

Physical Health

JANA KOCI, PH.D.

POHYB
A ZDRZS

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OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

BUILDING YOUR
ADEQUATE
BODY MOVEMENT

BUILDING YOUR
GOOD
BODY POSTURE

BUILDING YOUR
GOOD NUTRITION

BUILDING YOUR
HIGH
QUALITY SLEEP

BUILDING YOUR
REGULAR
RELAXATION

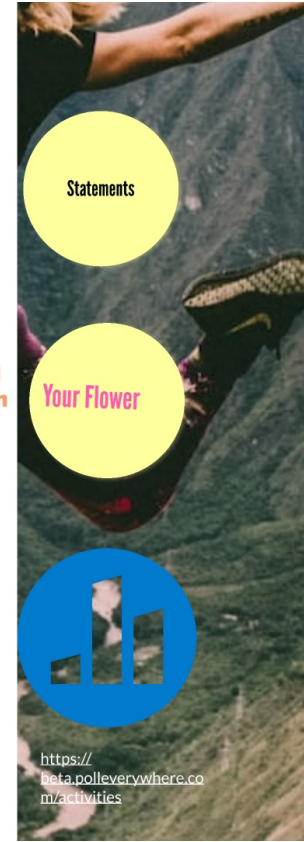
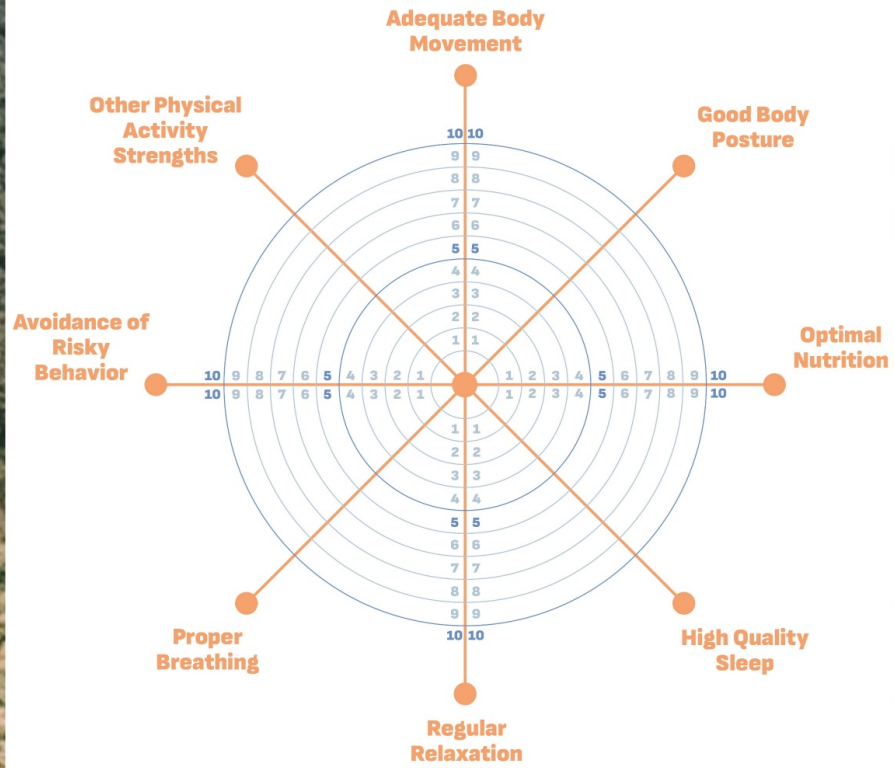
BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

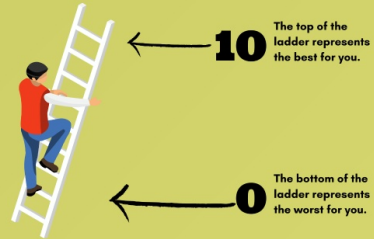
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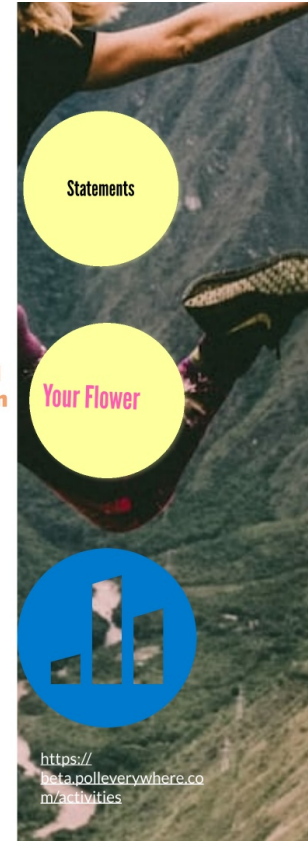
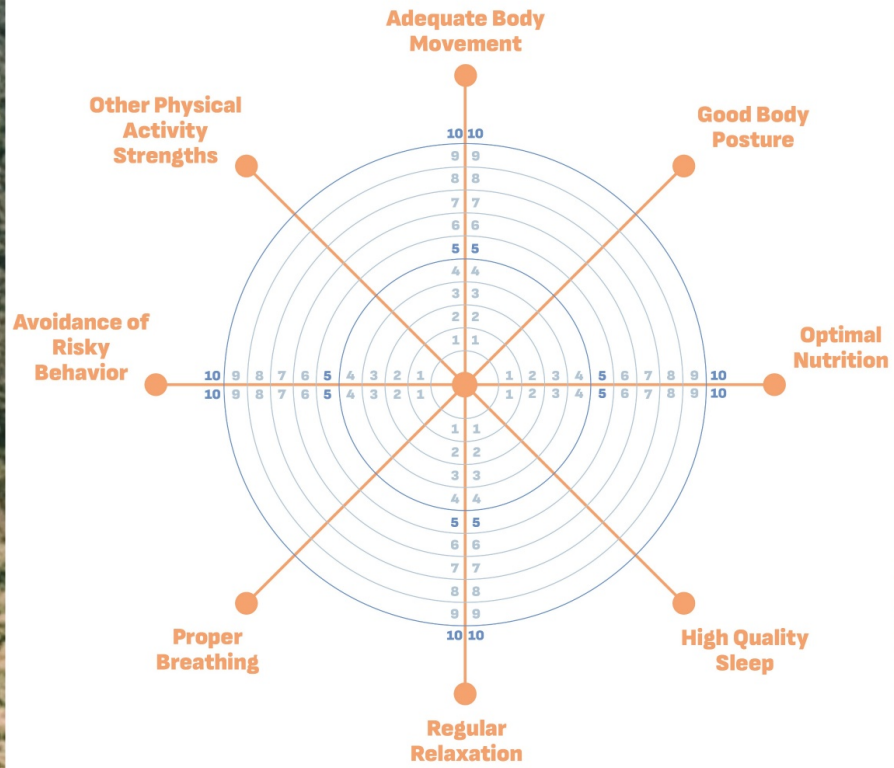


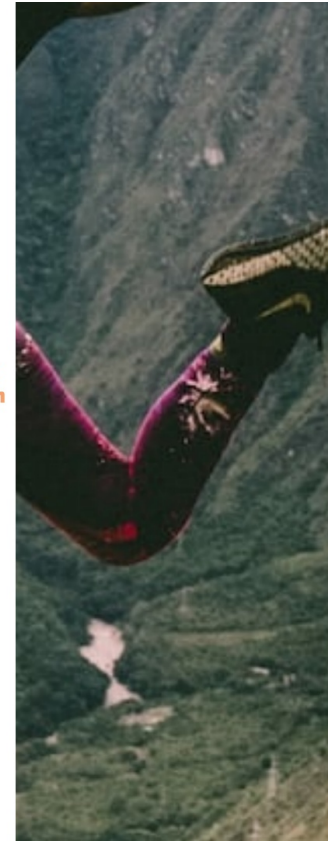
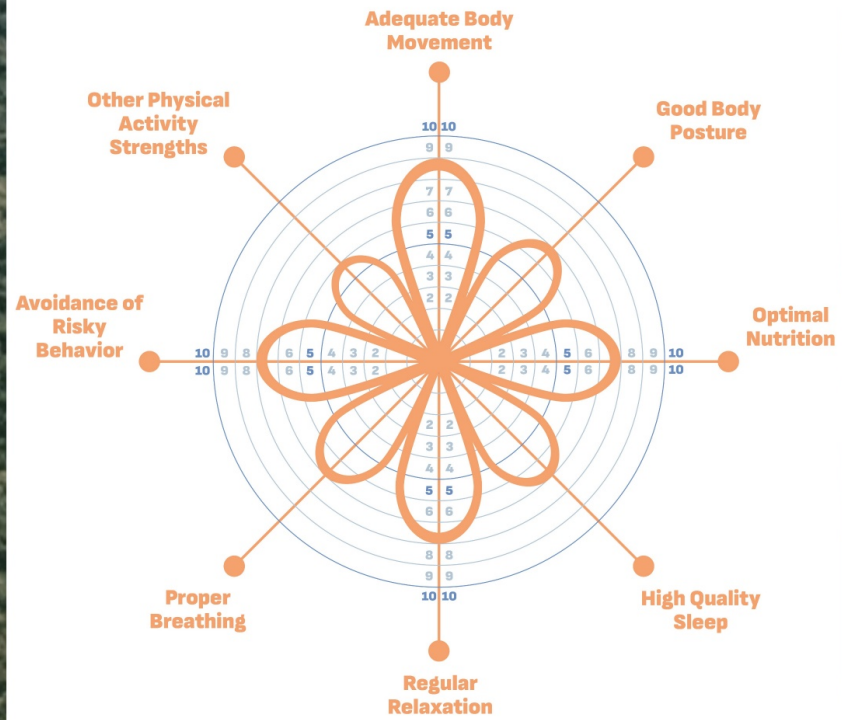
Please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top.

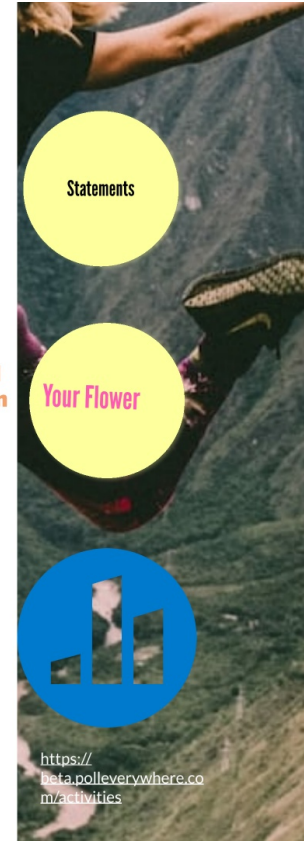
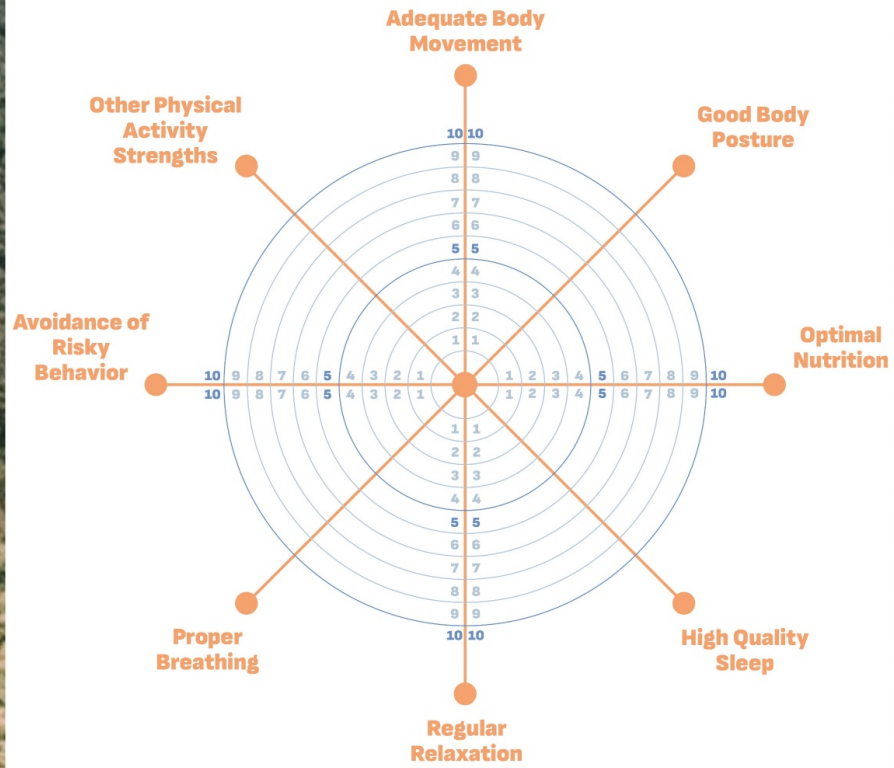
The top of the ladder represents the best for you.
The bottom of the ladder represents the worst for you.



On which step of the ladder would you say you personally feel you stand at this time in terms of your physical health, environment, mindset, economic security, positive emotions, engagement, relationships, meaning and achievement?









THE PHYSICAL HEALTH *flower*

Please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best for you. The bottom of the ladder represents the worst for you.

On which step of the ladder would you say you personally feel you stand at this time in terms of your regular body movement, proper body posture, optimal nutrition, quality sleep, activities to improve your cognitive wellness such as relaxation and deep breathing and risky behavior reduction?

The questions below can help you assess where you personally feel you stand in each individual ladder. After you assess each ladder, circle the numbers on each ladder of the physical health wheel below to create your own flower!

Adequate Body movement

I enjoy moving my body during the day. I care about maintenance of my muscle and cardiovascular health with regular aerobic, strength and flexibility activities and balance movements.

Proper Body Posture

I am aware of my body posture throughout the day. I am capable of correcting my posture properly when moving, standing and sitting while studying.

Optimal Nutrition

I enjoy good nutrition. My diet is balanced, full of natural foods rich in nutrients (vegetables, fruits), healthy fats and includes high quality protein in every meal. I hydrate myself with water.

High Quality Sleep

My sleep quality is good and consistent. I wake up refreshed and I care for my sleep by sticking to a sleep schedule, avoiding large meals and alcoholic drinks before bed, relaxing before bedtime and managing my sleep environment.

Regular Relaxation

My body feels relaxed most of the time. When I notice my body stiff after a stressful situation, I am able to relax my body quickly. I try to relax intentionally during the day and before sleep.

