

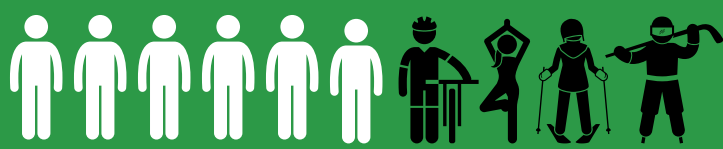


Everyone should be able to live a healthy life and have access to health care. As a nation, let's adopt healthier behaviours, and ensure that everyone has the ability to live a long and satisfying life.

GOOD HEALTH AND WELL-BEING

Scouts is the Start of a Healthy Lifestyle!

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.

IN THE FIELD

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 ways that you can try to get at least an hour of physical activity each day?



What are some activities that bring joy to in your life?



How can you add healthier and locally produced foods to your diet?



Rx A PRESCRIPTION FOR GOOD HEALTH!

- Download the **ParticipAction app** to track and remind you to stay physically active every single day.
- Being out in nature has some great benefits for the brain. Check out some **Nature Conservancy** articles written by our youth members to discover more.
- It's okay not to be okay sometimes, but know who you can turn to for help. **Do It For Daron** offers help when you are feeling sad, anxious or just not like yourself.
- It can be said that good health and nature go hand-in-hand; try out **Forest Bathing** to help you appreciate nature and relieve stress.

FOR A WELLNESS BREAK

- **Germs** spread easily. Play a game of tag to show how quickly they spread and how you can proactively avoid getting sick.
- How flexible are you? Try stretching and **bending together** by doing a group yoga class.
- **What's Cooking?** Try out some healthy and sustainable foods for your next menu!
- We all have feelings, but they're not always easy to see. Try out a game of emoji charades to share **your feelings**.