



LEADER LINKS

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

HEALTHY LIFESTYLE

Definition:

A HEALTHY LIFESTYLE is the way a person lives his or her life so that his or her mind and body is free from illness and harm.

Help develop a common vocabulary by communicating what having a healthy lifestyle means to those you encounter.

Leader's Message:

A healthy lifestyle is something desired by all, but often difficult to maintain. A healthy lifestyle encompasses many things: eating healthy foods, getting enough sleep, avoiding excessive fats, sugar, and alcohol, excluding nicotine, drinking plenty of water and exercising. One reason for this difficulty is that time and health often seem to be at odds with each other. The most common excuse people make for not having a healthy lifestyle is "a lack of time." We have time to work, time to talk, time for others, but very little time to spend on ourselves. When you consider the consequences of not having a healthy lifestyle, you may want to reset your priorities – even if it is just dedicating 10 minutes a day to your health and well being.

Food for thought:

Think about this quote by Virgil*: "*The greatest wealth is health.*" Consider what it means to you. Do you agree with it or not?

Action Prompt:

Developing and maintaining a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards. Today, think of one healthy practice that you can do every day this week. Add another healthy practice the following week and so on.

* Virgil (70 B.C.-19 B.C), is regarded as a famous Roman poet, known for his epic, the Aeneid (written about 29 B.C.E), which is one of the greatest epic poems in history.