Proper Breathing

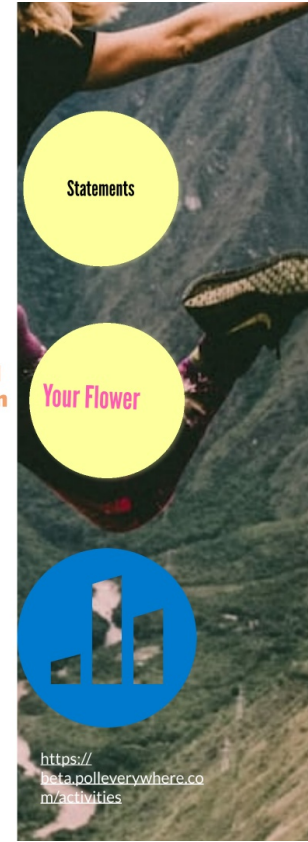
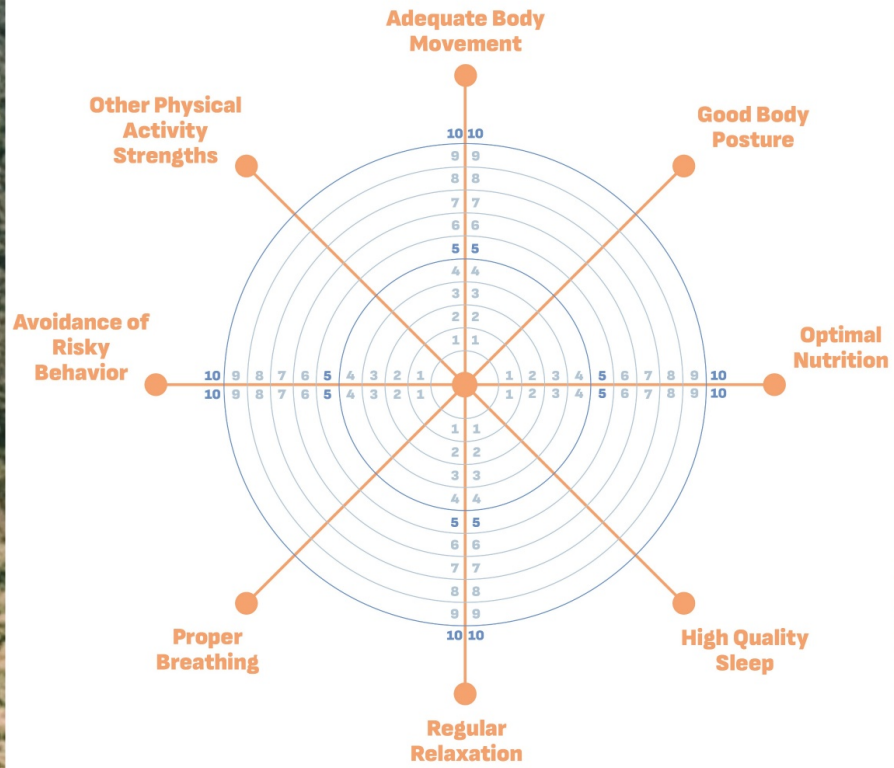
My breathing is slow and deep and I breathe into my belly most of the time. When I notice myself breathing shallowly, I am capable to regulate my breath and balance myself to calmness with breathing exercises if needed.

Avoidance of Risky Behavior

I limit exposing myself to potential risk of harm by avoiding substance abuse, heavy alcohol consumption, unprotected sexual intercourse, reckless driving, practicing extreme sports or overusing social media.

Other Physical Health Strengths

Are there any other physical health strengths on your mind you would like to assess? If yes, scale them please as well as the previous strengths.



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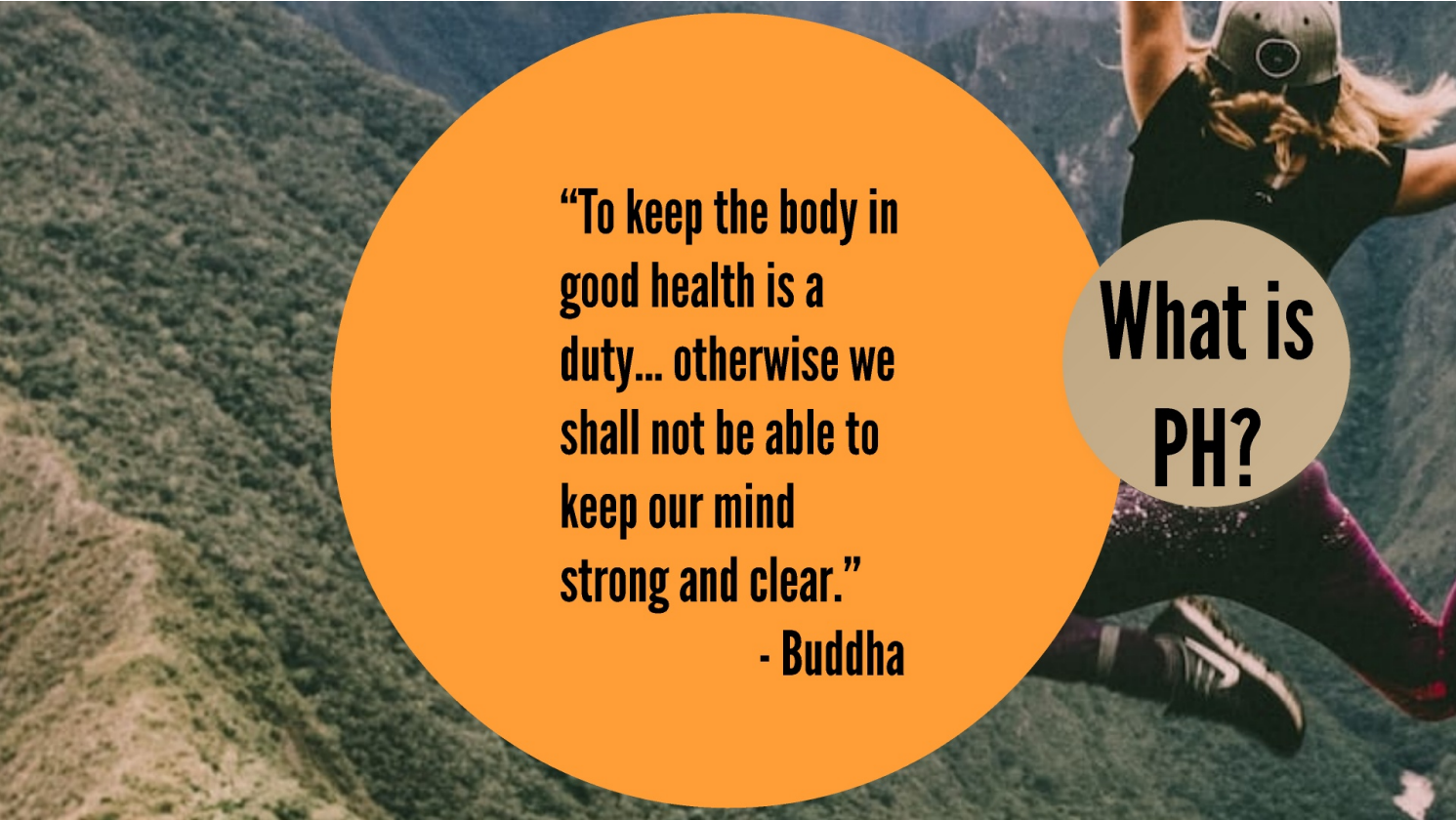
BUILDING YOUR
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BREATHING

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RISKY BEHAVIOR

Bottom Line

Thank you!



A person is skydiving over a vast, green mountain range. The person is wearing a black t-shirt, a grey baseball cap, and purple leggings. They are in a freefall position with their arms outstretched. The background shows rolling hills and valleys covered in dense green vegetation under a clear sky.

**“To keep the body in
good health is a
duty... otherwise we
shall not be able to
keep our mind
strong and clear.”**

- Buddha

**What is
PH?**

What is physical health?

1

absence of disease or serious illness
tradition

2

a combination of excellent status on biological,
subjective, and functional measures
positive health

3

a state of complete physical prosperity
new approach

4

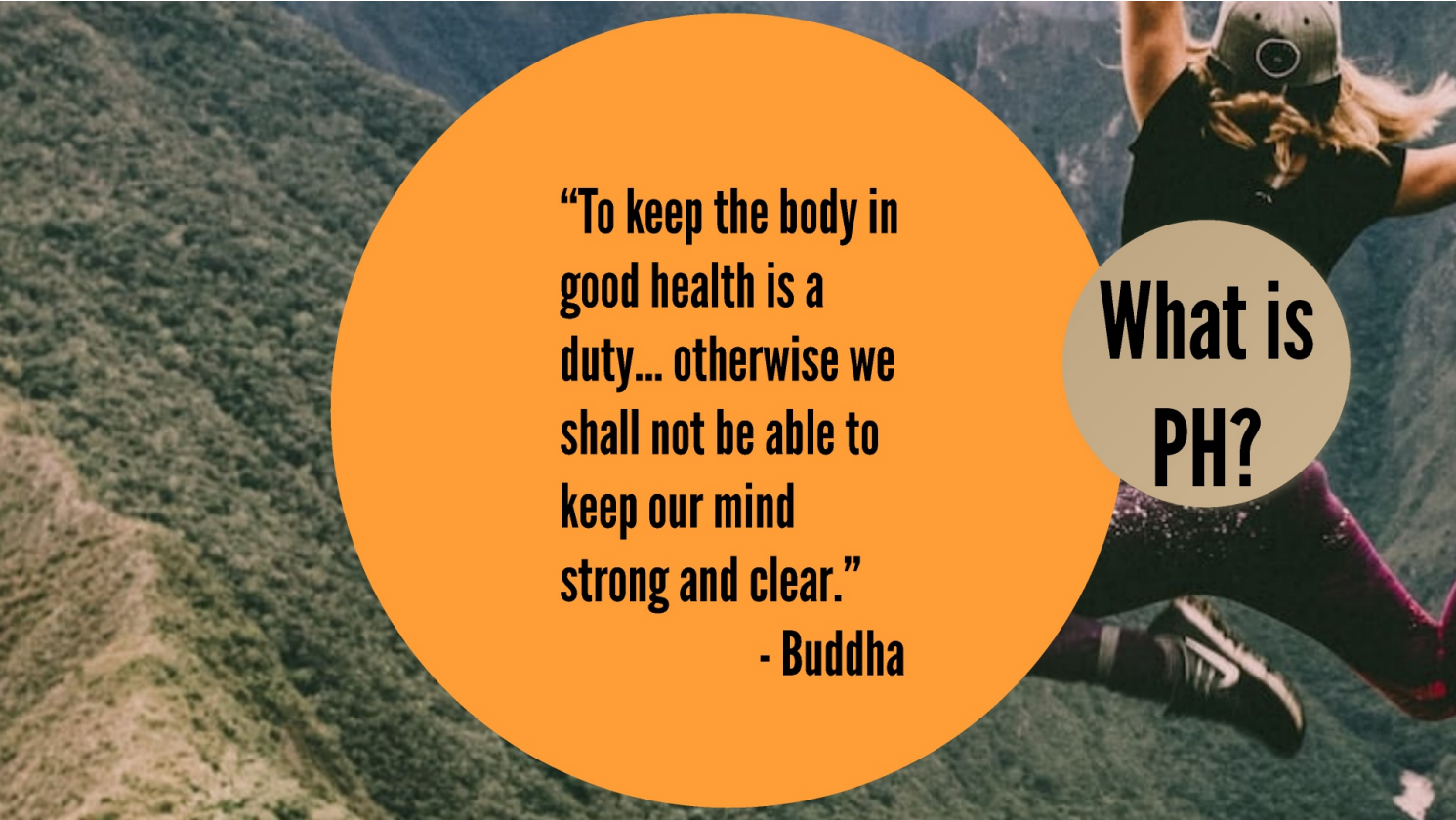
physical health is closely linked to your mental
well-being and your social well-being
WHO

5

A physically healthy student typically
engages in regular body movement, has a
balanced diet, sleeps well, and practices
relaxation and proper breathing. Students
also tend to limit risky health behaviors such
as excessive alcohol use, tobacco use,
dangerous driving and social media overuse.

(Koci & Donaldson, 2023)



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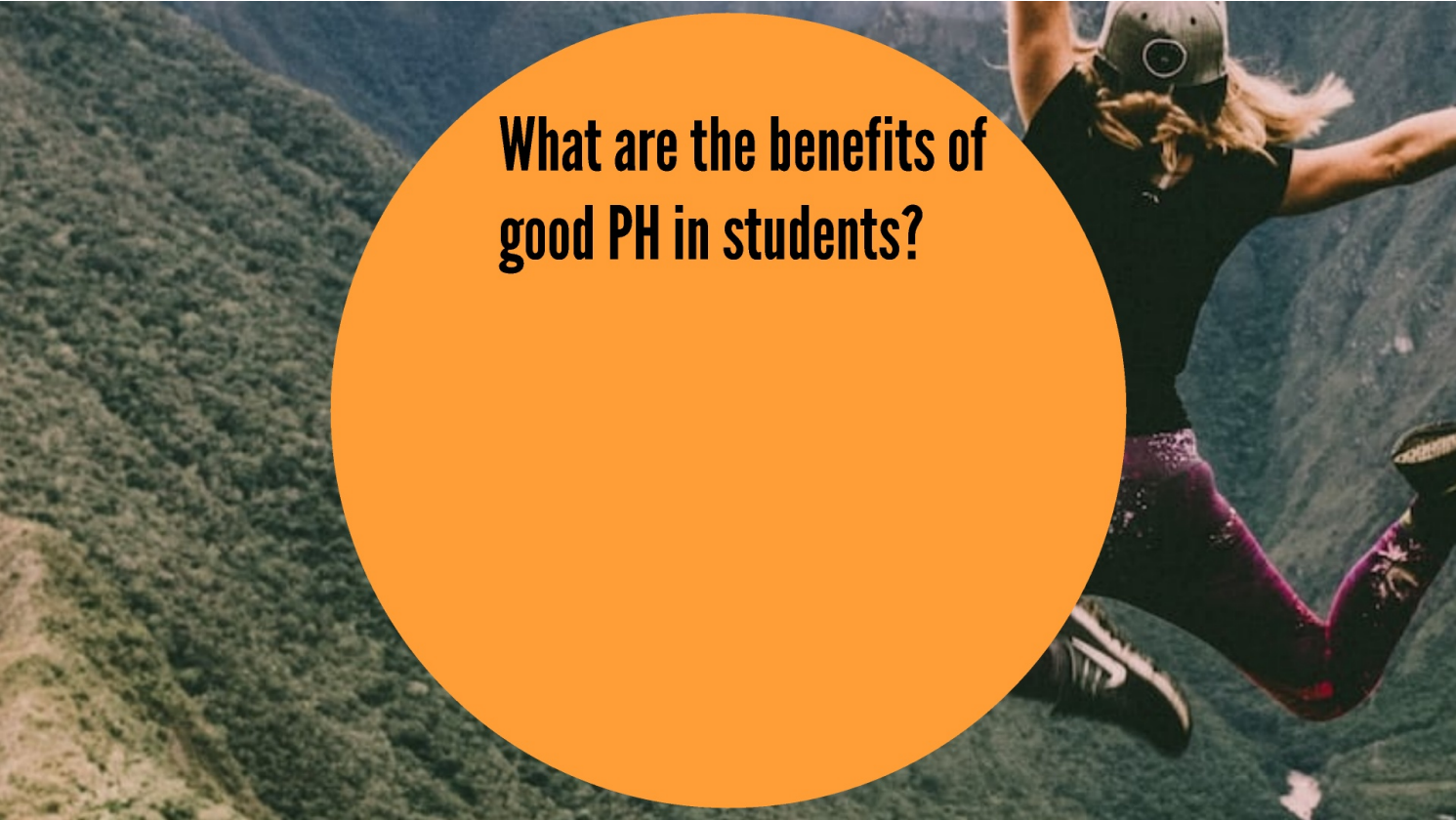
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Thank you!



