

Digital Wellness Activity 1 (After Mr. Kelly's Demonstration)

1. How did seeing these distances in meter sticks make you feel about looking away from the road when driving and why? (2)

2. Watch this video and then give one reason this commercial is effective and one reason why it may not change anything. (4)

<https://www.youtube.com/watch?v=R22WNkYKeo8>

3. Think of an invention that can help keep drivers from being distracted and summarize it here. (4)

4. The next time you are in a car with a driver who is speeding or repeatedly distracted do you think you will speak up and attempt to correct the errors? Why or why not? (2)

Activity #2: The Weight (10pts)

New Brunswick is leading the country in obesity (overweight people) which can be attributed to our **diets** but equally our **SEDENTARY LIFESTYLES**. Sedentary means to remain stationary without movement and our hours of digital connectedness are having a serious impact on our health.

You may be sitting there thinking "***I am on the computer all the time and I am thin?***" The problem is at an early adult age we develop habits that are often hard to break later on when our bodies have a more difficult time breaking down fats. So, by becoming comfortable in a sedentary lifestyle or by being forced into one by your workplace you begin to develop habits that will lead to severe health problems and sadness later in life.

1. HOW DO WE STOP OURSELVES FROM LETTING DIGITAL LIFESTYLES LEAD TO OUR HEALTH DECLINE? (2pts)

2. How can we focus on the hours of 3pm to 6pm daily to battle obesity? These are often hours after school we could be doing something active but we are often alone and can tend to play video games watch TV, and use mobile devices instead. HOW CAN WE FIGHT THIS? (3pts)

Activity #3: Take a few minutes to create a pledge sheet for yourself regarding your technology use habits. **PLEDGE 2 PROMISES** to yourself that will keep you healthier for longer and beat the demands of technology in regards to sedentary lifestyles. **(2pts)**

Example: I pledge to limit my desktop computer time to 2 hours daily

Example 2: I pledge to not use ALL computer technology from 10pm to 7am daily to make sure I get a healthy amount of sleep nightly.

You think of some life changes that can keep you healthy and submit these to your teacher. Maybe one of your ideas can help fellow classmates?

Extend your learning: How can NB turn around our sedentary lifestyles and use technology in a personal health responsible way?