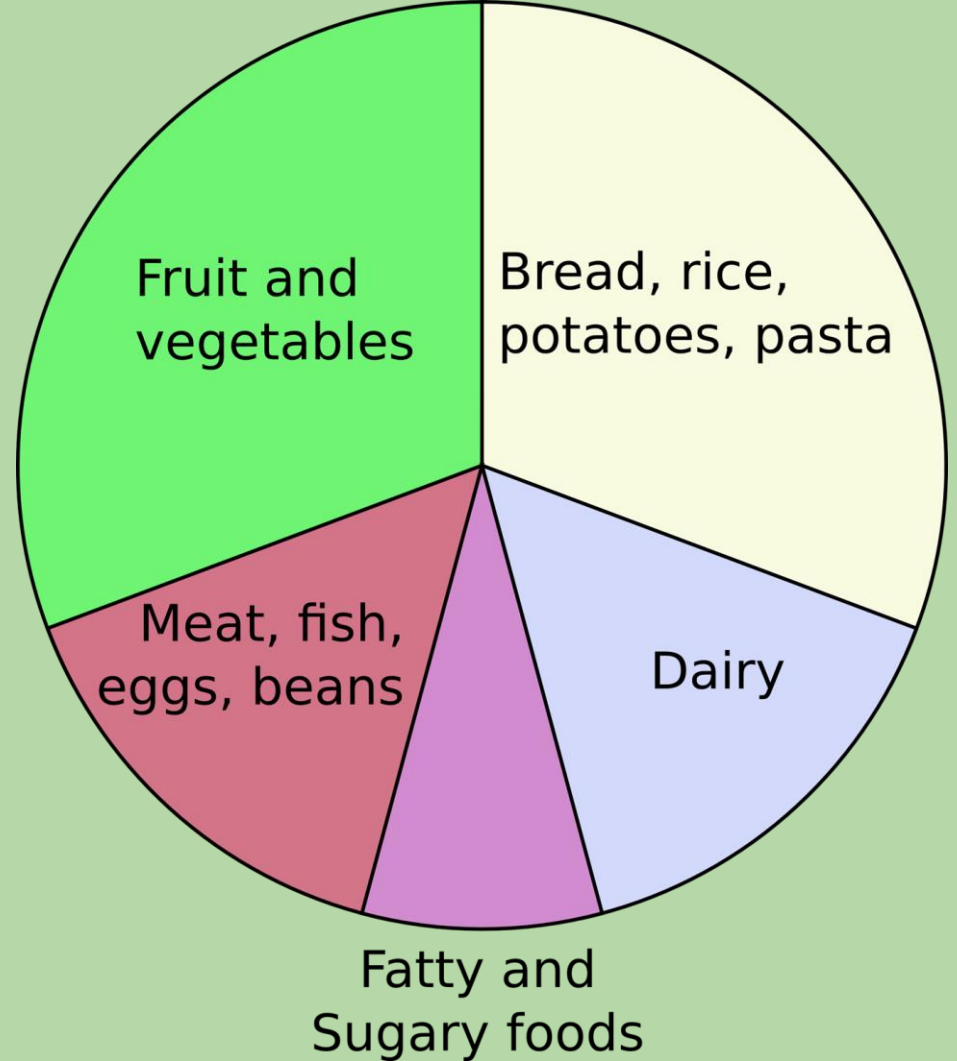
Trust (trust in Higher Power)

Nutrition

Nutrition is important for your body to stay healthy.

Having a balanced diet is a great way to get proper nutrition.

The food plate is an excellent way to tell if your getting enough nutrition.



Proper Nutrition

Mayo Clinic recommends:

2-3 servings of fruit a day

3-5 servings of vegetables a day

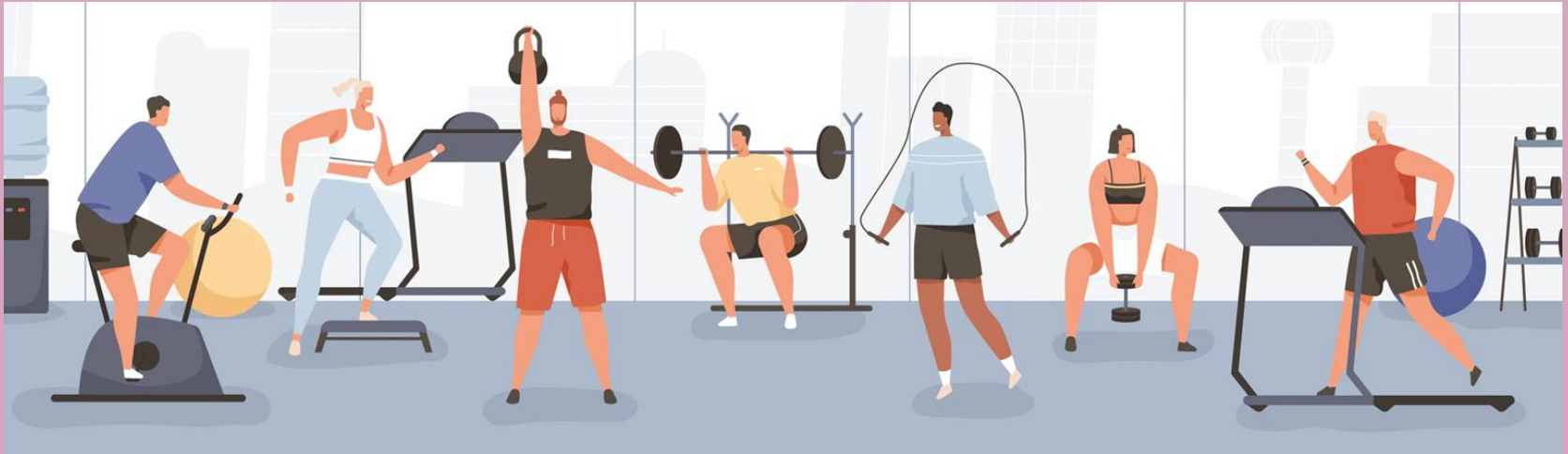
Whole Foods Plant Based Diet : Evidence suggests a WFPB **diet** can not only prevent but treat coronary artery disease (CAD), the leading cause of death in the United States in both men and women, and other illnesses. (<https://thedo.osteopathic.org/2018/07/5-myths-about-whole-food-plant-based-diets-debunked/>)

Exercise

Exercise is extremely important for your body.

Exercise prevents you from getting a lot of diseases and cancers.

Exercise can help your mental and physical health become better.



The benefits of Exercise

You need at least 30 minutes to an hour of exercise a day

Exercise helps with weight control

Exercise combats health conditions and diseases.

Stroke, metabolic syndrome, high blood pressure, type 2 diabetes, depression, anxiety, many types of cancer, Arthritis, falling when older.

Exercise improves mood

Exercise boosts energy

Exercise promotes better sleep

Source: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

Water

It is super important that you stay hydrated.

Water is the best liquid for you.

Drink 8 cups of water daily.

One of the best benefits of water is that decreases your chances of having liver and kidney problems.



Benefits of Water

Carrying nutrients and oxygen to your cells

Flushing bacteria from your bladder

Aiding digestion

Preventing constipation

Normalizing blood pressure

Stabilizing the heart beat

Cushioning joints

Source: <https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>

Sunlight

A man with a beard, wearing a dark plaid shirt, is shown from the back and side, looking up at a bright blue sky with scattered white clouds. His arms are outstretched to the sides, and he appears to be enjoying the sunlight.

Sunlight has so many benefits for your body. It has a lot of vitamins that your body needs.

You have to be careful not to get too much of it because if you do you could get sunburnt which could lead to skin cancer in the future. So you should wear sunscreen.

Sunlight also helps your mental health and can help fight off depression.

Sunlight

Most people need 15-30 minutes of sunlight per day

Insider recommends that with that amount of time you need 30 SPF sunscreen on during midday hours.

The main Vitamin you receive from sunlight is Vitamin D

Source: <https://www.insider.com/benefits-of-sunlight#:~:text=For%20most%20people%2C%2010%20to,least%20an%20SPF%20of%2030.>

Temperance

Temperance, or having self control, helps you be more stable and happy.

It is important to make healthy choices because it affects you and it can affect the people around you.

Sometimes it can be hard to have temperance. A good way to check if you are practicing temperance is to examine yourself and the choices you are making.

Check to see if your sphere of influence on others is a positive or negative influence.

Types of Behavior Addictions



Air

Air is super important, and fresh air is even more important.

Without proper air your body can shut down. You may not even realize your senses aren't as active which is even more dangerous.

With a healthy amount of air your brain will also function better.

Air

Lower risk of health disease

Clean air offers anti aging benefits

Better home workouts

Lower risks of diabetes

Improved Cognitive health

Increased happiness

Source: <https://www.usairpurifiers.com/blog/clean-air-and-health-six-benefits-you-probably-didnt-know-about/>

Rest

Rest is super important for your body's growth and development.

People may not realize it but the less sleep you get the more likely it is that you will be:

Stressed, depressed, anxiety ridden, confused, and moody.

Without rest your mental and physical health will suffer.



Benefits of Rest

Healthier heart

Weight control

Improved athletic ability

Sharpened brain function

Better mood

Balanced blood sugar

Immune system boost

Source: <https://www.summahealth.org/flourish/entries/2020/02/7-health-benefits-to-getting-a-good-nights-rest>

Trust in a Divine Power

A silhouette of a person with their arms outstretched, standing on a hill or mountain peak. The sun is low on the horizon, creating a bright glow and lens flare effect. The background shows a hazy landscape with mountains and a valley.

If we trust in a divine power then a lot of stress is removed from your life.

We can't always rely on our own choices to get us to the right place.

We can build a community around you for support.

Information Sources

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20050989>

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More information on this program can be found at www.Newstart.com