A person is skydiving over a vast, green, mountainous landscape. The person is wearing a black t-shirt, purple leggings, and a grey cap. They are in a freefall position with arms and legs spread. A large orange circle is overlaid on the image, containing the text "What are the benefits of good PH in students?".

**What are the benefits of
good PH in students?**



What are the benefits of good PH in students?

- **have reduced risk of illness later in life**
 - **feel better**
 - **focus better**
 - **learn more**
 - **think more clearly**
- **make more satisfying judgments**
 - **study more effectively**

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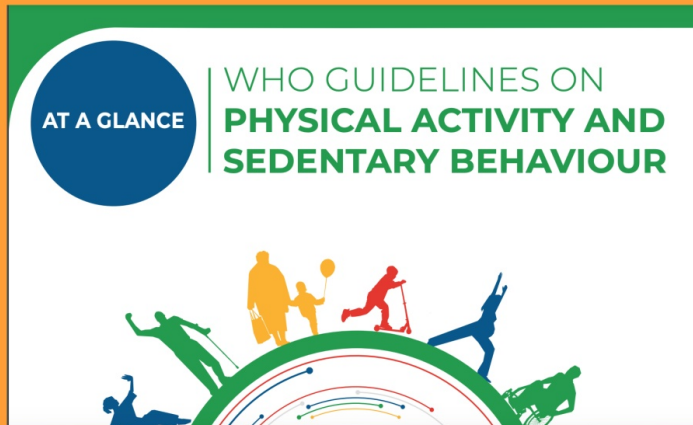
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Benefits?



<https://iris.who.int/bitstream/handle/10665/337001/9789240014886-eng.pdf?sequence=1>

UK Chief Medical Officers' Physical Activity Guidelines

Physical activity for adults and older adults

Benefits health	Type II Diabetes -40%
Improves sleep	Cardiovascular disease -35%
Maintains healthy weight	Falls, depression etc. -30%
Manages stress	Joint and back pain -25%
Improves quality of life	Cancers (colon and breast) -20%

Some is good, more is better | Make a start today: it's never too late | Every minute counts

Be active

at least **150** minutes moderate intensity per week OR at least **75** minutes vigorous intensity per week or a combination of both

Build strength on at least 2 days a week

Minimise sedentary time Break up periods of inactivity


Improve balance For older adults, to reduce the chance of frailty and falls 2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

35

Move YOUR way

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources>



ADULTS
MOVE YOUR WAY
What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

150 minutes a week AND **2 days a week**

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity aerobic activity**, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway

Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together.
You can find a way that works for you.

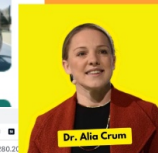


And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure

So take the first step. Get a little more active each day.

Find tips to get moving and build a weekly activity plan at health.gov/MoveYourWay/Activity-Planner



Dr. Alla Crum

pubmed.ncbi.nlm.nih.gov/17425530/

Washburn - Data | Google Books | Web-Being, Jha et al. | DOI

Psychol Sci. 2007 Feb;18(2):165-71. doi: 10.1111/j.1467-9290.2007.01867.x

Mind-set matters: exercise and the placebo effect

Alla J Crum¹, Ellen J Langer

Affiliations + expand

PMID: 17425538 DOI: 10.1111/j.1467-9290.2007.01867.x

Abstract

In a study testing whether the relationship between exercise and health is moderated by one's mind-set, 84 female room attendants working in seven different hotels were measured on physiological health variables affected by exercise. Those in the informed condition were told that the work they do (cleaning hotel rooms) is good exercise and satisfies the Surgeon General's recommendations for an active lifestyle. Examples of how their work was exercise were provided. Subjects in the control group were not given this information. Although actual behavior did not change, 4 weeks after the intervention, the informed group perceived themselves to be getting significantly more exercise than before. As a result, compared with the control group, they showed a decrease in weight, blood pressure, body fat, waist-to-hip ratio, and body mass index. These results support the hypothesis that exercise affects health in part or in whole via the placebo effect.

CHOOSE YOUR
BODY MOVEMENT

		AEROBIC & CARDIOVASCULAR BODY MOVEMENT	MUSCLE STRENGTHENING BODY MOVEMENT	FLEXIBILITY BODY MOVEMENT	BALANCE BODY MOVEMENT
	RUNNING	✓✓✓	✓✓	✓	✓
	BRISK WALKING	✓✓	✓		
	CLIMBING THE STAIRS	✓✓✓	✓✓		
	BIKING	✓✓✓	✓✓	✓	✓✓
	SWIMMING	✓✓✓	✓✓✓	✓✓	✓✓✓
	DANCING	✓✓✓	✓	✓✓	✓✓✓
	YOGA		✓	✓✓✓	✓✓
	TENNIS	✓	✓✓	✓✓✓	✓✓✓
	BODY-BUILDING		✓✓✓	✓	✓✓
	GARDENING	✓✓	✓✓✓	✓	✓✓

TIPS TO YOUR PHYSICAL ACTIVITY SNACKING

Make it quick, easy and fun!



STRETCH YOUR BODY ON
THE CHAIR BETWEEN
CLASSES



WALK WHILE BEING
ON THE PHONE WITH
YOUR LOVED ONES



WALK TO A SNACK SHOP
TO GET YOUR
REFRESHMENT



VACUUM YOUR ROOM



USE STAIRS IN STEAD OF
ELEVATOR



TAKE YOUR COFFEE TO GO
AND WALK AROUND
CAMPUS



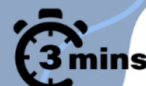
BIKE TO SCHOOL AND
AROUND THE CAMPUS



PARK YOUR CAR A BIT
FARTHER AND WALK



DO SQUATS EVERY TIME
YOU TAKE A BREAK FROM
STUDYING



WALK NEIGHBORS DOG
AFTER SCHOOL



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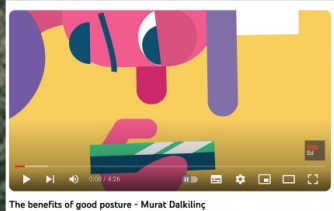
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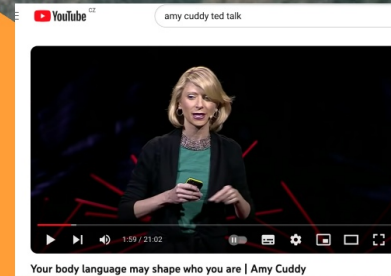
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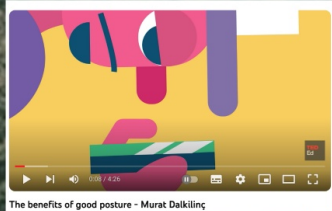


The benefits of good posture - Murat Dakilinc
<https://www.youtube.com/watch?v=OyK0oE5rwFY&t=5s>

Benefits?



Your body language may shape who you are | Amy Cuddy
<https://www.youtube.com/watch?v=Ks-Mh1QhMc>

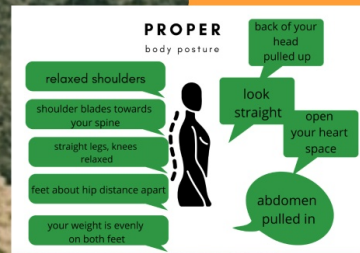


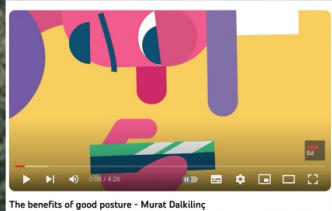
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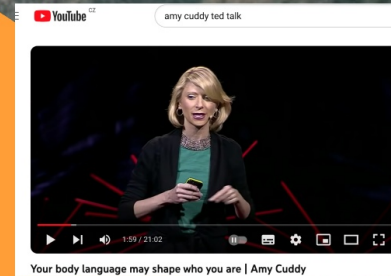
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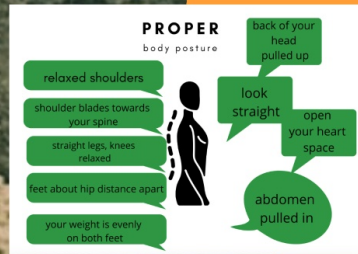


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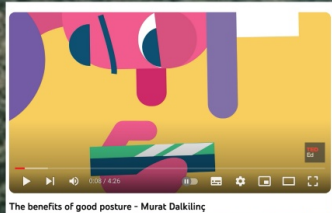
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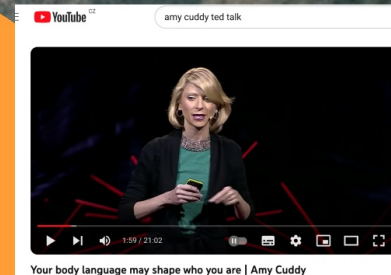
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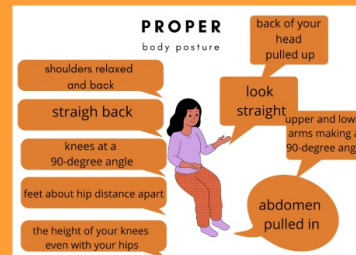
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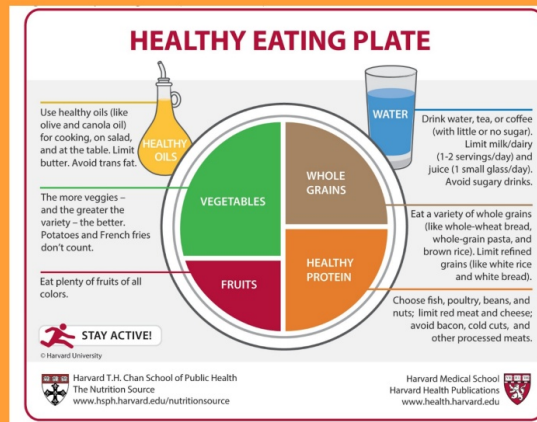




Benefits?

Tips

Benefits?



Tips



I always keep my fridge stocked with:

Vegetables: organic, seasonal, nonstarchy vegetables and some starchy vegetables like sweet potatoes and squash

Fruit: organic seasonal, low-glycemic fruit (especially berries, bonus points if they are wild and frozen is okay!)

Meat: grass-fed beef and lamb; pasture-raised poultry

Eggs: pasture-raised

Seafood: wild-caught salmon and other SMASH fish (Salmon, mackerel, anchovies, sardines, herring)

Fats: grass-fed butter or ghee

Tofu: organic, and if possible, sprouted

Tempeh: organic, gluten-free

Dairy: grass-fed yogurt or kefir from goat's or sheep's milk

Hummus: organic (just be sure it's made with olive oil and without additives)

Kimchi and sauerkraut: naturally fermented

@DRMARKHYMAN

Eating the rainbow is your gateway to using food as medicine. Try to aim to eat every color of the rainbow most days of the week.

@DRMARKHYMAN

11 Foods That Fight Inflammation

- Olive oil
- Mushrooms
- Berries
- Dark chocolate
- Fatty fish
- Green tea
- Broccoli
- Turmeric
- Peppers
- Bone broth
- Avocado

@DRMARKHYMAN

My favorite antioxidant rich foods

- Blueberries
- Dark Chocolate
- Pecans
- Artichokes
- Raspberries
- Red cabbage
- Beets

@DRMARKHYMAN

WHEN I ONLY HAVE 5 MINUTES TO MAKE LUNCH:

ARUGULA
OLIVES
PUMPKIN SEEDS
TOMATOES
AVOCADO
ARTICHOKES
CANNED WILD SALMON

MIX IT UP WITH OLIVE OIL, BALSAMIC VINEGAR, MUSTARD, SALT AND PEPPER

@DRMARKHYMAN

HORMONE DISRUPTORS:

- Sugar + Flour
- Dairy
- Gluten
- Environmental toxins
- Caffeine
- Alcohol
- Stress
- Lack of Exercise

@DRMARKHYMAN

6 SMART FOOD SWAPS FOR LONGEVITY

- BEANS NOT BEEF
- FRUIT NOT PROCESSED SWEETS
- TOFU NOT PROCESSED MEAT
- TEA OR WATER NOT SODA
- SOURDOUGH OR WHOLE GRAIN BREAD NOT WHITE BREAD
- OLIVE OIL NOT BUTTER

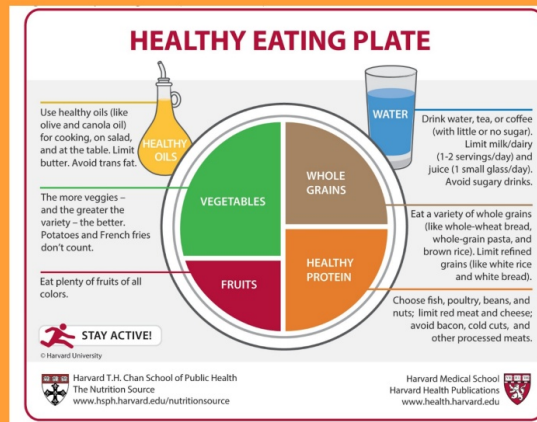
(SWIPE RIGHT FOR MORE)

bluezones.com

bluezones

bluezones.com

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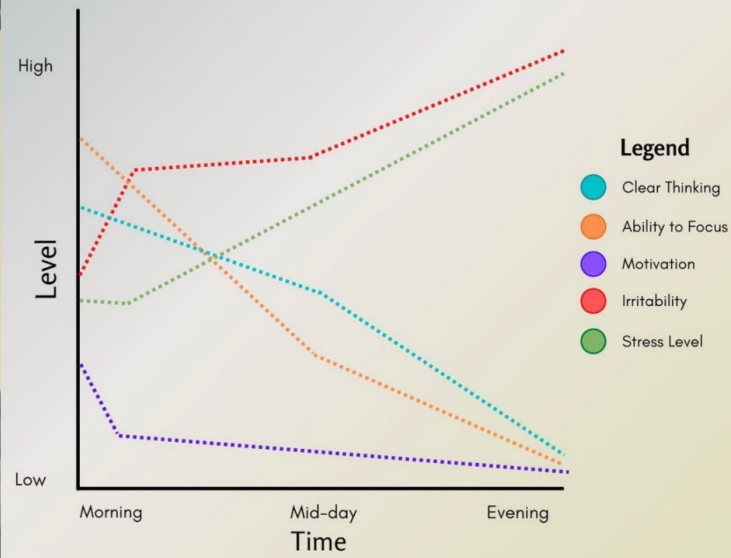



Aftermath of bad
night's sleep

Benefits?

