



Healthy Starts in Early Childhood Care and Education Training Assignments

made possible with support from the Blue Cross and Blue Shield of North Carolina Foundation

Module 6 Personal Wellness Resources

The *Healthy Starts in Early Childhood Care and Education Training Series* is a 10-hour series of recorded webinars. Each webinar is 30 – 60 minutes in length.

This is a list of resources designed for your use. You may find these resources to be helpful in completing your assignment associated with this training series. We are also hopeful that you may continue to use these resources as you continue to make healthy changes in your child care settings as well as in your personal lives.

Resources:

Personal Wellness:

Chronic Disease

- CDC Chronic Disease: <http://www.cdc.gov/chronicdisease/overview/index.htm>
- Fact Sheets on Chronic Disease:
http://www.who.int/topics/chronic_diseases/factsheets/en/index.html

Stress

- Melinda Smith, M.A. & Robert Segal, M.A. Stress Management How to Reduce, prevent, and Cope with Stress. Last updated: July 2011
http://helpguide.org/mental/stress_management_relief_coping.htm
- Coping with Stress: http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html
- Stress: <http://www.webmd.com/balance/stress-management/stress-management-topic-overview>

Sleep

- Melinda Smith, M.A., Lawrence Robinson, and Robert Segal, M.A. How Much Sleep Do You Need? **Sleep Cycles & Stages, Lack for Sleep, and Getting the Hours You Need.** Last updated: October 2011. <http://helpguide.org/life/sleeping.htm>
- US Department of Health and Human Services, National Institutes of Health, and National Heart, Blood, and Lung Institute. Originally printed November 2005. Revised August 2011. YOUR GUIDE TO Healthy Sleep. Healthy Guide to Sleep. (NIH 11-5271).
http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf

Nutrition:

- U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.
- Liebman, Bonnie. 10 Common Food Goofs. Nutrition Action Health Letter, April 2011.
http://www.cspinet.org/nah/pdfs/feature_us_april11.pdf
- Liebman, Bonnie. Big Fat Lies: The Truth about Atkins Diet. Nutrition Action Health Letter, Nov 2002. http://www.cspinet.org/nah/11_02/bigfatlies.pdf
- Carbohydrates 101: <http://www.foodandhealth.com/CHO101.pdf>

- USDA Dietary ChooseMyPlate: <http://www.choosemyplate.gov/index.html>
- Nutrient Dense Foods: <http://www.choosemyplate.gov/STEPS/nutrientdensefoodchoices.pdf>
- Good Fat/Bad Fat: <http://www.mayoclinic.com/health/fat/NU00262/NSECTIONGROUP=2>
- Choosing Healthy Fats: GOOD FATS, BAD FATS, AND THE POWER OF OMEGA-3 FATS: http://www.helpguide.org/life/healthy_diet_fats.htm

Physical Activity:

- Physical Activity and Health: The Benefits of Physical Activity: <http://www.cdc.gov/physicalactivity/everyone/health/index.html>
- Balance Food and Activity: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/balance.htm>
- Activity Types: http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf