

# Your Daily Routine Matters

## A Healthy Daily Routine

Hi, I'm Steve. I'm a goal keeper in USA. People think I am successful at my job. They often ask me how I do this. There's no secret formula. I think, it's because I'm a planned and disciplined man. Let me share my daily routine with you.



### In the morning:

- I wake up early and before I get out of the bed, I **stretch my arms and legs**. I take a deep breath and exhale. I repeat this 5 times.
- I **drink** a glass of warm **water**.
- I stand in front of a mirror and **practise positive self talk**.
- I **have breakfast** with enough protein and carbohydrates.
- I **read** for a while. Then, I **do** some **exercise**. I prefer running outside.
- After that, I **take a shower**.



### In the afternoon:

- I usually **go** to my club for **training**. I stay there for four hours.
- I never skip my **lunch**. We usually hang out with friends after lunch. I believe sharing a meal, having a conversation and **spending time with friends** help my social **wellbeing**.
- I arrive at home around 5 pm and we **prepare dinner** with my family. We **talk** about our day and have fun **together**.

### In the evening:

- I have dinner at about 6 pm. I prefer **plant based food** for dinner.
- In the evenings, my family spends 2 hours **technology free**. We talk about our day, play board games, **walk outside** or spend time in the kitchen. For me, this is the best part of the day.
- Then I watch TV for half an hour, check my mails and **plan** the next day.
- I **read a book** before sleeping and go to bed around 11 pm.





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## Discuss

- ① Find the similarities between your own routine and Steve's.
- ② Which activities in particular make Steve's routine healthier?
- ③ Which activities are adaptable to your own routine?
- ④ Now look at the list of healthy habits below and include what you think is important to your own routine?





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## HEALTHY HABITS



- You should get at least 7 hours sleep in a quiet and dark room. It is necessary for your body to rest and recharge.

- Wake up early. It improves your mental health and helps you become more productive. Meditating is an effective stress reducer and mental health booster, you should try it.



- Don't skip meals and try to eat at the same time everyday. Stay away from packaged food.

- You should spend some time in the nature. Walking regularly in the nature supports your immune system and reduces stress.



- You should practise stretching at least 5 min. a day. It relaxes muscles, helps better sleep, reduces stress and improves physical performance.

- Drink 3–4 liters of water everyday.



- You should minimise screen time. This habit will improve your sleep, focus and productivity. It will help you reduce stress and anxiety.

- Try a new hobby. It may be fun and rewarding. The best alternatives suggested by experts are “cooking, dancing, drawing, yoga and gardening”





# HEALTHIER ME

Considering your own daily routine, prepare a new schedule. Include as many viable habits as you can from the list. Hang your plan on your wall and try to stick to the plan. One week later, discuss with your teacher about how successful you are in implementing the programme.

## Morning routine


## A BETTER afternoon


## EVENING routine





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## GROUP WORK



**Go back to the list of healthier habits.**



**Pick one habit and make a research about the further advantages of it.**



**Using your findings, prepare a 5 min. presentation and share with your friends.**