**12 tips for
better sleep**

The Aftermath of a Bad Night's Sleep





Aftermath of bad
night's sleep

Benefits?

**12 tips for
better sleep**



12

YouTube CZ walker ted talk

9:46 / 19:18

Step is your superpower | Matt Walker

1072 zhlédnutí • 3. 6. 2019

168 TIS. 2,8 TIS.

SDÍLENÍ ULOŽIT ...

11. Make the right tonight adjustment. Tonight is your last evening-only sleep opportunity. To get outside in natural sunlight, get at least thirty minutes each day if possible, with at least ten minutes every night, right in the morning. Sleep experts recommend that you have your bedroom lighting and shades set at their most relaxing or calming throughout and turn down the lights before bedtime.



12. Don't be too awake. If you find yourself still awake after trying to read for twenty to thirty minutes, if you're still wanting to get ready for work or school, get up and do some relaxing activity until you feel sleepy. The strategy of going back to sleep once you wake is "not advised."



1. Stick to a sleep schedule. Go to bed and wake up at the same time each day. Consistency of sleep schedule does a lot for adjusting to sleep patterns. Staying from an extended amount of sleep during the week can well make it harder to wake up early on Monday morning. Set an alarm for bedtime. Check on your sleep when you wake to make sure that you're on track. If you're not, try to go to bed a little earlier in the week and wake up when you remember and stick to that routine. This should be OK.



12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

11. Don't have last-minute changes. Last-minute changes to your bedtime, such as watching a movie, can make it difficult to fall asleep. If you have to make a change, try to do so at least an hour before bedtime. If you have to make a change, try to do so at least an hour before bedtime. If you have to make a change, try to do so at least an hour before bedtime.



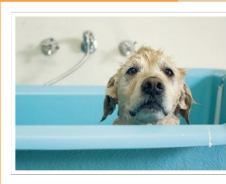
12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

10. Exercise is great, but not too late in the day. Try to exercise in the late afternoon or early afternoon, but not too late in the day. Exercise too late in the day can make it harder to fall asleep.



12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

9. Take a hot bath before bed. The drop in body temperature that occurs after a hot bath can help you fall asleep. Take a hot bath at least 90 minutes before bedtime. This can help you fall asleep.



WHY WE SLEEP
By prof. Matthew Walker



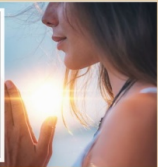
12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

8. Avoid caffeine and alcohol. Caffeine, coffee, certain teas, and alcohol contain the stimulant caffeine and the effects can take an hour or more to wear off fully. Therefore, a cup of coffee in the afternoon can make it hard for you to fall asleep at night. Alcohol is a sedative, which causes you to sleep only very lightly in addition, makes other parts of the body in the morning because of its stimulant effects.



12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

8. Relax before bed. Don't overstimulate your eye or brain too late in the evening. A relaxing activity, such as reading or listening to music, can be part of your bedtime routine.




12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

8. Avoid alcohol drinks before bed. Having a light or alcohol beverage before sleep may help you sleep, but have one only once in a while, keeping you in the lighter stages of sleep. These drinks may also make it hard for you to wake up in the middle of the night, when the effects of the alcohol have worn off.



12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

7. Don't take naps after 3 p.m. Naps taken after 3 p.m. may be too long for the sleep cycle, and may make it harder to fall asleep at night.



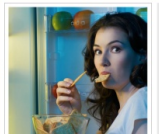
12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

6. If possible, avoid medications that delay or disrupt your sleep. Some common over-the-counter medications, such as cold and allergy medicine, can delay or disrupt your sleep. If you have to take these medications, try to take them at the same time every day, and avoid taking them at night. If you have to take these medications, try to take them at the same time every day, and avoid taking them at night.



12 tips for healthy sleep (NIH Medline Plus in Walker, 2017):

5. Avoid large meals and beverages late at night. A large meal or beverage late at night can make it harder to fall asleep. Drinking too many fluids at night can cause frequent awakenings to urinate.





12

YouTube CZ walker ted talk


9:46 / 19:18

Step is your superpower | Matt Walker

1072 zhlédnutí • 3. 6. 2019

168 TIS. 2,8 TIS.

SDÍLENÍ ULOŽIT ...



Aftermath of bad
night's sleep

Benefits?

**12 tips for
better sleep**

Physical Health

JANA KOCI, PH.D.

POHYB
A ZDRZS

uniwellcity

OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

BUILDING YOUR
ADEQUATE
BODY MOVEMENT

BUILDING YOUR
GOOD
BODY POSTURE

BUILDING YOUR
GOOD NUTRITION

BUILDING YOUR
HIGH
QUALITY SLEEP

BUILDING YOUR
REGULAR
RELAXATION

BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!



Benefits?



Relaxation

Meditation

Stretching

Benefits?



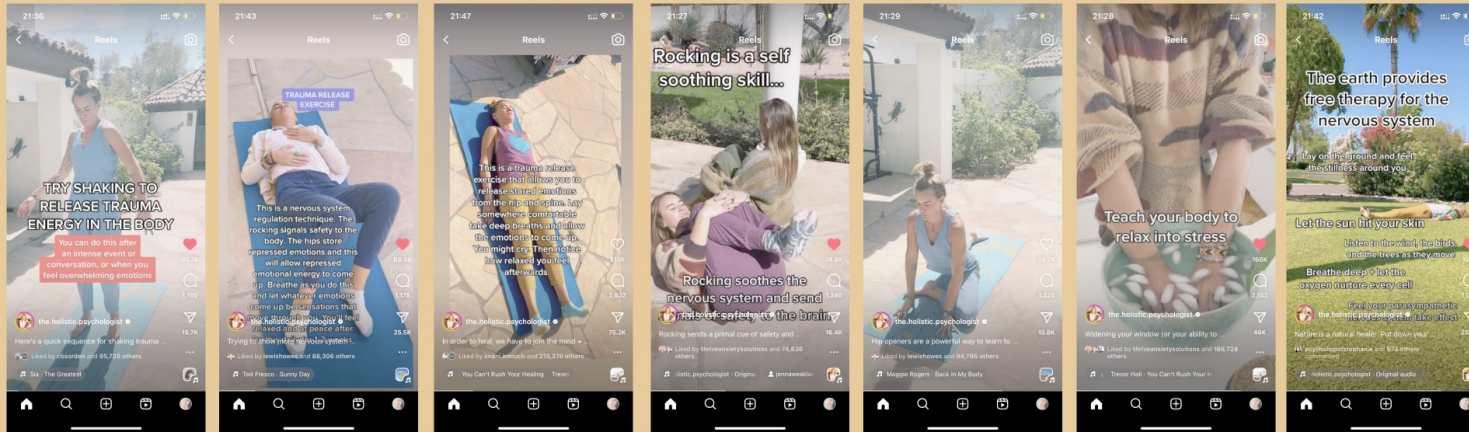
How do YOU relax?

Relaxation

Meditation

Stretching

STRESS RELASING EXCERCISES



<https://www.youtube.com/watch?v=AKGrmY8OSH&t=553s>



non sleep deep rest huberman

**NON-SLEEP DEEP REST
(NSDR) PROTOCOL
DR ANDREW HUBERMAN**

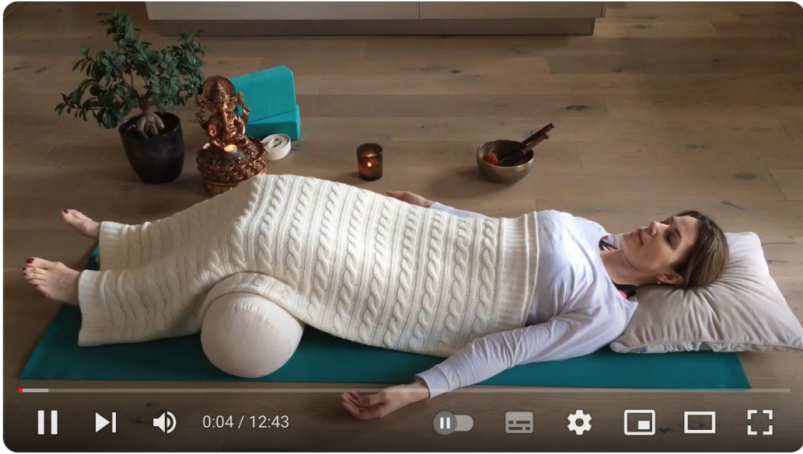
VIRTUSAN

ANDROID APP ON Google play Download on the App Store

#NSDR (Non-Sleep Deep Rest) with Dr. Andrew Huberman

<https://www.youtube.com/watch?v=e7Do057v6r8&t=2s>

YouTube CZ bodová relaxace



Relaxace k uvolnění jednotlivých částí těla

0:04 / 12:43

https://www.youtube.com/watch?v=_TEaOy6wCeE

WHAT IS AUTOGENIC TRAINING



2:32



relaxing muscles

<https://www.youtube.com/watch?v=ihO02wUzgkc&t=2s>
<https://www.youtube.com/watch?v=ihO02wUzgkc&t=214s>



Progressive Muscle Relaxation Training

<https://www.youtube.com/watch?v=pcoXfD3PtTY&t=1210s>




CZ


sound therapy



**Purity Sound Bath | Meditation Music for Cleansing the Mind & Spirit |
Singing Bowls**

<https://www.youtube.com/watch?v=eKETSSKcZWA&t=708s>

 ^{CZ} **YouTube** nature sounds https://stock.adobe.com



© Johannes Lawsen RELAX

**Relaxing Nature Sounds for Sleeping - Natural Calm Forest Waterfall Music
Meditation Sound for Study**

Benefits?



How do YOU relax?

Relaxation

Meditation

Stretching

What is meditation?

Cleveland clinic: What is a simple definition of meditation?

Meditation is a practice that involves focusing or clearing your mind using a combination of mental and physical techniques. Depending on the type of meditation you choose, you can meditate to relax, reduce anxiety and stress, and more.





<https://www.youtube.com/watch?v=FkGUTa8lydw>

Language: English

Love 2.0

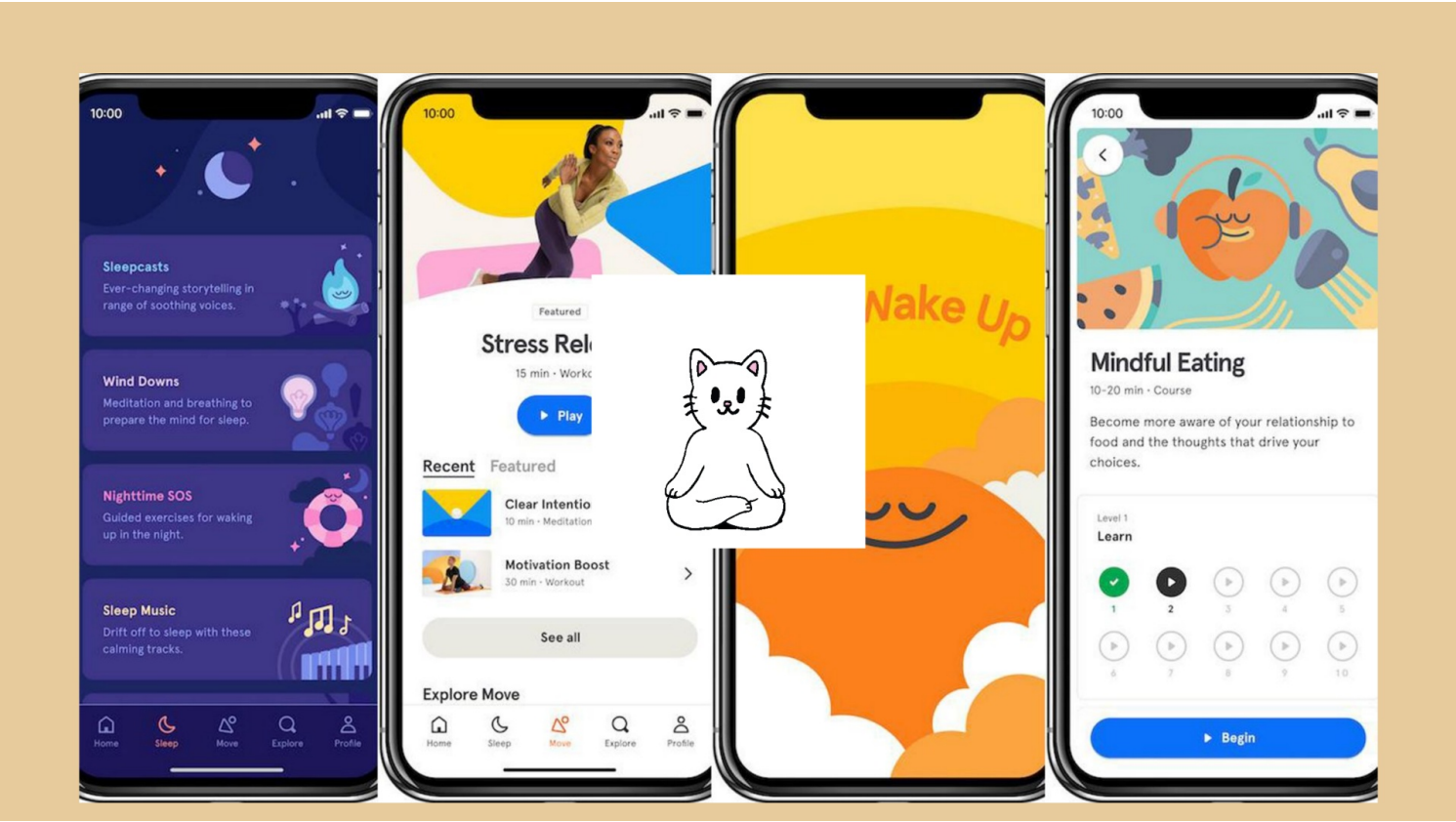
FINDING HAPPINESS AND HEALTH IN MOMENTS OF CONNECTION

Home About the Author About the Book Praise **Meditations** Tools

Plume
2.5
\$
15.95

Having uncovered considerable evidence for the long-term benefits of starting a practice of loving-kindness meditation, or LKM, I get countless inquiries about how to begin. I created these guided meditations to introduce you to LKM in ways that dovetail with emerging science. I also encourage you to explore the teachings of the true masters of LKM and include links to some of their guided meditations as well. Enjoy the journey!

