Your journey to better health starts here.

PASSPORT
to Good Health

2020

Garden City Hospital
Member of Prime Healthcare
About Passport to Good Health

Start your journey to better health with Passport to Good Health. Passport to Good Health is a combined effort with Garden City Hospital and the City of Westland to promote better health and wellness in the community.

How it works
The program consists of fun, easily achievable challenges participants complete to help them live a healthier lifestyle. Challenges focus on different areas of health such as healthy eating, fitness, mindfulness, safety and giving back to others. Participants complete each challenge by submitting their results online or sharing their progress through social media. Each submission earns entry into a health-themed prize drawing. Winners are announced after each challenge.

See the full schedule of challenges and submit your results at: www.gch.org/passport-to-good-health.

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Use the hashtag:
#HealthyCity
Each new year brings opportunity and motivation for a fresh start. Setting goals can be a good way to guide you towards becoming a healthier you, but you don’t have to completely transform yourself. This Passport to Good Health challenge is about setting achievable goals for a healthier year.

Challenge: Set three health resolutions for 2020

☐ ____________________________________________

☐ ____________________________________________

☐ ____________________________________________

Tips for setting health resolutions you can keep:

• Be specific
• Keep it realistic
• Put it in writing
• Start small
• Create a plan of action
• Remember your ‘why’

What are your three health resolutions for this year?


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Reintroducing fitness into your life can be challenging, but once you do you may quickly realize the many health benefits. Regular exercise can help improve your mood and reduce stress, weight loss, build strong bones and muscles and reduce your risk of chronic diseases. It is recommended we get at least 150 minutes (or 2.5 hours) of moderate exercise per week. This Passport to Good Health challenge is about meeting this fitness goal.

**Challenge: Exercise for 150 minutes per week**

**Tips for meeting your exercise goal:**

- Schedule it
- Start small and build up
- Choose fun activities
- Exercise with family and friends
- Fit it into your daily activities
- Log your progress
- Reward yourself

**How did you achieve your exercise goal?**

*Submit at [www.gch.org/passport-to-good-health](http://www.gch.org/passport-to-good-health).*

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Being healthy is not only about maintaining a healthy body but also a healthy mind. May is Mental Health Month. As we deal with the pressures the current situation is putting on our mental health, we may have difficulty finding balance. This **Passport to Good Health** challenge is about looking after your mental health.

**Challenge:** Do one thing for your mental health

**Ways to take care of your mental health:**

- Try meditation or yoga
- Practice gratitude
- Unplug
- Stay active
- Clean and/or organize
- Do something creative
- Stay connected with others

What are you doing to take care of your mental health?


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The warmer season is a great time to incorporate fresh foods and clean ingredients into your diet that you've been missing all winter. Clean eating is about focusing on the types of foods you eat, not how much or when you eat. Processed foods are consumed with added sugars and high calories, leading to low energy levels, weight gain and even serious long-term illnesses like cancer. Clean eating helps give you the healthy nutrients you need. This month’s **Passport to Good Health** challenge is about eating clean.

**Challenge: Do one thing to eat clean**

**Tips on clean eating:**
- Shop produce
- Take time to read labels
- Cook your own meals
- Limit processed foods
- Substitute for healthy alternatives
- Try to avoid added sugars
- Limit alcohol consumption

**How do you eat clean?**


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Outdoor exercise in all forms is good for your health. When you bring our exercise outside, you get the benefits of fresh air which can improve your mood, lowers blood pressure and give you more energy. You also get the benefits of Vitamin D from the sun for a strong immune system and stronger bones, better mental health and decreased risk of obesity. A visit to your local parks is a great, healthy activity for the whole family! This Passport to Good Health challenge is about playing in the park.

**Challenge:** Visit one of your local parks

**Activities to do in the park:**

- Go for a jog
- Take a bike ride
- Walk your dog
- Play a sport – basketball, baseball, football, soccer
- Play tag with your kids
- Take a nature walk

**How did you spend your visit to the park?**


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If you’re like most people, you probably spend a portion of your day starring into a screen. While screen time can be used effectively for work, news, communication and more, too much screen time can lead to a variety of health issues, like eye strain, poor posture, headaches, obesity and depression. That is why it’s important to take a break. This Passport to Good Health challenge is about managing your screen time.

Challenge: Go screen-free for one hour per day

Tips for going screen-free:

- Ban screens during meals
- Do hands-on activities
- Set time limits on certain phone apps
- No screens an hour before bed
- Use screen-free alternatives (i.e. cookbooks for recipes, newspapers for news, books for entertainment)
- Balance online and offline time

How did you go screen-free?


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This season of Thanksgiving, take the opportunity to reflect on all there is to be thankful for. Not only does consistent gratitude keep you on a positive track for life, it has many lasting benefits on your physical and mental health. This includes lower blood pressure, improved immune function, improved sleep and reduced depressed moods. This Passport to Good Health challenge is about celebrating gratitude.

**Challenge:** One thing you’re grateful for each day

**Tips for gratitude:**

- Write a note of appreciation to someone
- Offer your help without expecting return
- Think of things you like about yourself
- Pause in thanks before your next meal
- Take a picture of something you find beautiful
- Replace “sorry” with “thank you”
- Keep a gratitude journal

**What are you thankful for?**


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The winter season may be a time filled with family gatherings, gift-giving, warm clothes and delicious meals. It’s also a good time for gratitude and giving. There are many ways to give a gift to someone special, whether it’s money, time, food or clothing, any act of kindness can go a long way. This Passport to Good Health challenge is about giving a gift to a cause that is special to you.

**Challenge: Donate to a special cause**

**Ways to donate:**
- Donate food to a local pantry
- Adopt a family
- Donate a toy to a toy drive
- Donate clothing and winter wear to a clothing drive
- Donate blood at a blood drive
- Donate your time volunteering at a soup kitchen or elderly care facility

What gift did you give this year?


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