

Happy,  
Healthy  
& Well



This book belongs to:

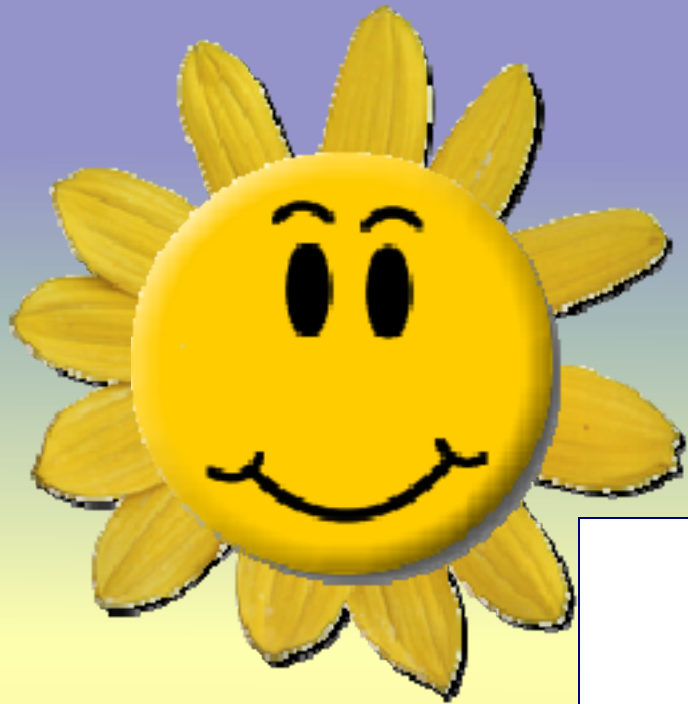


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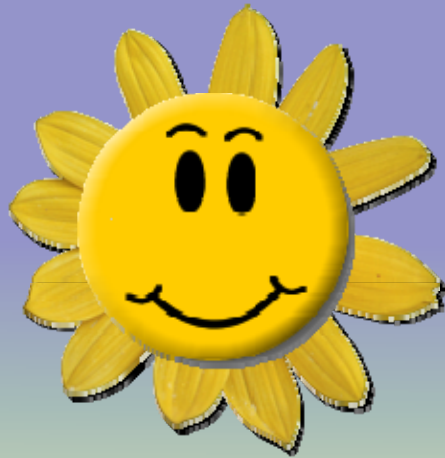
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Phone: \_\_\_\_\_



## Healthy habits can help me:

- Feel good
- Have better health



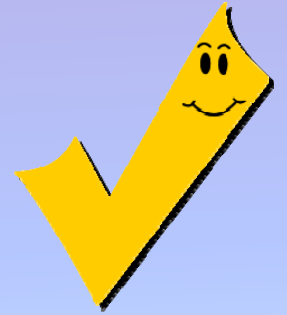
# Table of Contents

- Daily Habits ..... Page 4
- Healthy Eating Habits..... Page 13
- Be Active ..... Page 25
- Staying Well..... Page 29

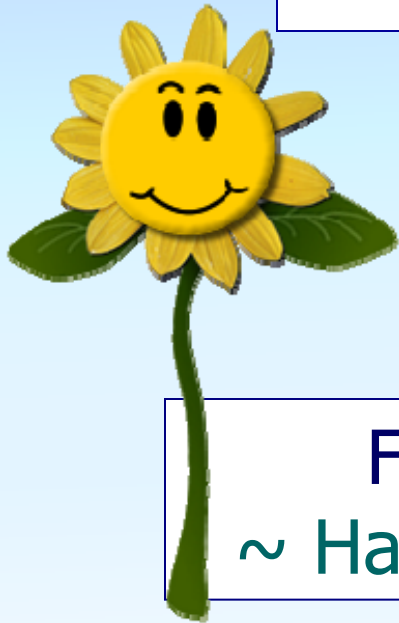


# Daily Habits

# Daily Wellness Check



- ☐ How does my body feel?
- ☐ How is my mood?



Feel good?  
~ Have a great day



Not feeling good?  
~ Ask for help



# Daily Habits

## *My Body Check*

- ☐ Am I too hot or too cold?
- ☐ Am I going to the bathroom okay?
- ☐ Do my arms, legs or back ache?
- ☐ Can I breathe okay?

