**Health Factors Activity**

Health factors are things that can affect your health. Some health factors include diet, exercise, stress, sleep, preventative healthcare, and habits. Other factors are the environment in which you live, social factors like relationships, and access to care. While there are some health factors you can control, there are others you cannot control. It is important to focus on the factors you can control to help you live a healthy life. Try this activity to make a health plan for yourself.

# Materials

* pencil and paper
* poster board
* art supplies

# Directions

1. Read the **PebbleGo Next Health** article “Health Factors.” Take notes on health factors you control and don’t control.
2. Make a list of health factors you have some control over, such as diet, exercise, stress, sleep, and habits.
3. Think about how healthy you are in each area. Write down things you do that are healthy. Add ways you could improve.
4. Choose one health factor to focus on improving. Make a plan for how you will do this.
5. On the poster board, draw a picture of yourself improving this health factor in some way. Beneath the illustration, add a paragraph that explains your new plan.
6. You could share your poster with a friend. Ask them to share theirs with you. How are they similar? How are they different?

# Critical Thinking

1. Explain why you picked the health factor you chose for your poster.
2. What health factors in your life are you proud of? What health factors would you like to improve?
3. What challenges might you face when trying to improve your health? How could you overcome those challenges?