# Ideas for Promoting 3-D Health

## PERSONAL HEALTH:

- Eat a breakfast with some protein (sources: eggs, dairy, beans) & healthy fat (sources include seeds, nuts, & nut butters)
- For snacks make trail mix (seeds or nuts, dried fruit, granola...)
- Drink water, ideally filtered tap water in a glass or stainless steel water bottle
- Practice pull-ups & handstands; run, cut, jump, lunge, & squat
- Find a coach trained in teaching kids and teens those movements plus weight lifting for strong muscles, bones, & joints
- Experiment: if you often get less, try getting 8 hours of sleep per night for a week & see how you feel

## ENVIRONMENTAL HEALTH:

- Bike, carpool, compost food waste at home, or try one of the ideas at www.buygreen.com/greenlivingtips.aspx
- Plant a garden or help with one
- Watch a short video on why we waste stuff (www.storyofstuff.com)

## COMMUNITY HEALTH:

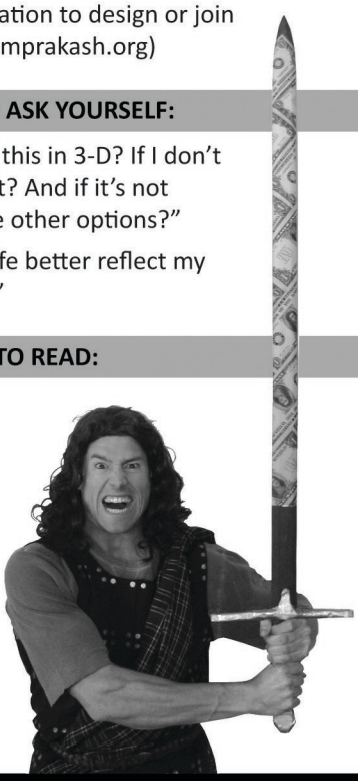
- Spread fewer germs: wash your hands & stay home if really sick
- Visit a farm or buy or request food from a local farmer's market (see www.GetRealMaine.com) for a state-wide directory
- Help with or create a service project:
  - Get ideas and learn about other projects and resources at http://www.uen.org/k12student/service_ideas.shtml
  - Visit The Omprakash Foundation to design or join something ongoing (www.omprakash.org)

## QUESTIONS TO ASK YOURSELF:

- In-the-moment Q: "Am I doing this in 3-D? If I don't know, is there a way to find out? And if it's not promoting 3-D Health, are there other options?"
- Step-back Q: "How might my life better reflect my effort to stand for 3-D Health?"

## BOOKS TO READ:

- Food: *Chew on This* (Charles Wilson, Eric Schlosser)
- Service & Connection: *Notes from the Midnight Driver* (Jordan Sonnenblick)
- Integrity & Leadership: *They Call Me Coach* (John Wooden)
- Strength Training: *Starting Strength* (Mark Rippetoe & Lon Kilgore)



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