



COMMON TRAINING INSTRUCTIONAL GUIDE



SECTION 3

EO M204.03 – IDENTIFY THE BENEFITS OF A HEALTHY LIFESTYLE

Total Time:	30 min
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PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A group discussion was chosen for this lesson as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions, and feelings about the benefits of a healthy lifestyle.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to identify the benefits of a healthy lifestyle.

IMPORTANCE

It is important for cadets to identify the benefits of a healthy lifestyle because it is key to becoming physically fit, which is one of the aims of the Cadet Program.

Teaching Point 1**Discuss Personal Decisions That Can Be Made to Achieve a Healthy Lifestyle**

Time: 10 min

Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw the following information from the group using the tips for answering/facilitating discussion and the suggested questions provided.

SMOKING

Known facts about smoking include:

- adolescence is the usual time a person will start smoking;
- youth in grades six and seven are considered to be at the critical stage for deciding whether to experiment with smoking; and
- cigarette smoking is more addictive and harder to quit than some other substances such as heroin and cocaine.

Known physical effects of smoking include:

- dry skin and premature wrinkling;
- a longer healing time for a smoker's acne;
- hair loss in some teenagers;
- yellow teeth and tooth decay; and
- an increased occurrence of oral cancer in some people.

Statistics about smoking:

- It is estimated that 55% of young men and 51% of young women who start smoking by the age of 15 will die before age 70 if they continue to smoke.
- Tobacco kills more than 40 000 Canadians every year.

Consequences of smoking may include:

- cancer of the lungs, mouth, sinuses, throat, brain, breast, uterus, bladder, kidney, thyroid, lymph glands, and blood;
- serious ailments such as bronchitis, pneumonia, emphysema, strokes, heart attacks, ulcers, cataracts, gum disease, tooth decay, ear infections, dry skin, early aging, and impotence;
- respiratory problems such as increased coughing, phlegm, wheezing, chest colds, and shortness of breath;
- asthma attacks or increased asthma symptoms;
- cold fingers and toes due to poor circulation; and

- a dulled sense of smell and taste.

NUTRITION CHOICES

Following Health Canada, *Canada's Food Guide*, Her Majesty the Queen in Right of Canada, will ensure a person eats the amount and type of food that is recommended to help achieve a healthy lifestyle. Eating the amount and type of food recommended and following the tips in Health Canada, *Canada's Food Guide*, Her Majesty the Queen in Right of Canada, will help:

- meet the body's needs for vitamins, minerals, and other nutrients;
- reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer, and osteoporosis; and
- contribute to overall health and vitality.

Just as important as eating the right amount of food is eating the right types of foods. People should be encouraged to eat foods that are lower in fat, sugar, and salt.

The benefits of eating well include:

- better overall health,
- lower risk of disease,
- healthy body weight,
- feeling and looking better,
- more energy, and
- stronger muscles and bones.

REGULAR PHYSICAL ACTIVITY

Benefits of regular physical activity contribute to the following:

- overall health,
- improved fitness,
- better posture and balance,
- weight control,
- stronger bones and muscles,
- energy level, and
- an increase in relaxation and reduction in stress.

Health risks that may result from inactivity include:

- premature death,
- heart disease,
- obesity,
- high blood pressure,
- adult-onset diabetes (type 2),

- osteoporosis,
- stroke,
- depression, and
- various forms of cancer.



63% of Canadians are not active enough to get the health benefits they need from physical activity.



Youth require 60 to 90 minutes of physical activity every day.

GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, e.g. everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

- Q1. What do you think is a healthy lifestyle? What are some of the choices you can make in your daily life to help you achieve a healthy lifestyle?
- Q2. What are some of the benefits of choosing not to smoke? What are the greatest factors that would influence your decision?
- Q3. How can nutrition choices affect your overall health?
- Q4. What are some benefits you can get from being physically active in your daily life? What can you do to improve your level of daily physical activity?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 1

The cadets' participation in the group discussion will serve as the confirmation of this TP.

Teaching Point 2

Discuss the Physical Benefits of a Healthy Lifestyle

Time: 10 min

Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw the following information from the group using the tips for answering/facilitating discussion and the suggested questions provided.

PHYSICAL BENEFITS OF A HEALTHY LIFESTYLE



The best way to keep the body physically healthy is to combine three types of activities in a daily routine: endurance, flexibility, and strength activities.

