

# Brainiac Bee Prize & How to Maintain Healthy Habits



## Brainiac Bee Prize- June 17<sup>th</sup> 2019- May 2020

*From the end of the Bee Heart Smart Challenge until next May, we want to hear how you kept up your healthy habits!* Email [wellness](#) with your own tips for 5000 points towards next year's challenge. Habits include:



- Sleep- Go to bed a half hour earlier
- Nutrition- pack healthy snacks, proper diet, drink more water
- Exercise- take the stairs, gym class, noontime sports
- Relaxation techniques- meditation, music, walks
- Mental health and wellness – socialize, take breaks, get help when you need it

Habits can be big or small. It all depends on your end goal and what you want to achieve. It is very important to keep the future in mind as to what you want, and the benefits you will gain. Sometimes you won't notice a physical change but will see a change in overall quality of life. For example, the extra half hour of sleep you have been gaining over the past few weeks has really added up and you have more energy in your day.

*Here are some tips on maintaining those healthy habits, whether it was an old habit or new one you picked up throughout the Challenge:*

- To start out, **you first need a plan**. See what needs to be changed or improved in your day to day life, and find ways/alternatives to make improvements. Schedule in your day when you will make these changes.
- **Start small**; choose one thing to work on at a time. Too many goals or goals that are too ambitious may be difficult to achieve and you may find yourself discouraged.
- **Track your progress**. Progress is never in a straight line, and it is important to see draw backs. Tracking also helps us to see where and when the habit(s) best fits into your daily life.
- It can also help to **change your surroundings**. Finding ways to make these habits fit better into your life such as having fruit on the counter, gym bag by the door, taking a different route in order to use the stairs, etc.
- **Enlist support!** You will find more success if you have others helping you along the way. It's easier to keep up that healthy habit if you have to meet a friend for a walk or at the gym.
- **Take setbacks as a sign of improvement**. We need time to adjust to change and taking a break or having a cheat-day is encouraged. Set backs are important for us to see how far we have come and helps us see our future clearer.
- It is also very important to **reward yourself**. Give yourself a healthy reward when achieving a small goal or milestone. This helps us to keep motivated and set more goals.