- Loving-Kindness:**
Try the classic form of this powerful ancient practice.
- Self-Love:**
Overcome the challenge
- Compassionate Love:**
Bend your love into cor



- Increases happiness
- Reduces stress and anxiety
- Boosts confidence and motivation
- Improves self-awareness and Relationships
- More memory recall
- Increases intelligence
- Clear, sharp mind
- Better decision-making and life choices
- Turning negative thinking into positive thinking
- Time-out for children and young people to relax and learn to still their minds and calm their bodies.

THERE'S AN APP FOR THAT! Get your own UCLA Mindful!

With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, cultivate positive emotions, and help improve overall physical health and well-being.

<https://apps.apple.com/us/app/ucla-mindful/id1459128935?ls=1>



For Business

Log in

Try Calm for Free

Improve sleep quality

Reduce stress or anxiety

Improve focus

Self-improvement

Something else

Bring Calm to my organization

be present not perfect

YouTube

meditation calm

https://www.youtube.com/watch?v=ZToicYcHI0U

https://www.youtube.com/watch?v=syx3a1_LeFo

A new ten-minute meditation every day



Daily Calm | 10 Minute Mindfulness Meditation | Be Present



Calm 919 tis. odběratelů

Odebírat

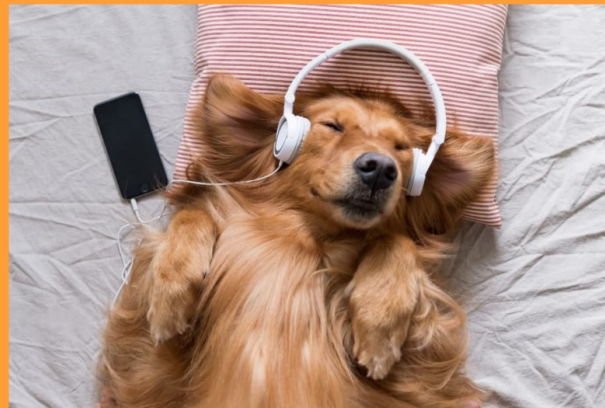
249 tis.



Sdílet

21 mil. zhlédnutí před 7 lety

Benefits?

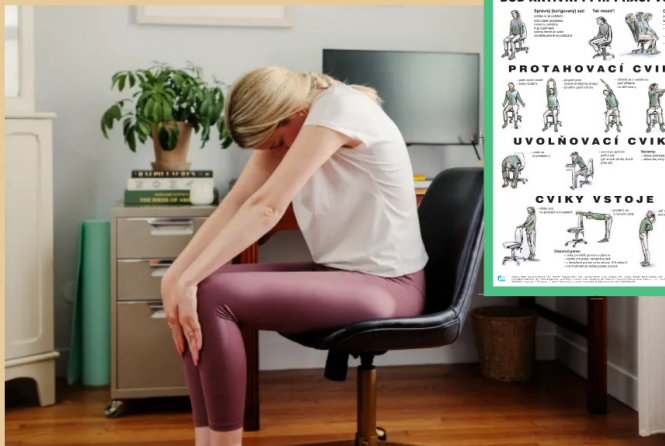


How do YOU relax?

Relaxation

Meditation

Stretching

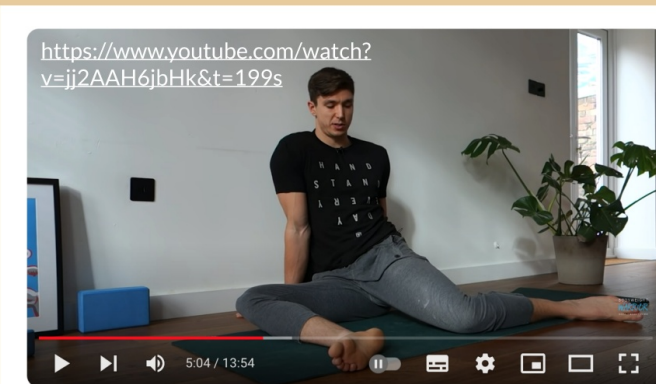


BŮD AKTIVNÍ I PŘI PRÁCI VSEDE

PROTAHOVACÍ CVIKY

UVOLŇOVACÍ CVIKY

CVIKY VSTOJE



12 Minute Hip Mobility Routine (FOLLOW ALONG)

SURYA NAMASKAR A

ASANOVA VYKROUŽENÍ

YouTube

yoga with adriene sun salutation

Find that extension through the spine.

Day 10 - 10 min Sun Salutation Practice -30 Days of Yoga

FAST & EASY

5 MINUTE
PILATES



**IMPROVE CORE
STRENGTH**

Day 1

The Saw

28 sec



Sit up with legs extended and slightly apart, arms outstretched at shoulder height. Turn to your right and stretch your left hand towards your right foot. Return to the starting position and repeat on the other side.

**INCREASED
FLEXIBILITY**

Day 2

Shoulder Bridge Right



Lie on your back with feet on the floor knees bent and arms by your side. Raise your hips off the floor so that your shoulders knees and hips are in line. Lift your right knee up and extend your leg towards the ceiling then keeping it straight lower it back down.

Benefits?



How do YOU relax?

Relaxation

Meditation

Stretching

Physical Health

JANA KOČI, PH.D.

POHYB
A ZDRŽS

uniwellcity

OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

BUILDING YOUR
ADEQUATE
BODY MOVEMENT

BUILDING YOUR
GOOD
BODY POSTURE

BUILDING YOUR
GOOD NUTRITION

BUILDING YOUR
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BUILDING YOUR
REGULAR
RELAXATION

BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!





Benefits?

BREATHING
TECHNIQUES

Physiological
sighs

How to breath
properly?



**BREATHING
TECHNIQUES**

**Physiological
sighs**

**Benefits?
Proper
breathing?**

**How to breath
properly?**

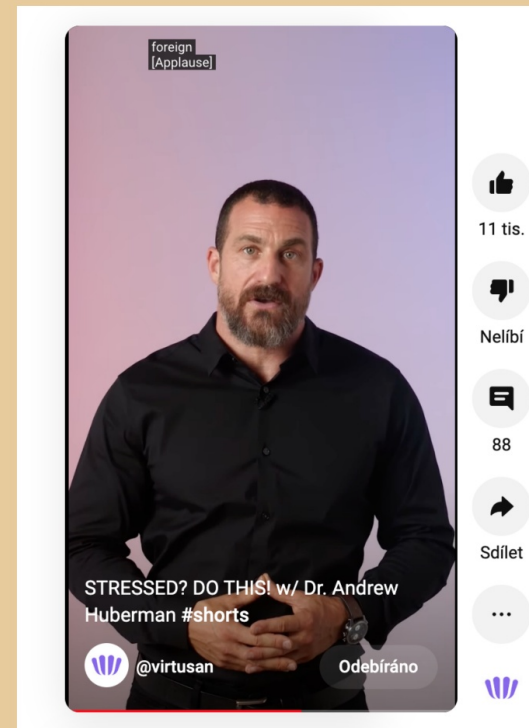
Physiological sighs

<https://www.youtube.com/shorts/9JhTMTksk9s>

Anxiety & stress



Very very calm



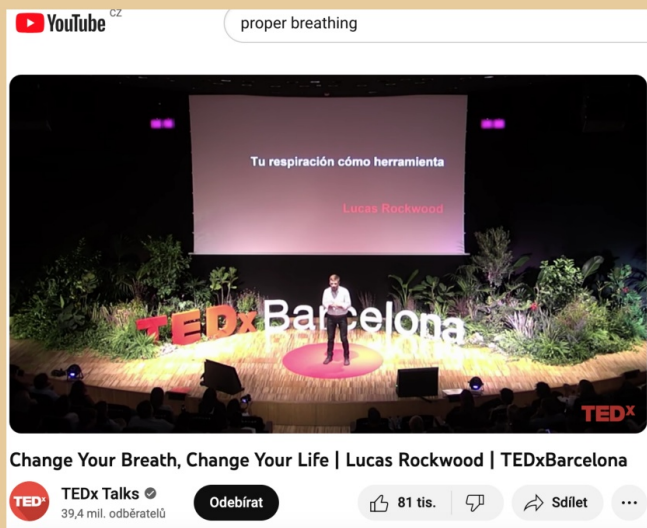


**BREATHING
TECHNIQUES**

**Physiological
sighs**

**Benefits?
Proper
breathing?**

**How to breath
properly?**



https://www.youtube.com/watch?v=_QTJOAI0UoU

<https://www.youtube.com/watch?v=EGvlyhiNohk>

3D tour of the lungs



<https://www.youtube.com/watch?v=y3LUIag7W1s>



**BREATHING
TECHNIQUES**

**Physiological
sighs**

**Benefits?
Proper
breathing?**

**How to breath
properly?**



Proper breathing?

Belly

Chest + Back

Rhythm



Breathing Techniques

<https://drive.google.com/drive/my-drive>

<https://drive.google.com/drive/my-drive>

To activate (breath in)

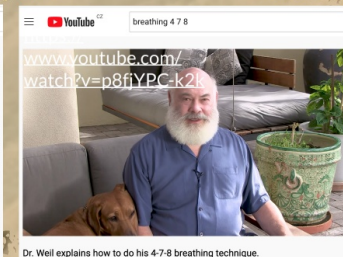
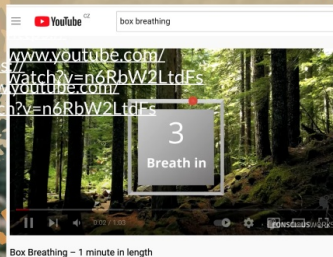


in-hold-out
Restore 5-5
Energize 4-2
Focus 4-4-4-4

To relax (breath out)



in-hold-out
Balance 4-2-4
Relax 4-6
Unwind 4-7-8
Anxiolitical 2 in - 1 slow out (3x)





Proper breathing?

Belly

Chest + Back

Rhythm



Breathing Techniques



Proper breathing?



Belly

Chest + Back

Rhythm

Breathing Techniques

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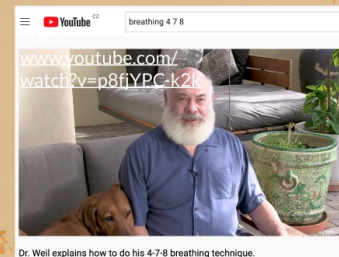
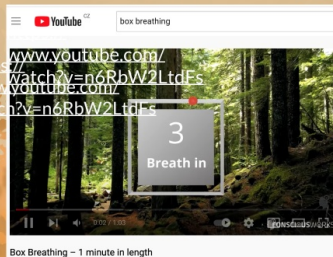


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Proper breathing?



Belly

Chest + Back

Rhythm

Breathing Techniques



Proper breathing?

Belly

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Breathing Techniques



**BREATHING
TECHNIQUES**

**Physiological
sighs**

**Benefits?
Proper
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**How to breath
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Physical Health

JANA KOČI, PH.D.

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A ZDRŽS

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OPENING

What is
Physical
Health?

Benefits

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BUILDING YOUR
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BUILDING YOUR
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BUILDING YOUR
REGULAR
RELAXATION

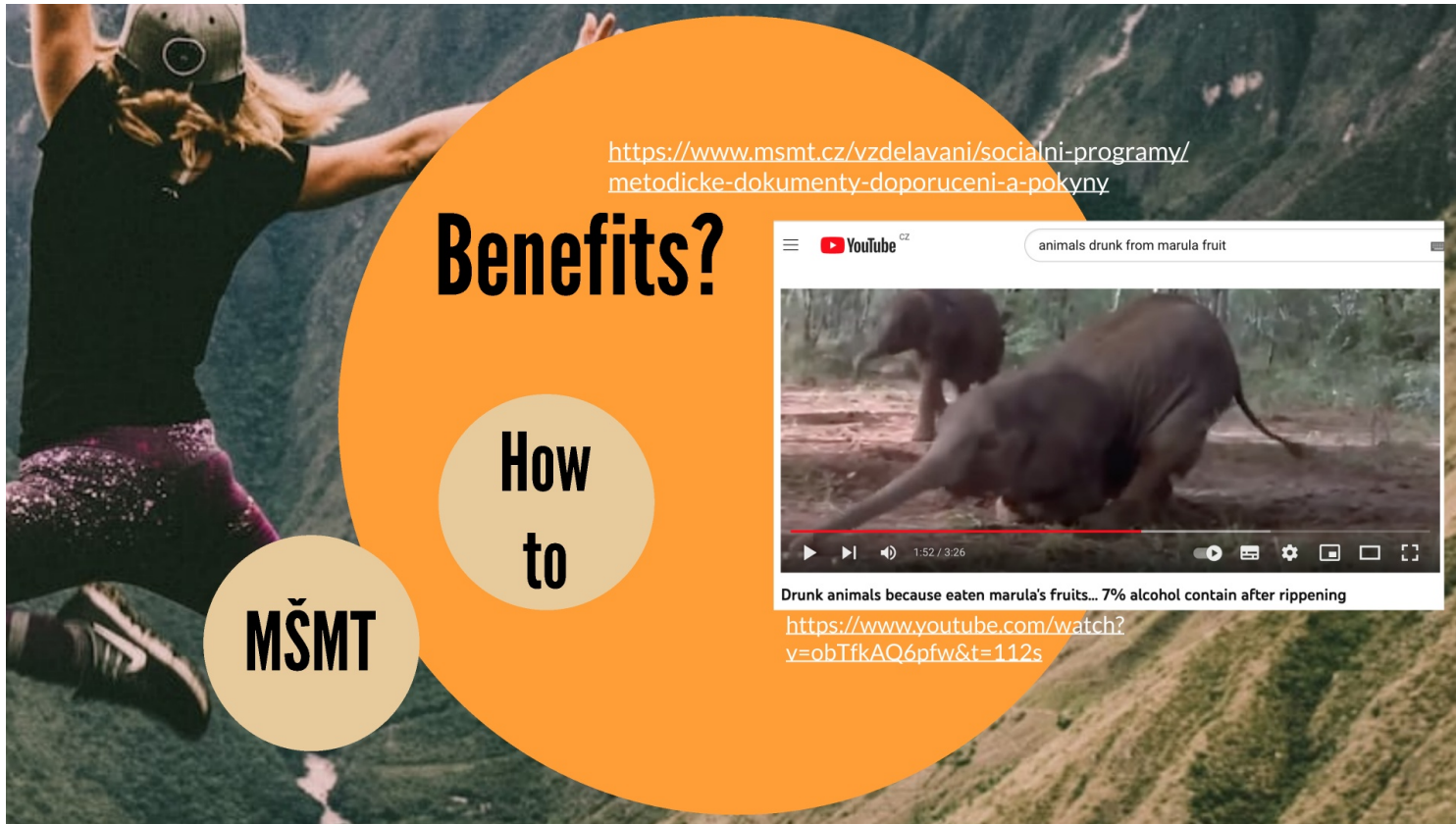
BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!






<https://www.msmt.cz/vzdelavani/socialni-programy/metodicke-dokumenty-doporuceni-a-pokyny>

Benefits?

How to

MŠMT

YouTube cz animals drunk from marula fruit



Drunk animals because eaten marula's fruits... 7% alcohol contain after rippening

<https://www.youtube.com/watch?v=obTfkAQ6pfw&t=112s>

To strengthen your avoidance of risky behaviors strength, try to:

- eat mindfully balanced diet in the most suitable regimen that fits your way of living
- be mindful with your alcohol consumption, drink in moderation to prevent binge-drinking and heavy drinking
 - *Centers for disease control and prevention (2019)* define binge drinking in women as 4 or more drinks consumed on one occasion (one occasion = 2-3 hours). For men, binge drinking is 5 or more drinks consumed on one occasion. Heavy drinking in women is 8 drinks or more per week. For men, heavy drinking is 15 drinks or more per week
- avoid smoking, vaping and tobacco use
- protected yourself in your sexual activity
- use your social media wisely and in moderation
- say no to illegal substance use
- drive safely, wear a seatbelt and be responsible while crossing streets (looking both ways before crossing the street)
- do adrenalin sports safely, while having a friend or someone to assist you and protect yourself while doing sports by wearing a helmet and other protection
- illegal activities like trespassing or vandalism
- be mindful while processing your negative emotions such as anger and don't fight
- prevent truancy in students by always looking for meaning in your study activities
- fill up your free time with meaningful activities you enjoy doing!

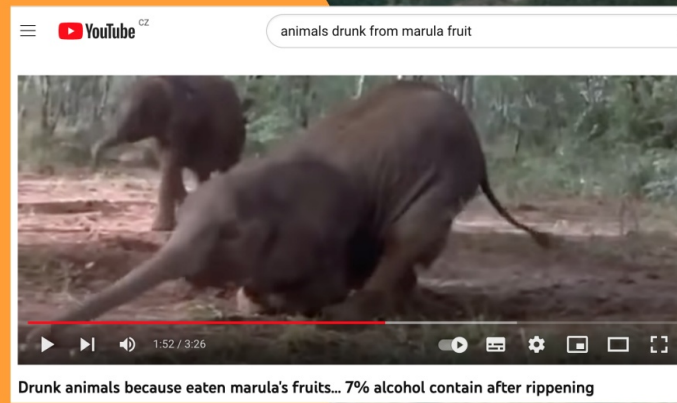


<https://www.msmt.cz/vzdelavani/socialni-programy/metodicke-dokumenty-doporuceni-a-pokyny>

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<https://www.msmt.cz/vzdelavani/socialni-programy/metodicke-dokumenty-doporuceni-a-pokyny>

MINISTERSTVO ŠKOLSTVÍ, MLÁDEŽE A TĚLOVÝCHOVY

MINISTERSTVO VZDĚLÁVÁNÍ MLÁDEŽ SPORŤ VÝZKUM A VÝVOJ EU A ZAHRANIČÍ FONDY EU

Tlačítko / Vzdělávání / Soc.vzděl. prevence, inst. vých. / Prevence / Strategie, koncepce, metody / Metodické dokumenty (doporučení a pokyny)

METODICKÉ DOKUMENTY (DOPORUČENÍ A POKYNY)

Obsahuje metodická doporučení a metodické pokyny v oblasti primární prevence rizikového chování schválená vedením MŠMT:

Zásady přístupu k dětem, žákům, studentům s PAS v rámci vzdělávacího procesu

Metodické doporučení „Zásady přístupu k dětem, žákům, studentům s PAS v rámci vzdělávacího procesu“ bylo zpracováno na základě požadavků vyplývajících z usnesení vlády ze dne 8. února 2016 č. 111, v rámci Podnělu k řešení situace Života osob s poruchou autistického spektra (dále jen „PAS“) a jejich rodin.

NÚV, sekce III ve spolupráci s krajskými koordinátory péče o žáky s poruchami autistického spektra, revidoval metodický materiál „Dodržování pravidel prevence vzniku problémových situací týkajících se žáků s PAS ve školách a školských zařízeních za účelem zajištění bezpečnosti a ochrany jejich zdraví. Nastavení systematické metodické podpory a práce s rodinou a školou či školským zařízením“, který byl dne 21. 3. 2017 schválen MŠMT, a je samostatnou přílohou č. 22 dokumentu MŠMT „Metodické doporučení k primární prevenci rizikového chování“.

Aktuality

Legislativa

Speciální vzdělávání

Prevence

- Primární prevence
- Akce
- Dotace
- Certifikace odborné způsobilosti programů primární prevence

Materiál a jednotlivé přílohy naleznete zde:

[Metodické_doporučení_uvodni_cast.docx \(128,00 KB\)](#)

Příloha č. 1: [Návrojové_lajty.docx](#)

[Příloha_2_Rizikové_chování_v_dopravě.docx \(69,50 KB\)](#)

[Příloha_3_poruchy_črjmu_potraviny_v2023.pdf](#) - aktualizováno březem 2023

Příloha č. 4: [Alkohol_-_příloha.docx](#)

[Příloha_5_Syndrom_CAN.docx \(72,50 KB\)](#)

[Příloha_6_Skolní_silkana_2020.docx \(244,50 KB\)](#)

[Příloha_c_7_Kyberšikana_d.docx \(76,16 KB\)](#)

[Příloha_8_Homofobie.docx \(79,00 KB\)](#)

[Příloha_9_Extremismus_rasismus_xenofobie_antisemitismus.doc \(72,50 KB\)](#)

[Příloha_c_10_Vandalismus.docx \(46,97 KB\)](#)

[Příloha_c_11_Zaškolačství.docx \(63,36 KB\)](#)

[Příloha_12_Kradice.doc \(80,00 KB\)](#)

[Příloha_c_13_Tabák aktualizováno 2022.pdf](#)

[Příloha_14_Krizové_situace_spojene_s_našim.doc \(142,00 KB\)](#)

[Příloha_15_Sektarismus.doc \(74,50 KB\)](#)

[Příloha_16_Sebesrazaování.doc \(106,00 KB\)](#)

[Příloha_17_Nová_nabozenska_hrou.doc \(141,50 KB\)](#)

[Příloha_18_Rizikové_chování.doc \(149,50 KB\)](#)

[Příloha_19_Přístupnost_k_souborům.doc \(96,50 KB\)](#)

[Příloha_20_Domaci_nasilí.doc \(128,00 KB\)](#)

[Příloha_21_havariiv_hrazi.docx \(96,26 KB\)](#)

Příloha 22: [Dodržování pravidel prevence vzniku problémových situací týkajících se žáků s PAS ve školách a školských zařízeních.pdf](#); [Formulář_Krizový_sitn_ero_prevence_vzniku_oreblemových_situaci_tykajících_se_žáků_a_PAS.docx](#); [Formulář_Krizový_sitn_ero_prevence_vzniku_oreblemových_situaci_tykajících_se_žáků_a_PAS.pdf](#)

[Příloha_23_svezickia_kicka_kuseni_Lenomemoriiv_v2023.pdf](#)

[Příloha_c_24_Sebevražedné_chování_MŠMT_Sebevražedné_chování_2023.pdf](#); [Příloha_3_Bezpečnostní_olm_nfo_zavij.pdf](#); [Příloha_8_Vzrovné_znaky_sebevražedného_riditn.pdf](#); [Příloha_10_oreškolačství.pdf](#); [Příloha_11_Produktivní_ochoviv_a_gakivní_sebevražedného_riditn.pdf](#); [Příloha_12_Krizové_situace_oreškola.pdf](#); [Příloha_13_Přiručkoviv_a_dítetm_nemocivne.pdf](#); [Příloha_14_Me-dite-ma-mylenkivze-sebevraždu.pdf](#)



<https://www.msmt.cz/vzdelavani/socialni-programy/metodicke-dokumenty-doporuceni-a-pokyny>

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Physical Health

JANA KOČI, PH.D.

POHYB
A ZDRŽS

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OPENING

What is
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RISKY BEHAVIOR

Bottom Line

Thank you!





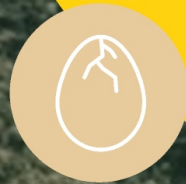
Our Agreements

Game on!

**HOW ABOUT
LAST
WEEK?**



OUR GOALS

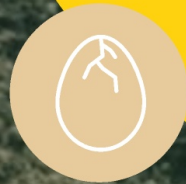


Goal 1

We understand what a good Physical Health is.



OUR GOALS

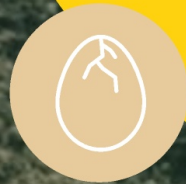


Goal 2

We recognize the benefits of a good Physical Health.



OUR GOALS

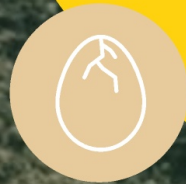


Goal 3

We know how to assess our physical health building block.

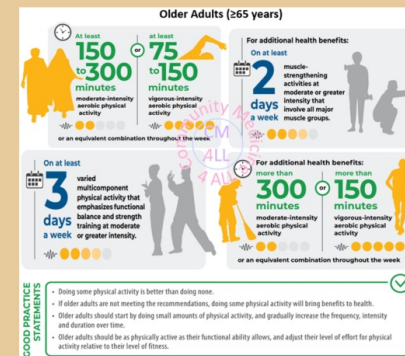


OUR GOALS

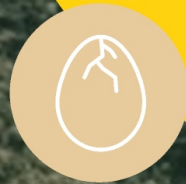


Goal 4

Evidence-based learning: we know evidence-based resources for theory on a good Physical Health and we know where to learn more.



OUR GOALS

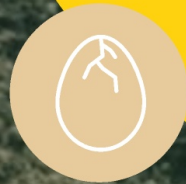


Goal 5

We know tools on how to build a good Physical Health and we use them in our everyday lives.



OUR GOALS

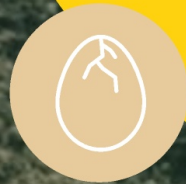


Goal 6

We care for our Physical Health in our everyday lives.



OUR GOALS





Our Agreements

Game on!

**HOW ABOUT
LAST
WEEK?**



Timetable

19th of October

17:00

Reflexion

17:05

Research on Physical Health

17:15

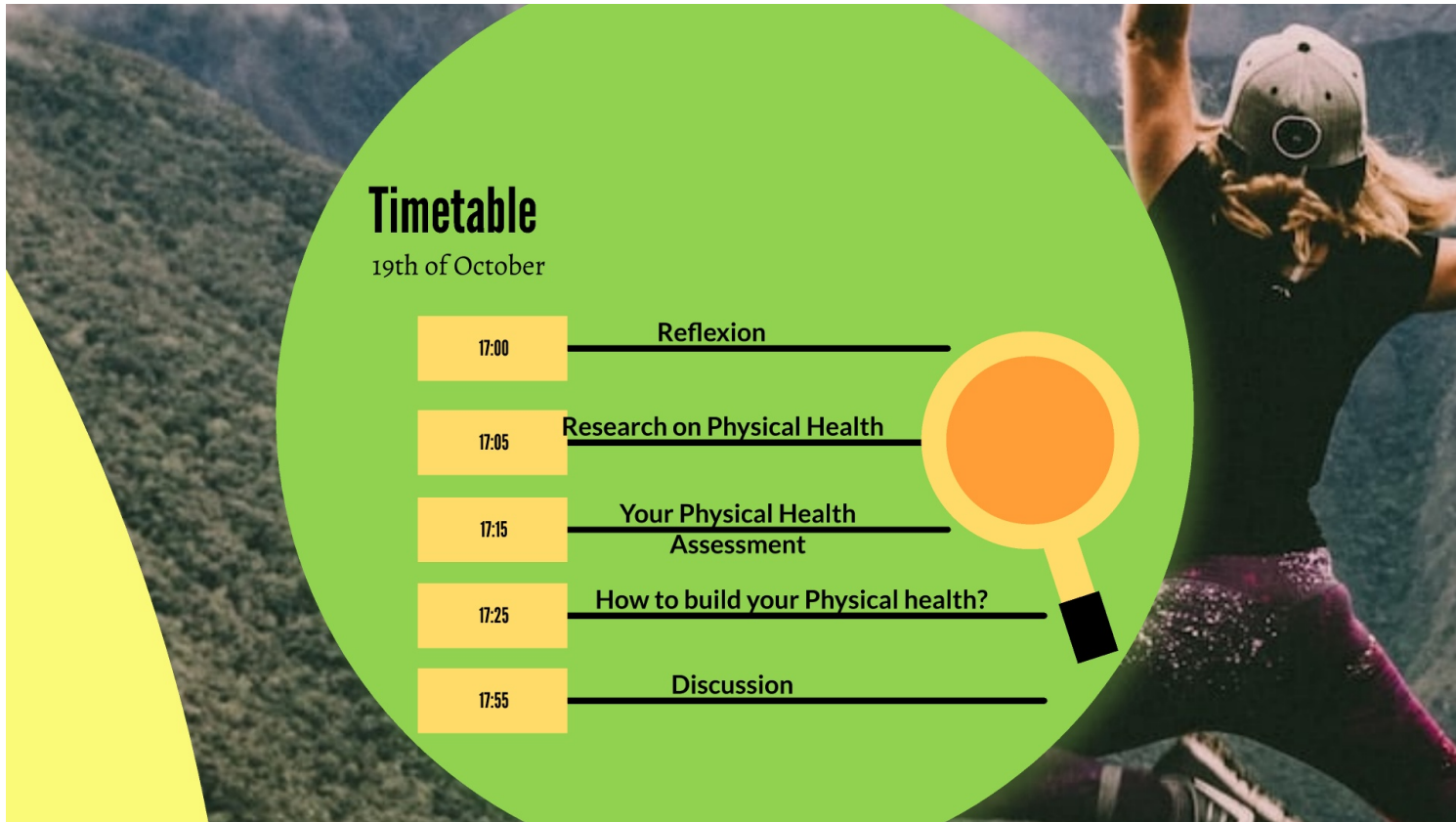
Your Physical Health
Assessment

17:25

How to build your Physical health?

