

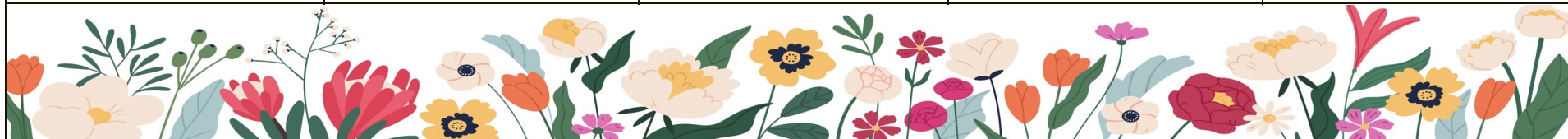
Nutrition and Exercise Awareness

“Health, in all areas, is a continuum. Nobody is perfectly healthy in every aspect. However, finding health in the four main dimensions of your life – biophysical (diet & exercise), psychological (mental health), social, and spiritual – is the best way to maintain wellness and stop problems before they begin.”

-Americanmentalwellness.org

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Employee Appreciation Day
7	8	9 BHH Tableau Support Group	10 BHH Workgroup: BHH Meeting Schedule: Updates & Discussion <u>State-Operated Facilities</u>	11
14	15 World Social Work Day	16	17 BHH Workgroup: BHH Meeting Schedule: Updates & Discussion <u>Private Non-Profits</u>	18
21	22	23		25
National Drug and Alcohol Facts Week				



The Importance of Nutrition and Exercise

Definitions

- ◆ **Nutrition**—The National Library of Medicine (NIH) defines nutrition as a concept that is about, “eating a healthy and balanced diet. Food and drink provide the energy & nutrients* you need to be healthy.”
 - ◆ ***Nutrients**, the chemical compounds that make up food, include proteins, fats, vitamins, carbohydrates (sugar), and minerals.
- ◆ **Exercise**—NIH defines exercise as, “a subset of physical activity* that is planned, structured, and repetitive and has a final or intermediate objective to improve or maintain physical fitness.”
 - ◆ ***Physical activity** is bodily movement that uses muscles and burn energy.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1424733/>

<https://medlineplus.gov/definitions/nutritiondefinitions.html>

The Office of Disease Prevention and Health Promotion (ODPHP) states, “good nutrition, physical activity and a healthy body weight are essential parts of a person’s risk of developing serious health conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cancer,” (www.healthypeople.gov).

ODPHP believes a balanced diet and physical activity can help people:

- * Maintain a healthy weight
- * Reduce the risk of heart disease and stroke
- * Reduce the risk of certain cancers
- * Strengthen muscles, bones, and joints
- * Improve mood and energy

<https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity#:~:text=Good%20nutrition%2C%20physical%20activity%2C%20and,disease%2C%20stroke%2C%20and%20cancer.>

Resources for Clients



1. **Exercising with Chronic Conditions**—<https://www.nia.nih.gov/health/exercising-chronic-conditions>
2. **Walking: A Step in the Right Direction**—<https://www.niddk.nih.gov/health-information/weight-management/walking-step-right-direction>
3. **Eat Smart, Move More Calendar**—https://www.cdc.gov/dhbsp/docs/Healthy_Lifestyle_Goals_Calendar-508.pdf
4. **How to Build a Healthy Eating Pattern**—https://health.gov/sites/default/files/2019-10/DGA_Healthy-Eating-Pattern.pdf
5. **My Plate Calorie Counter App**—<https://www.livestrong.com/myplate/>
6. **Mental Health America 2018 Fast Fact: Diet and Nutrition**—<https://www.mhanational.org/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Diet%20and%20Nutrition.pdf>
7. **Exercise and stress: Get moving to manage stress**—<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469#:~:text=Almost%20any%20form%20of%20exercise,%2C%20gardening%2C%20weightlifting%20and%20swimming.>

Resources for Staff



1. **Eat Healthy—Be Active: Community Workshops**—https://health.gov/sites/default/files/2019-09/DGA_Workshops_Complete.pdf
2. **For Professionals: Talk to Your Patients & Clients About Healthy Eating Patterns**—https://health.gov/sites/default/files/2019-10/DGA_Conversation-Starters.pdf
3. **Health Promotion Programs for Persons with Serious and Mental Illness: What Works**—<https://chess.wisc.edu/niatx/pdf/wicollaborative/HealthPromoSMI.pdf>
4. **2020-2025 Dietary Guidelines for America**—https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
5. **Motion for Your Mind: Physical Activity for Mental Health Promotion, Protection, and Care**—https://www.euro.who.int/data/assets/pdf_file/0018/403182/WHO-Motion-for-your-mind-ENG.pdf

THE HEALING PYRAMID