Healthy Growth and Development

Studies, in recent years, have shown that over half of young people are not active enough for healthy growth and development. According to the Canadian Community Health Survey in 2000-2001, 56% of Canadian's aged 12 to 19 were physically inactive and as many as 82% may not have been active enough to meet international guidelines for optimal growth and development.

Healthy Heart

Eating more nutritious foods, not smoking, and being physically active can help maintain a healthy heart. A healthy body weight, for example, can help to lower risk factors for heart disease by decreasing blood cholesterol, fat levels, and high blood pressure. Cardiovascular disease, such as heart disease, stroke, and atherosclerosis (ather-o-skleh-ro-sis) – hardening and narrowing of the arteries, is the number one cause of premature death in Canada.

Stronger Bones and Muscles

Physical activity, especially strength activities, can contribute to the maintenance of bone mass through adulthood, by helping develop the bony and muscular tissue during childhood. Daily physical activity in adolescence and early adulthood is positively correlated to mineral density and the skeleton's bone density. This development of mineral density and bone mass may help reduce the risk of osteoporosis later in life. Strength activities will lead to stronger muscles and help them stay strong over time. Stronger bones and muscles can also lead to better posture and balance among people of all ages.

Weight Control

Physical activity affects body composition and helps weight loss. Active individuals are at less risk of becoming overweight. Having a healthy body means maintaining a healthy body weight. Having a healthy weight does not necessarily mean being extremely slim and having a low body weight. A healthy body weight should encourage physical, social, and psychological well-being. In 1988, Health and Welfare Canada introduced the "healthy weights strategy". This strategy promotes healthy eating opposed to dieting and regular physical activity versus intense exercise. For adults, healthy body weight can be determined by the Body Mass Index (BMI) and the waist-hip ratio (WHR).



The BMI is intended for individuals 18 years of age and older. As individuals under 18 years of age are still developing, they should not rely solely on the BMI to determine if they have a healthy body weight.



Information on BMI can be found at http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart_java-graph_imc_java_e.html.

BMI and WHR calculators can be found at www.preventdisease.com/healthtools/tools.html#bmi.

According to the World Health Organization (WHO) in 2002, there were approximately one billion people in the world who were overweight or obese and only 800 million who were hungry/starving or underweight. According to the Canadian Community Health Survey conducted in 2004, obesity rates in adolescents aged 12 to 17 have tripled from 3% to 9% in the past 25 years.

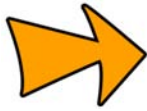
Being inactive and/or overweight increases the risk of heart disease, osteoarthritis, diabetes, various cancers, and back injuries.

Lower Health Risks

Regular participation in at least 30 minutes of moderate physical activity can help prevent some chronic conditions, such as:

- **Cardiovascular Disease (CVD).** Regular physical activity can reduce the risk of heart disease by as much as 50%.
- **Osteoporosis.** In Canada, about one out of four women and one out of eight men over 50 years of age, develops osteoporosis. The risk of osteoporosis may be reduced through regular physical activity during childhood and adolescence.
- **Cancer.** Regular physical activity can help in the prevention of certain types of cancer, such as breast and colon cancer. Research shows that overall 30% to 35% of all cancers can be prevented by eating well, maintaining a healthy weight, and by including physical activity into one's lifestyle.

- **Type 2 Diabetes.** Physical activity, together with decreased fat intake, can help in the prevention of type 2 diabetes by as much as 58%.



Studies have shown that females are less active than males. In 2000, only 30% of females and 40% of males were considered active enough to meet the minimum requirements of daily physical activity. This dropped to 12% for females and 24% for males by 2002.

GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, e.g. everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
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- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

- Q1. What are some physical benefits to living a healthy lifestyle? What can you do individually to achieve these benefits?
- Q2. How does living a healthy lifestyle affect a person's ability to grow and develop? What healthy lifestyle choices can you make to ensure this?
- Q3. What does it mean to have a healthy body weight? How can this be achieved? What are the best determinants of a healthy body weight for a fully grown adult?
- Q4. What types of chronic conditions/illnesses could you avoid by living a healthy lifestyle? What can you do to avoid these conditions/illnesses later in life?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the group discussion will serve as the confirmation of this TP.

Teaching Point 3

Discuss the Psychological Benefits of a Healthy Lifestyle

Time: 5 min

Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw the following information from the group using the tips for answering/facilitating discussion and the suggested questions provided.

PSYCHOLOGICAL BENEFITS OF A HEALTHY LIFESTYLE

Positive Self-esteem

Positive self-esteem requires a person to have a good opinion of their own character and abilities. Self-esteem can be measured by how worthy individuals feel in various social, physical, and academic situations. Individuals with high self-esteem generally view themselves in a positive manner and can appreciate their abilities, as well as their potential and limitations. Those with low self-esteem generally tend to be more passive and dependent in reacting to stress and demands and are more likely to conform to social pressures, while also being pessimistic about their abilities.

Making new friends is easier when a youth participates in activities involving other youth. For example, if an individual participates in a sports team or a recreational club, there are more opportunities to meet new people. As well, an individual who is living a healthy lifestyle, is often more self-confident, making it easier to meet new people and make friends. According to the Canadian Fitness and Lifestyle Research Institute, physical activity appears to have a positive influence on youth's social lives and the number of same-gender and opposite-gender friends they have.

Positive Self/Body Image

Self/body image is how an individual perceives their own physical characteristics and how they evaluate themselves based on this perception of self. This is then formulated into a self/body image as an individual perceives their own body, how it looks to them, and how they think it looks to others. Having a positive self/body image comes with the idea that a wider range of body weights, shapes, and sizes are healthy and normal. The reality of genetics encompasses the fact that not all people can be the same shape and size and that not everyone can or should meet the body type seen often in the media.

Higher Energy

Nutrition choices have a direct effect on the amount of energy the body produces. Although the body requires foods from all four food groups, Health Canada recommends that 55% of calories should come from carbohydrates, which should be in the form of starches and natural sugars. These starches and sugars are digested and changed into glucose and are burned during regular physical activity.

Physical activity can also lead to high energy as it determines the amount of energy expended and therefore leads to energy balance (the amount of energy ingested in the forms of carbohydrates, fat, protein and alcohol, should equal the amount expended). Physical activity increases oxygen throughout the body. Endorphins are also increased, therefore, leading to higher levels of energy. Many studies show that physically active youth tend to sleep and eat better than those who are more sedentary or less active.

Reduced Stress/Increased Relaxation

Regular physical activity appears to be associated with better self-esteem and a decrease in anxiety and depression symptoms in normal situations. Flexibility activities are especially effective in ensuring the muscles are relaxed. Individuals who are more physically active and eat balanced, nutritious meals are more likely to have positive self-esteem and self/body image, leading to a reduction in anxiety and negative feelings about their sense of self.

GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, e.g. everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
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- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

- Q1. What is self-esteem? How can self-esteem be improved by living a healthy lifestyle?
- Q2. How does making healthy food choices and maintaining an active lifestyle affect an individual's self-esteem?
- Q3. What is self/body image? How can you strive to maintain a positive self/body image?

Q4. Has anyone ever noticed that after doing a physical activity you feel energized? Why do you think this happens?

Q5. What are some ways you can reduce stress and increase your level of relaxation?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the group discussion will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the group discussions will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

The handout located at [Annex C](#) may be given to the cadets to be completed for their personal use.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

It is important to learn the methods to achieve a healthy lifestyle as choices made regarding health during youth will have an effect into adulthood. Making healthy food choices and participating in regular physical activity will increase energy, prevent diseases, increase strength, and in many cases, lead to a healthier lifestyle.

INSTRUCTOR NOTES/REMARKS

Points that arise from the group discussions in TP1 to TP4 should be placed on a whiteboard/flipchart/OHP to be referenced during the conclusion of the lesson.

The handout located at [Annex C](#) is not to be used by the instructor. It is a personal resource for each cadet.

REFERENCES

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- C0-128 CAHPERD Advocacy Action Centre. (1996–2006). *Facts and Stats*. Retrieved March, 12, 2007, from http://www.cahperd.ca/eng/advocacy/facts/facts_stats.cfm.
- C0-129 Canadian Sugar Institute. (2005). *Clips on Sugars: For Up-to-Date Information on Sugars in Healthy Eating*. Retrieved 12 March 2007, from <http://www.sugar.ca>.
- C0-130 (ISBN 2-550-360-427-7) Thibault, G. (2000). *Physical Activity, a Determinant of Health in Youth: Advisory Option of the Kino-Québec Scientific Committee*. Quebec: Government of Quebec.
- C0-133 (ISBN 1-895724-51-1) Cragg, S. & Cameron, C. (2006). *Physical Activity of Canadian Youth – An Analysis of 2002 Health Behaviour in School-aged Children Data*. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

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