17:55

Discussion





Our Agreements

Game on!

**HOW ABOUT
LAST
WEEK?**



[https://beta.polleverywhere.com/
activities?group_id=14906759](https://beta.polleverywhere.com/activities?group_id=14906759)





Our Agreements

Game on!

**HOW ABOUT
LAST
WEEK?**







Our Agreements

Game on!

**HOW ABOUT
LAST
WEEK?**



Physical Health

JANA KOČI, PH.D.

POHYB
A ZDRŽS

uniwellcity

OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

BUILDING YOUR
ADEQUATE
BODY MOVEMENT

BUILDING YOUR
GOOD
BODY POSTURE

BUILDING YOUR
GOOD NUTRITION

BUILDING YOUR
HIGH
QUALITY SLEEP

BUILDING YOUR
REGULAR
RELAXATION

BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!



SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023

31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024

Pohyb a zdravý životní styl OPBY4P052B

Název: Pohyb a zdravý životní styl

Ročník: 1/1

Garant: PhDr. Jana Kočí, Ph.D.

Fakulta: Pedagogická fakulta

Jazyk výuky: čeština

Zapsáno: 0 + 12

Kapacita: neomezeno

Kapacitní listek: Přednáška 15, Cvičení 15

Denní

Podrobný přehled 23aOPBY4P052Bp1

Typ: Přednáška

Opakování: Suše výuky

Rozvržení: Úterý 14:25

Místo výuky: R124 (1. patro, vlevo, zadní trakt) N, Rattigova 4, Praha 1

Délka: 92

Učitel: PhDr. Jana Kočí, Ph.D.

Studenti: PB VZD3 VZ

Jazyk výuky: čeština

Veřejná poznámka k rozvrhu: Vzhledem k rozvrhu

Vzhledem k rozvrhu: ano

Aktuální počet studentů: 10

Maximální počet studentů: 15

Přihlašování přes internet: ano

Žádost o rozvržení: ano

Katedra: Katedra pedagogiky (41-KPG)

Návrhový listek: Katedra pedagogiky (41-KPG)

Názevový listek: Katedra pedagogiky (41-KPG)

Alce: [Upravit údaje](#) [Zapsat studenty](#) [Zobrazit studenty](#) [Historie změn](#)

Pohyb a zdravý životní styl OKBY4P052B

Název: Pohyb a zdravý životní styl

Ročník: 1/1

Garant: PhDr. Jana Kočí, Ph.D.

Fakulta: Pedagogická fakulta

Jazyk výuky: čeština

Zapsáno: 1 + 9

Kapacita: neomezeno

Kapacitní listek: Přednáška 8

Kombi

Podrobný přehled 23aOKBY4P052Bp1

Typ: Přednáška

Opakování: Neopakovatelná

Rozvržení: Úterý 14:25

Místo výuky: R124 (1. patro, vlevo, zadní trakt) N, Rattigova 4, Praha 1

Délka: 180

Učitel: Mgr. Eva Nechřebová, Ph.D. (90%), PhDr. Jana Kočí, Ph.D. (10%)

Studenti: KB VZD3 VZ

Jazyk výuky: čeština

Veřejná poznámka k rozvrhu: Vzhledem k rozvrhu

Vzhledem k rozvrhu: ano

Aktuální počet studentů: 5

Maximální počet studentů: 8

Přihlašování přes internet: ano

Žádost o rozvržení: ano

Katedra: Katedra pedagogiky (41-KPG)

Návrhový listek: Katedra pedagogiky (41-KPG)

Názevový listek: Katedra pedagogiky (41-KPG)

Alce: [Upravit údaje](#) [Zapsat studenty](#) [Zobrazit studenty](#) [Historie změn](#)

Pohyb a zdravý životní styl - OPBY4P052B

Anglický název: Movement and Healthy Lifestyle

Garant: PhDr. Jana Kočí, Ph.D.

Zajiřuje: Katedra pedagogiky (41-KPG)

Využívá: PhDr. Jana Kočí, Ph.D.

Fakulta: Pedagogická fakulta

Nesužitelnost: OPBY4T012A

Platnost: od 2023

Prerekvizity: OPBY4P044A

Semestr: zimní

E-Kredity: 5

Způsob provedení zkoušky: zimní s:

Rozsah, examinační: zimní s: 1/1, KZ [HT]

Rozsah za akademický rok: 0 [hodiny]

Počet míst: 15 / 15 (neurčen)

Minimální obsazenost: neomezeno

Virtuální mobilita / počet míst pro virtuální mobilitu: ne

Stav předmětu: vyučován

Jazyk výuky: čeština

Způsob výuky: prezenční

Způsob výuky: prezenční

Poznámka: předmět je možno zapsat mimo plán povolen pro zápis po webu při zápisu přednost, je-li ve stud. plánu

Týden	Datum	Čas	Učebna	Kód
2	17.10.2023	Ú 14:25 - 15:57	R124	23aC
4	31.10.2023	Ú 14:25 - 15:57	R124	23aC
6	14.11.2023	Ú 14:25 - 15:57	R124	23aC
8	28.11.2023	Ú 14:25 - 15:57	R124	23aC
10	12.12.2023	Ú 14:25 - 15:57	R124	23aC
12	2.1.2024	Ú 14:25 - 15:57	R124	23aC

Pohyb a zdravý životní styl - OKBY4P052B

Anglický název: Movement and Healthy Lifestyle

Garant: PhDr. Jana Kočí, Ph.D.

Zajiřuje: Katedra pedagogiky (41-KPG)

Využívá: PhDr. Jana Kočí, Ph.D., Mgr. Eva Nechřebová

Fakulta: Pedagogická fakulta

Nesužitelnost: OKBY4P044A

Platnost: od 2023

Prerekvizity: OKBY4P044A

Semestr: zimní

E-Kredity: 5

Způsob provedení zkoušky: zimní s:

Rozsah, examinační: zimní s: 1/1, KZ [HT]

Rozsah za akademický rok: 0 [hodiny]

Počet míst: 8 / 8 (neurčen)

Minimální obsazenost: neomezeno

Virtuální mobilita / počet míst pro virtuální mobilitu: ne

Stav předmětu: vyučován

Jazyk výuky: čeština

Způsob výuky: kombinovaný

Způsob výuky: kombinovaný

Poznámka: předmět je možno zapsat mimo plán povolen pro zápis po webu při zápisu přednost, je-li ve stud. plánu

Týden	Datum	Čas	Učebna	Kód
4	3.11.2023	Pá 8:55 - 11:55	R124	23aOKBY4P052Bp1
4	3.11.2023	Pá 12:35 - 16:20	R124	23aOKBY4P052Bp1c
9	8.12.2023	Pá 12:40 - 16:25	R124	23aOKBY4P052Bp1b

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023

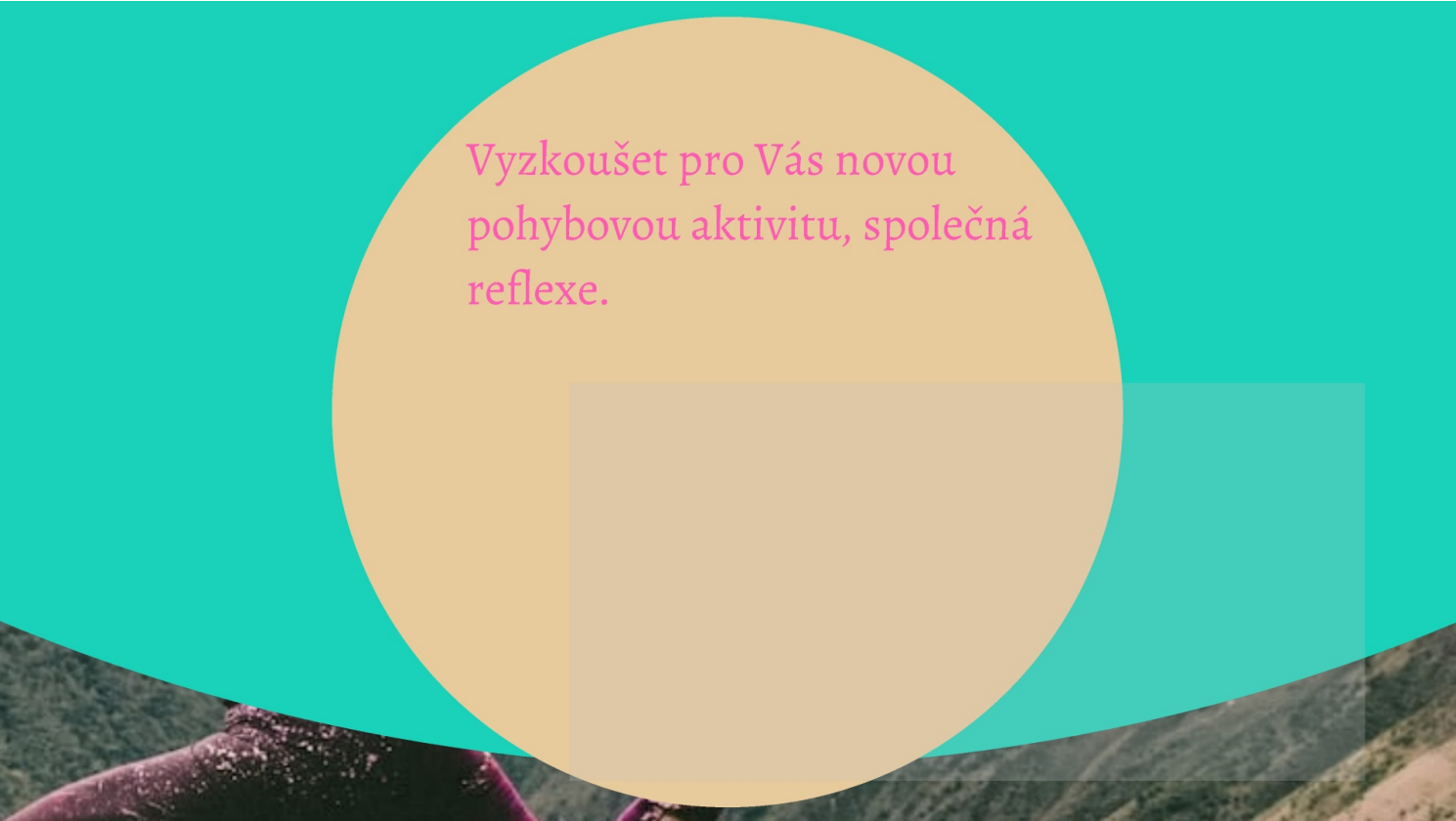
31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



Vyzkoušet pro Vás novou
pohybovou aktivitu, společná
reflexe.

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

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Zápočet

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28.11.2023

12.12.2023

2.1.2024

OUR GOALS



Goal 1

We understand what a good Physical Health is.



OUR GOALS



Goal 2

We recognize the benefits of a good Physical Health.



OUR GOALS



Goal 3

We know how to assess our physical health building block.

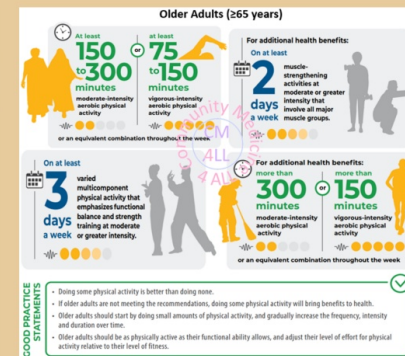


OUR GOALS



Goal 4

Evidence-based learning: we know evidence-based resources for theory on a good Physical Health and we know where to learn more.



OUR GOALS



Goal 5



We know tools on how to build a good Physical Health and we use them in our everyday lives.



OUR GOALS



Goal 6

We care for our Physical Health in our everyday lives.



OUR GOALS



SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

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2.1.2024

[https://beta.polleverywhere.com/
activities?group_id=14906759](https://beta.polleverywhere.com/activities?group_id=14906759)



SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

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14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023

31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024

Moje květina
fyzického zdraví
&
Relaxace a relaxační
cvičení



SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

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14:25 - 15:57 & 16:05 - 17:35



Zápočet

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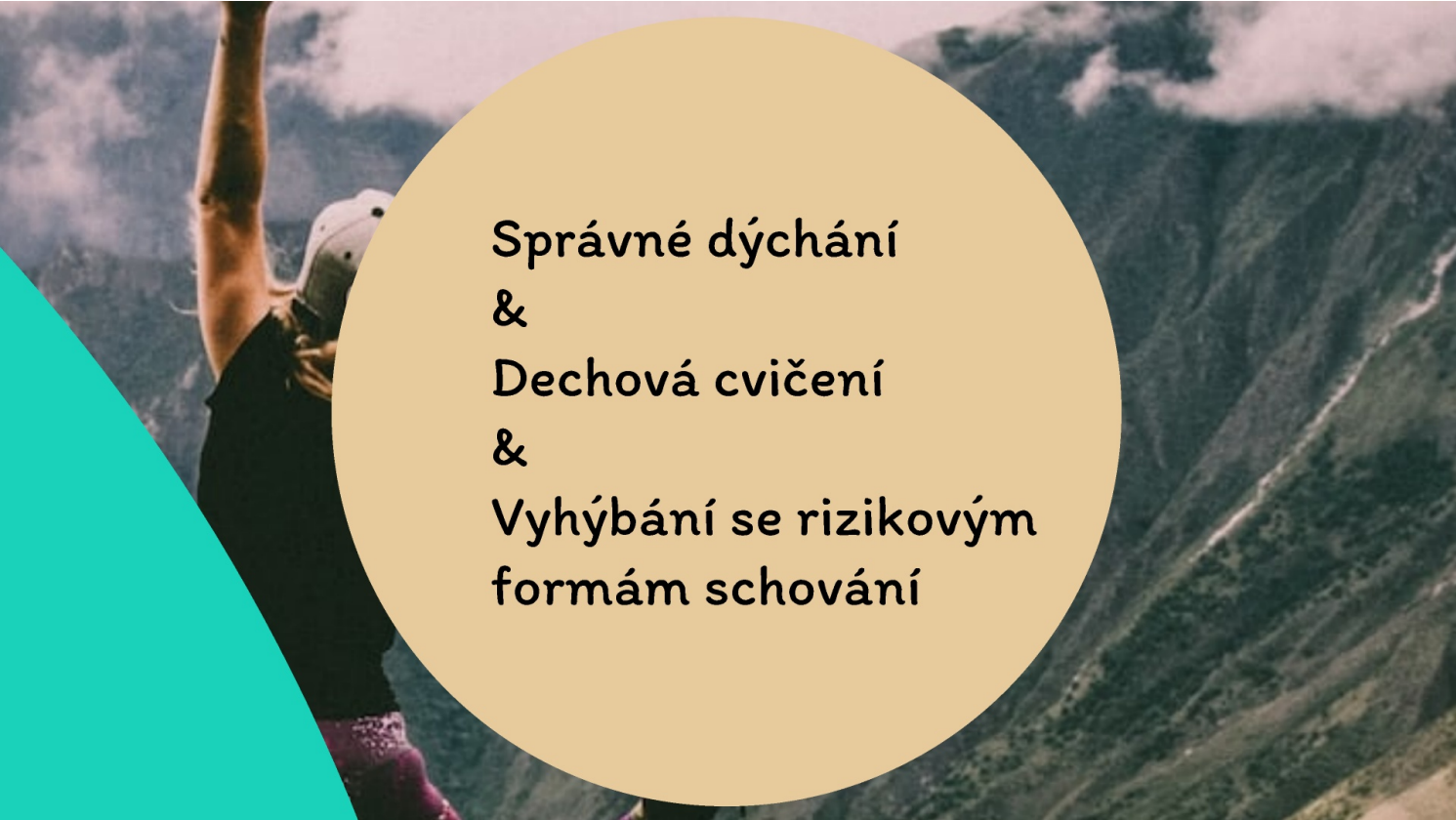
31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