# Daily Habits

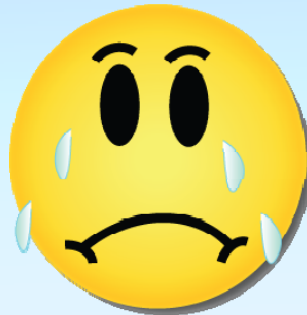
*My Mood Check - Today, I am:*



☐ Happy



☐ Scared



☐ Sad

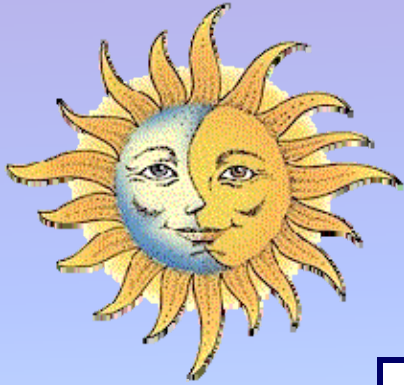


☐ Mad



☐ Other\_\_\_\_\_





# Daily Habits



*Clean Teeth Feel Good!*

- ☐ Brush my teeth morning and night
- ☐ Floss my teeth at least once a day



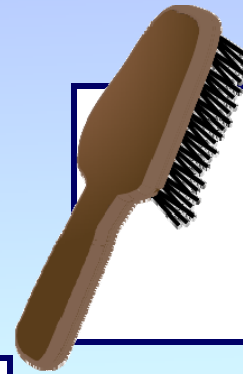
# Daily Habits

## *Being Clean Feels Good!*

Did I ...



- ☐ Bathe?
- ☐ Wash my hands often?



- ☐ Brush my hair?

- ☐ Use deodorant?



# Daily Habits

## *Looking Good!*



☐ Smile!

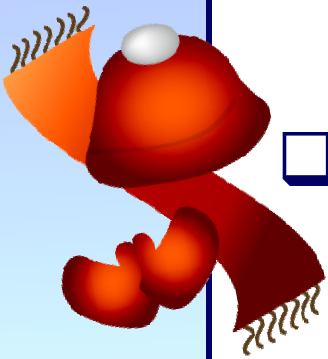
☐ Are my clothes clean?



# Daily Habits

## *Dress for the Weather and Season*

### WINTER



- ☐ If it is cold, wear a heavy coat, scarf, and gloves

### SPRING



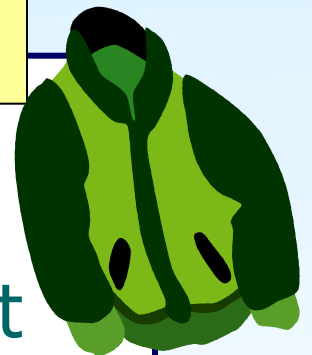
- ☐ If it is raining, wear a raincoat or bring an umbrella

### SUMMER



- ☐ If it is hot, wear shorts or light clothes

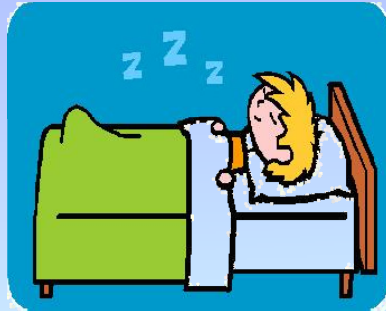
### FALL



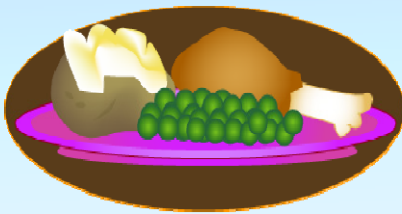
- ☐ If it is cool, wear a jacket or long sleeves

# Daily Habits

*Did I ...*



☐ Get enough sleep?



☐ Eat healthy meals and snacks?



☐ Take my medications?



☐ Move enough?



# Healthy Eating Habits

# Plan Ahead to Eat Healthy

- ☐ Breakfast
- ☐ Lunch
- ☐ Snacks
- ☐ Supper



Planning  
Tip

Make a menu for the week



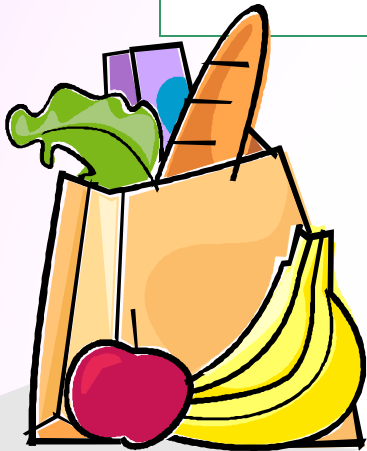
# Planning What to Eat

- ☐ When making my menu, include a variety of foods
- ☐ Using my menu, make a shopping list
- ☐ Take my list with me to the store



# Shopping

- ☐ Make my healthiest choices
- ☐ Read labels
- ☐ Try store brand products
- ☐ Compare prices



# Start My Day Healthy

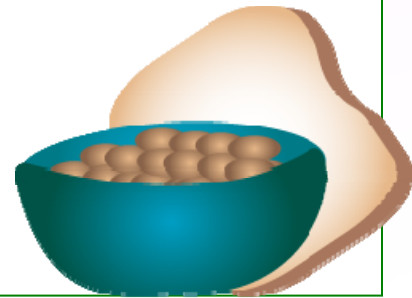
- ☐ Have a healthy breakfast
- ☐ Eat breakfast within two hours of getting up
- ☐ Limit caffeine



# A Healthy Breakfast

*A healthy breakfast includes:*

Grains



Protein



Fruit

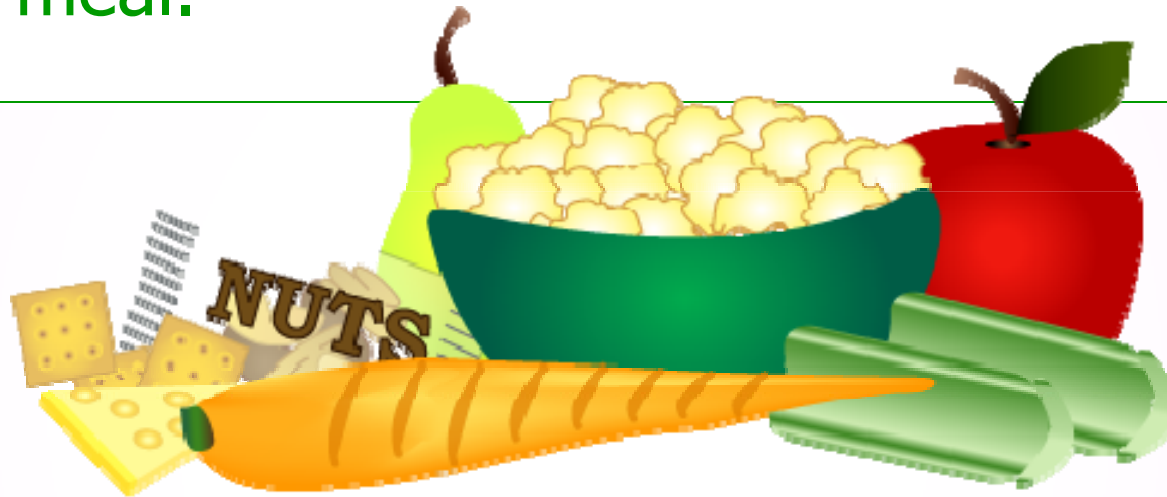


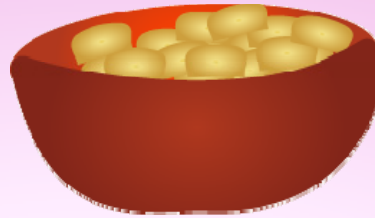
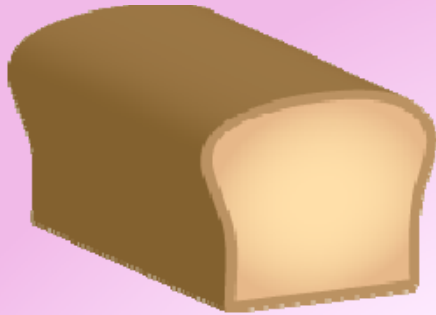
Dairy



# Healthy Snack Choices

- ☐ Choose healthy snacks such as fruit, vegetables, nuts, whole grain crackers, cheese, light popcorn, soy nuts.
- ☐ Keep portion sizes small. It's a snack, not a meal.

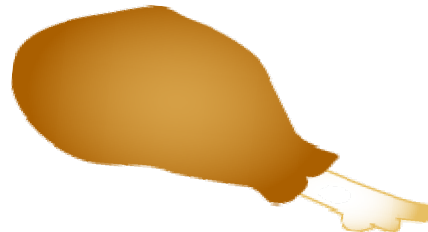
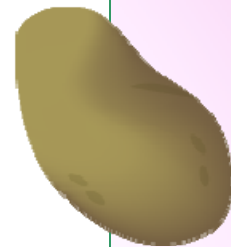




# Eating Tips

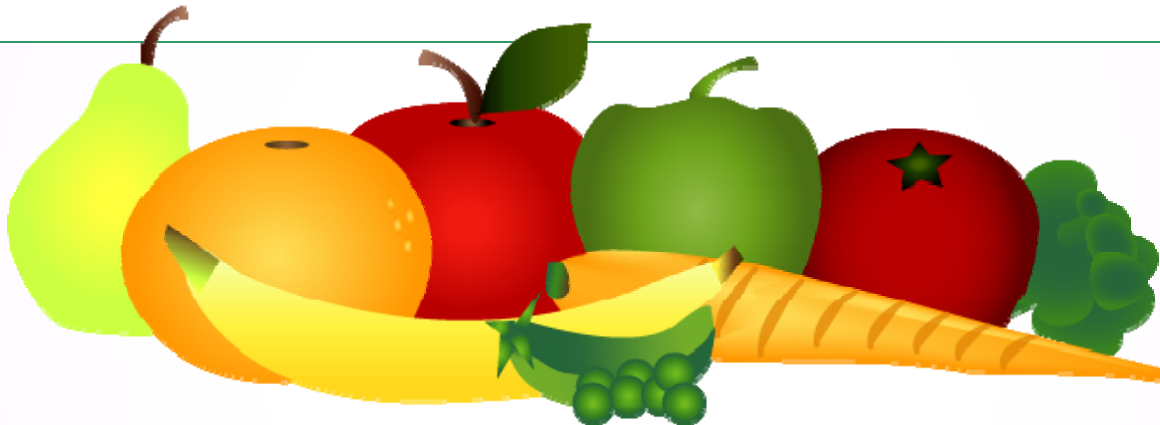


- ☐ Watch my portion sizes.
- ☐ Try a variety of foods.
- ☐ Eat slowly.
- ☐ Drink plenty of water.
- ☐ Enjoy my food!



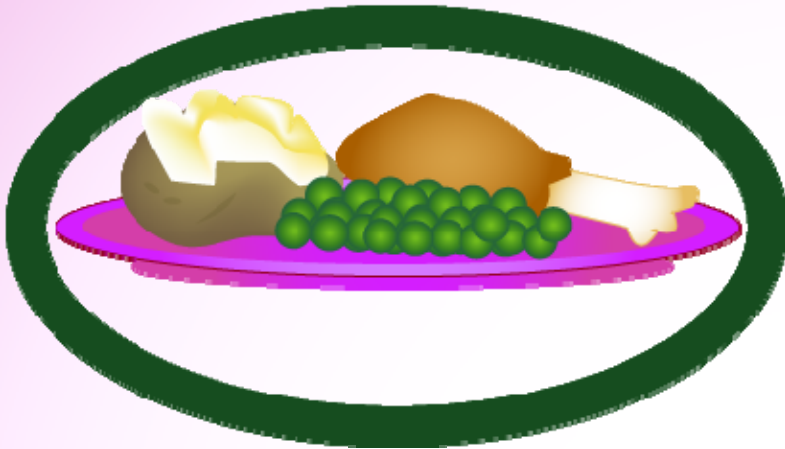
# More Eating Tips

- ☐ Eat when hungry.
- ☐ Stop eating when full.
- ☐ Eat at least five servings of fruits and vegetables every day.
- ☐ Limit foods with lots of sugar.
- ☐ Limit foods with lots of salt.



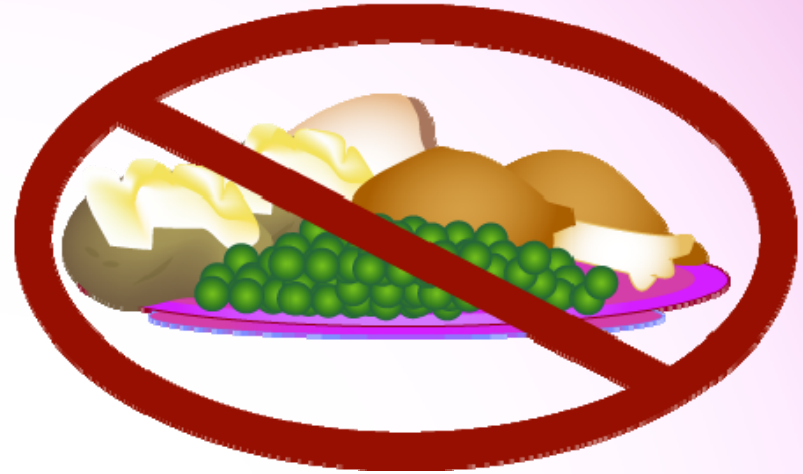
# A Small Meal is Better Than a Large One

**YES**



☐ Eat reasonably.

**NO**



☐ Don't eat too much of anything.

# Eating Away From Home

- ☐ Plan ahead – Pick a restaurant that has healthy options.
- ☐ Use the menu to make my healthiest choice.
- ☐ It's okay not to eat all that is on my plate.
- ☐ Take home a doggy bag for the next day.



Plan to bring my own food  
when away from home.



# Keep My Food Safe and my Kitchen Clean!

*Did I:*

- ☐ Wash my hands?
- ☐ Put away food after eating?
- ☐ Clean up the kitchen before and after eating?



# Be Active: Move Every Day!

## Being active:

- ☐ Is fun
- ☐ Helps keep my weight down
- ☐ Helps keep my heart healthy
- ☐ Keeps muscles toned



# Keep Moving!

- ☐ Stretch every day
- ☐ Walk more
- ☐ Breathe deeply
- ☐ Have fun!



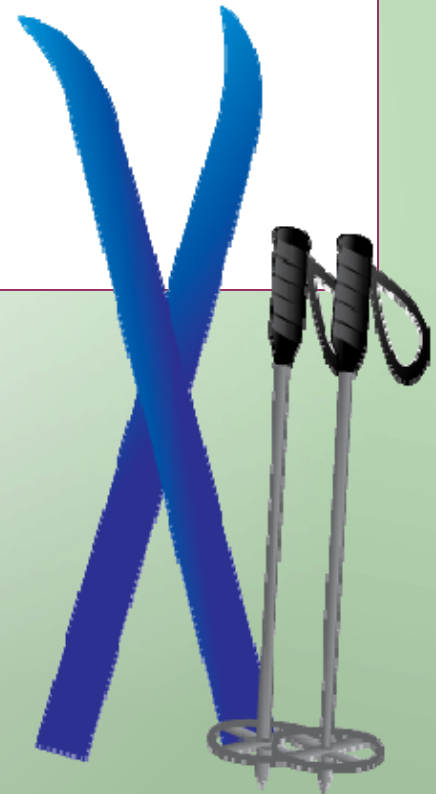
# Be Active At Home

- ☐ Move as much as I am able
- ☐ Walk every day
- ☐ Clean my house
- ☐ Exercise while watching TV
- ☐ Move to my favorite music



# Get Active Where I Live

- ☐ Be as active as I can be in my community
- ☐ Walk with friends and neighbors
- ☐ Swim
- ☐ Join group games and activities





Staying  
Well



# Staying Well

*What can I do to stay well?*

- Avoid smoking
- Avoid alcohol
- Avoid illegal drugs



# Staying Well

*What can I do to stay well?*

- Make a commitment to good health.
- Create a personal wellness plan and follow it.
- Update my plan as needed.





# Wellness Plan

- Use a Wellness Plan to help me reach my wellness goals.
- Decide what I want to do and write it down or draw a picture.
- Make an effort to do the tasks on my plan.
- Ask my supporter to help me decide if the plan is working.

# Sample Wellness Plan

## What I will do

1. Walk every day for at least 20 minutes.
2. Eat vegetables every day.

## How I will do it

1. Take a walk every morning after breakfast.
2. Buy more vegetables when shopping.

## What help I will need

1. A walking buddy.
2. A shopping helper.



# My Wellness Plan

o What I will do

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o How I will do it

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o What help I will need

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# Telling People What I Need

*Before the doctor visit:*

- Plan ahead - write down questions
- Bring my medical card
- Bring health information papers
- Go with someone
- Bring my calendar



# Telling People What I Need

*At the doctor's office:*

- Tell what feels okay
- Tell what does not feel well
- Talk to the doctor
- Ask questions
- Make my next appointment

# Staying Well Info

- **Eating and Weight**

- Eat Well Program – University of Maine Cooperative Extension (UMCE)
- Weight Watchers
- TOPS (Take Off Pounds Sensibly)

- **Exercise**

- YMCAs, Recreation Centers, Walking Programs, Trails, Parks

- **Learn More**

- Use my town's library for both eating and wellness information
- Search the Internet for other ideas

# Contact Information

- Carry an emergency card with my name and address and the names and phone numbers of people who can help me.
- If I have a cell phone, make sure I have emergency numbers in my phone.

# My Emergency Numbers

	Phone Number
Police	
Fire	
Ambulance	
Doctor's Name:	
Emergency Contact:	

**Suggestion: Make a copy or two to place by your phone and in your wallet or purse.**





# Notes

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# Contributors

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- Speaking Up For Us (SUFU)

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