Physical activity releases endorphins in the brain that help improve your mental health.

DID YOU KNOW?

- Only 40% of Canadian youth get an hour or more of physical activity per day.
- 7 out of 10 children eat less than the recommended servings of vegetables and fruit each day.
- 1 in 5 Canadians will personally experience a mental health problem in any given year.
- Physical activity releases endorphins in the brain that help improve your mental health.

Physical health and mental health are both equally important for our well-being, but mental health can be difficult for people to talk about. We all have a role to play in ensuring everyone is safe. Erasing stigma around mental health means supporting healthy relationships. Mental health awareness can start at any age, including Beavers.

The 36th Halifax Beavers have become mental health advocates through activities and discussions across four subjects: brain, emotions, mental health and stigma. When thinking about youth well-being, remember the SPICES: social, physical, intellectual, character, emotional and spiritual.

There’s More to Health than Physical Health

ARE YOU UP FOR THE CHALLENGE?

- What are some activities that bring joy to you in your life?
- What are some ways that you can try to get at least an hour of physical activity each day?
- How can you add healthier and locally produced foods to your diet?

- There’s More to Health than Physical Health
- A Prescription for Good Health!
- For a Wellness Break