Správné dýchání
&
Dechová cvičení
&
Vyhýbání se rizikovým
formám schování

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023

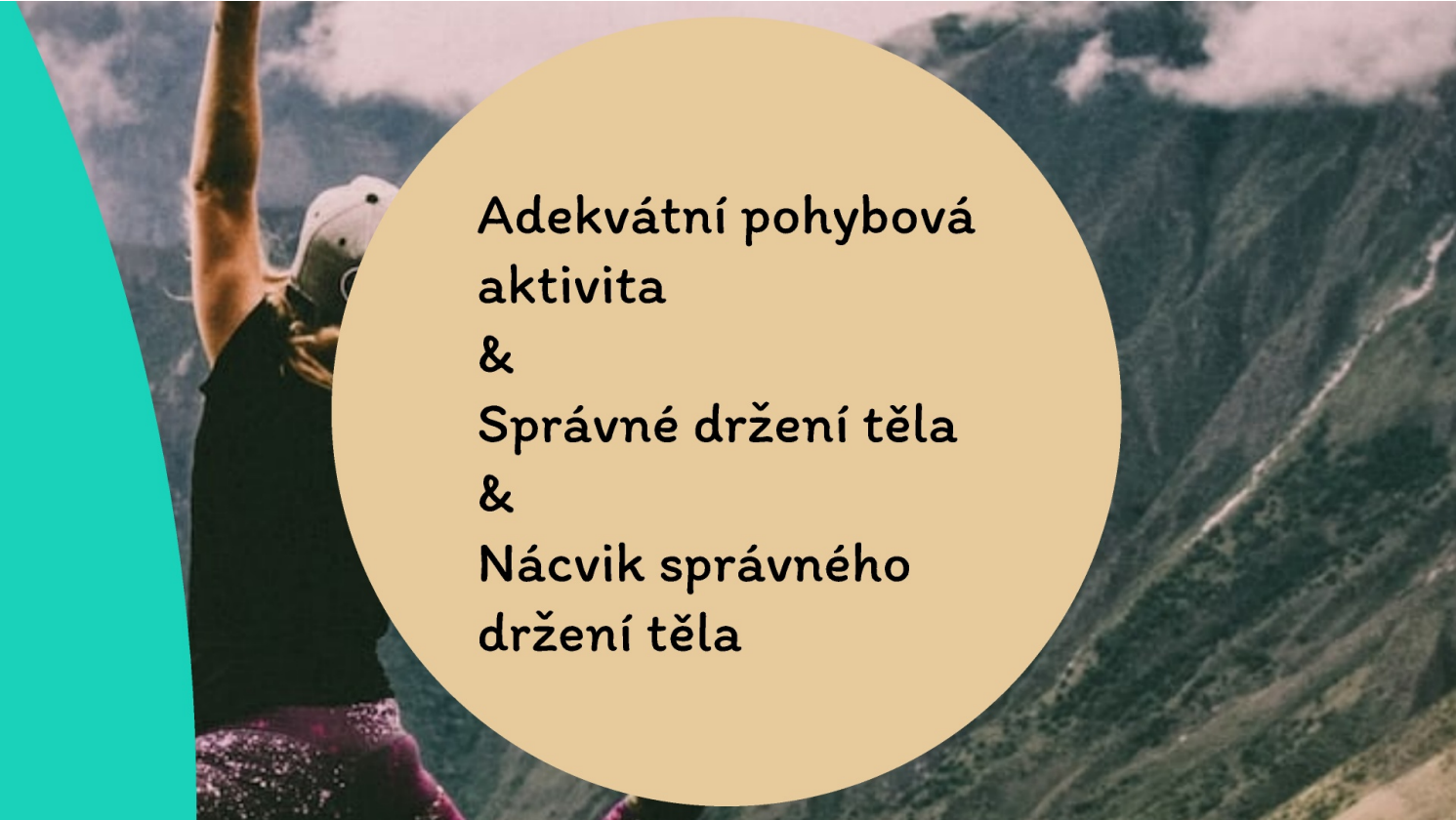
31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



Adekvátní pohybová
aktivita
&
Správné držení těla
&
Nácvik správného
držení těla

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023

31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



Výživa
&
Meditace

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

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Zápočet

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31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



**Spánek + Blue Zones
&
Protahovací cvičení
&
Pozdrav slunci
&
Zápočtové aktivity**

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



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17.10.2023

31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



SPOLEČNÝ VÝLET :-)

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023

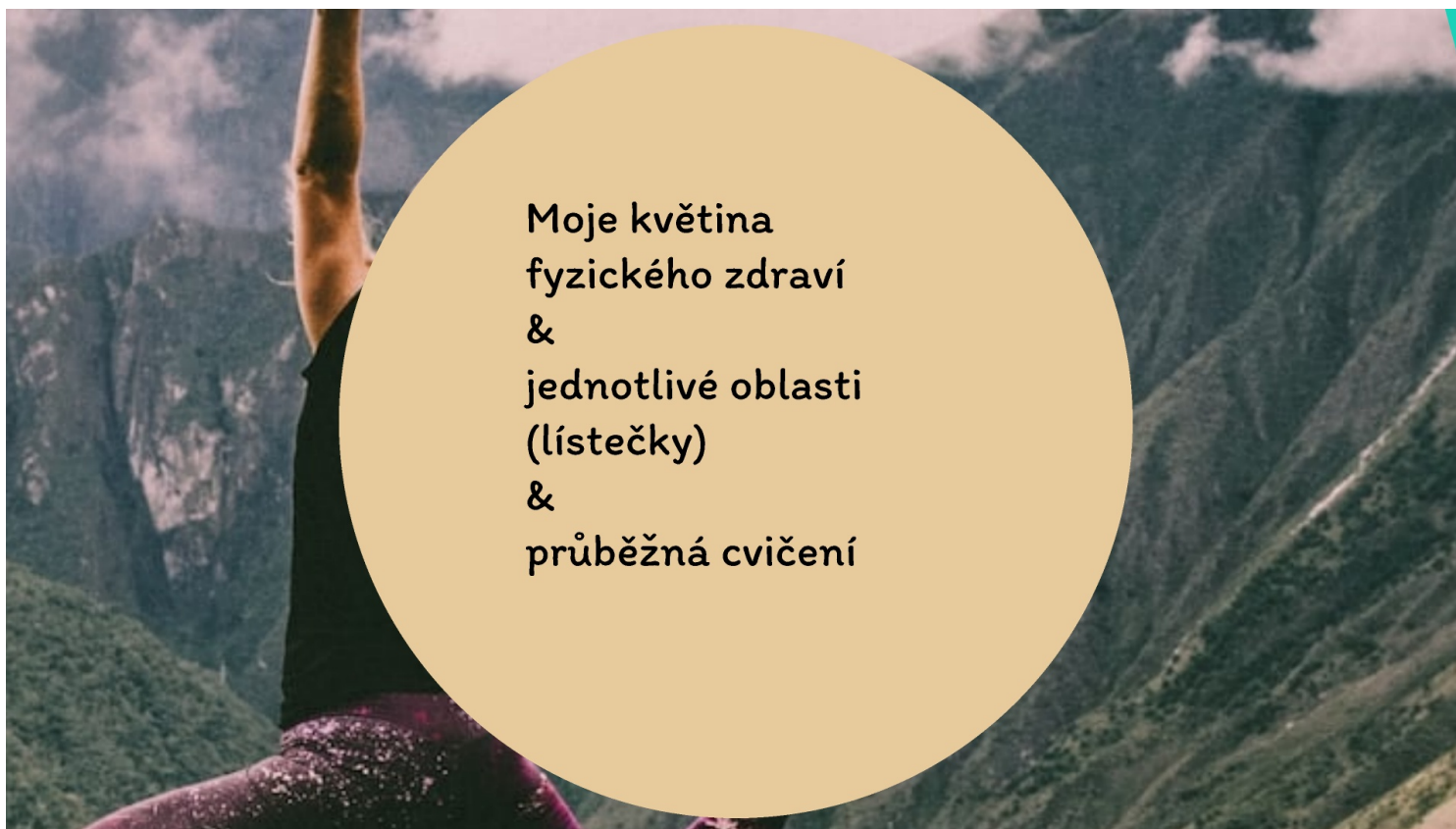
31.10.2023

14.11.2023

28.11.2023

12.12.2023

2.1.2024



Moje květina
fyzického zdraví
&
jednotlivé oblasti
(lístečky)
&
průběžná cvičení

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

Út v R124

14:25 - 15:57 & 16:05 - 17:35



Zápočet

17.10.2023


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14.11.2023

28.11.2023

12.12.2023

2.1.2024



Zápočtová aktivita
&
SPOLEČNÝ VÝLET :-)

SIS



CO JSME ZA
SKUPINU?

3.11.2023

8.12.2023

POHYB A ZDRAVÝ ŽIVOTNÍ STYL

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14:25 - 15:57 & 16:05 - 17:35



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28.11.2023

12.12.2023

2.1.2024

Physical Health

JANA KOČI, PH.D.

POHYB
A ZDRŽS

uniwellcity

OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

BUILDING YOUR
ADEQUATE
BODY MOVEMENT

BUILDING YOUR
GOOD
BODY POSTURE

BUILDING YOUR
GOOD NUTRITION

BUILDING YOUR
HIGH
QUALITY SLEEP

BUILDING YOUR
REGULAR
RELAXATION

BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!



**Till the next week:
Take care of your physical health.**



*Take Home
Messages?*

AGREEMENT



thank you soooooooooo much

Physical Health

JANA KOČI, PH.D.

POHYB
A ZDRŽS

uniwellcity

OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

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GOOD NUTRITION

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BUILDING YOUR
PROPER
BREATHING

BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!



10 EMPOWERING QUESTIONS TO SUPPORT MY PHYSICAL HEALTH FLOWER GROWTH

- 1. What is the smallest thing I can do to make my nutrition more balanced today?**
- 2. What always makes my body and mind feel relaxed?**
- 3. What positive effect do I feel when standing/sitting properly?**
- 4. What helps me sleep better?**
- 5. What works well for me when I desire to avoid or limit risky behavior?**
- 6. What kind of movement does my body love?**
- 7. What healthy foods do I really enjoy?**
- 8. When can I stop to enjoy one deep breath in and out today?**
- 9. What is my main reason to treat my body right today?**
- 10. What else can I do to support my physical health today?**



10 TIPS TO BUILD MY PHYSICAL HEALTH FLOWER

1. Maintain your sleep schedule even though your school schedule can be very irregular sometimes. Get sunlight first thing in the morning, if possible.
2. Care for your body by eating real food (whole foods, healthy fats, protein and a low-glycemic foods) and drinking more filtered water or green tea.
3. Do body movement snacking in between long sittings at school or while studying at home. Find time to do some cardio or weight training during your week.
4. Take a break from social media during your day and be fully in the moment wherever you are.
5. Find a few moments for activities that help you relax every day. Enjoy a cup of coffee between classes, spend some quality time with loved ones after school or take a relaxing walk somewhere in nature, whenever you have a chance.
6. Pay attention to your breath and calm yourself down with extending your breath especially in times of accumulated stress such as exams or class presentations.
7. Use every opportunity to move more naturally during your school day. Move your way in at least 150–300 minutes of moderate-intensity aerobic physical activity or at least 75–150 minutes of vigorous-intensity aerobic physical activity (or an equivalent combination of moderate and vigorous-intensity activity) throughout your week.
8. Eat high-quality protein in every meal (e.g., meat, fish and seafood, eggs, tofu, tempeh, dairy or hummus).
9. Slow down on your evenings. Listen to some music, take a bath, or relax with a non-school book.
10. Cut your risky behavior in half. You can do it and your life will improve in every way.

Do it

TIPS TO YOUR PHYSICAL HEALTH SNACKING

Make it quick, easy and fun!

 1 min

STRETCH YOUR BODY
BETWEEN CLASSES



 10 mins

DO SOME YOGA



 1 min

DRINK A GLASS OF
FILTRATED WATER



 15 mins

MEDITATE



 3 mins

PRACTICE
BOX BREATHING



 5 mins

GET SOME SUNLIGHT



 15 mins

CLEAN YOUR ROOM WHILE
DANCING AND LISTENING
TO YOUR FAVORITE SONGS



 1 min

CHECK YOUR BODY
POSTURE



 4 mins

SET YOUR ENVIRONMENT
FOR A GOOD NIGHT SLEEP



 3 mins

TAKE A COLD SHOWER





thank you soooooooooo much

Physical Health

JANA KOČI, PH.D.

POHYB
A ZDRŽS

uniwellcity

OPENING

What is
Physical
Health?

Benefits

Your Physical Health
Flower Assessment

BUILDING YOUR
ADEQUATE
BODY MOVEMENT

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BUILDING YOUR
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BUILDING YOUR
PROPER
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BUILDING YOUR
AVOIDANCE OF
RISKY BEHAVIOR

Bottom Line

Thank you!

