

The Four Pillars of Health

NUTRITION

"The proper balance of energy and nutrients from unprocessed carbohydrates, lean proteins and healthy fats to prevent both deficiencies and excesses."



Recommendations

Follow MyPlate guidelines. For an 1800 calorie diet, consume each day:

- 1 ½ cups of whole fruit
- 2 ½ cups of vegetables
- 6 oz eq of whole grains
- 5 oz eq of lean protein
- 3 cups of low-fat dairy
- Less sodium, saturated fat & added sugars

EXERCISE

"Activity requiring physical effort, carried out to sustain or improve health and fitness."



Recommendations

- 150 minutes (2.5 hours) moderate heart pumping exercise OR
- 75 minutes (1.25 hours) vigorous heart pumping exercise per week
- Muscle strengthening = 2 times per week
- Focus on less time sitting
- Increase amount and intensity gradually

SLEEP

"A condition of body and mind that occurs for several hours every night in which the nervous system is relatively inactive, eyes are closed, muscles are relaxed, and consciousness is suspended."



Recommendations

- Aim for 7-9 hours a night
- Focus on sleep quality
- Avoid stimulants
- Create a sleep-inducing environment
- Establish a sleep routine
- Consistent sleep schedule

STRESS

"A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances."



Recommendations

- Exercise
- Eat a balanced diet
- Think optimistically
- Get quality sleep
- Seek supportive relationships
- Clean up your environment
- Practice relaxation with meditation, yoga, imagery

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