

What Does “Healthy and Active Living” Actually Mean?

What is Healthy and Active Living?

Healthy and active living means more than just not getting sick. It includes how we move our bodies, what we eat, and how we take care of our minds. When all of these things work together, they help us feel good, stay strong, and live well. This topic teaches us how to make smart choices that support our overall health.



Why Physical Activity Matters

Exercise helps our bodies in many ways. It makes our hearts stronger, builds muscles, improves balance, and even helps us sleep better. Health experts recommend that kids your age get at least 60 minutes of moderate to vigorous physical activity every day. This includes activities like biking, swimming, running, or playing sports. Physical activity also helps reduce stress and improves your mood by releasing chemicals in your brain called endorphins.

The Power of Nutrition

Eating well is just as important as moving your body. Food gives us energy, helps us grow, and protects us from getting sick. A balanced diet includes fruits, vegetables, whole grains, protein, and dairy. Too much sugar, salt, or processed food can lead to health problems like obesity and type 2 diabetes. Canada's Food Guide is a great tool to help make healthy food choices.

Here are five healthy eating tips:

- Drink water instead of sugary drinks
- Eat a variety of fruits and vegetables each day
- Choose whole grains like brown rice or whole wheat bread
- Limit fast food and packaged snacks
- Read food labels to check for added sugar and sodium

Taking Care of Mental and Emotional Health

Being healthy also means caring for your mind. Getting enough sleep, spending time with friends, taking breaks from screens, and talking about your feelings are all important. Physical activity can reduce feelings of anxiety and depression. When your body feels good, your brain often feels better too.

Healthy living is a mix of daily habits that support your body and your brain.

What Are the Health Components of Fitness?

The Five Parts of Fitness

When we talk about fitness, we don't just mean how fast someone can run or how many push-ups they can do. Fitness has five main parts, and each one plays an important role in helping us stay healthy and active. These are called the health components of fitness.



What Are the 5 Health Components?

- 1) Cardiovascular Endurance – This means how well your heart and lungs work during activity. Running, swimming, and biking all improve endurance. Experts recommend at least 60 minutes of activity daily to help build strong hearts.
- 2) Muscular Strength – This is the amount of force your muscles can produce. Lifting weights or doing push-ups helps build strength. Strong muscles protect your joints and bones.
- 3) Muscular Endurance – This is the ability of your muscles to keep working over time. Activities like climbing stairs, cycling, and holding a plank build endurance. It helps in sports and everyday tasks.
- 4) Flexibility – This is how far you can move your joints. Good flexibility prevents injury and helps you move better. Stretching, gymnastics, and yoga all improve flexibility.
- 5) Body Composition – This is the ratio of fat, muscle, and bone in your body. A healthy body composition means more lean muscle and less excess fat. Eating well and staying active help with this.

Matching Activities to Components

Each activity can improve more than one component of fitness. Here are some examples:

- Jogging – Builds cardiovascular endurance and muscular endurance
- Yoga – Improves flexibility and helps with body composition
- Push-ups – Increase muscular strength and endurance
- Swimming – Works on endurance, strength, and flexibility

Understanding these parts helps you choose activities that meet your fitness goals and keep your body healthy.