

Table 6 Essential Health Activities That Support Kids' Health and Wellness⁸

ACTIVITY	YOUNG PERSON
Nourishment	<ul style="list-style-type: none"> • Eats healthy food, including plenty of plant-based options • Obtains a variety of healthy food options • Drinks toxin-free water
Sleep	<ul style="list-style-type: none"> • Gets enough sleep • Gets restful, quality sleep with limited disruptions • Uses naps in the early part of the day, if needed
Movement	<ul style="list-style-type: none"> • Exercises the brain and body regularly • Limits sedentary activities
Relationships	<ul style="list-style-type: none"> • Engages in positive and supportive social interactions • Has healthy relationships with friends and family • Limits social isolation
Stress Management	<ul style="list-style-type: none"> • Copes with life's challenges • Has positive ways to calm down after stressful events • Uses mindfulness as a way to reduce stress and relax
Sobriety	<ul style="list-style-type: none"> • Avoids harmful drugs and illegal substances • Avoids harmful consumption of legal mood-changing or addictive substances • Avoids addictive and negatively mood-altering activities

Source: Adapted from Big Picture Living and the American College of Lifestyle Medicine. <https://www.bpliving.org>