

Teacher**Fit**

# A NEED FOR PROACTIVE K-12 EDUCATOR WELLNESS

A Proactive & Action Based Approach





**"An educator with their health has 1,000 dreams, an educator without it has but 1."**

**-Indian Proverb**



**WHY IS A  
PROACTIVE APPROACH TO  
WELLNESS NEEDED?**



**According to the Public Health Agency of Canada it is estimated that in 2017**

**64%**

**OF CANADIAN ADULTS ARE OBESE OR OVERWEIGHT.**



Over ½ of the educators that we put in front of students! Are we at our best if we are physically, mentally, or emotionally ill?





According to the Ontario College of Teachers' 2006 survey findings

**13%**

OF ONTARIO'S TEACHERS REPORTED "FEELING STRESSED ALL THE TIME", COMPARED TO ONLY 7% OF THE GENERAL PUBLIC WORKFORCE.

---

\*The College also found that stressful working conditions accounted for the second most highly cited reason for leaving the profession.



**According to the Public Health  
Agency of Canada, as of 2017**

**30%**

**OF CHILDREN AGED 5-17  
ARE OVERWEIGHT OR  
OBESE**



**Since 1979, the rates of childhood  
obesity have tripled**



**Across Canada, one in five children under the age of 18 will experience at least one mental health illness or mental illness influence, as few as**

**17%-40%**

WILL ACCESS SOME FORM OF MENTAL HEALTH CARE SERVICES OR SUPPORT, THOUGH THE LIMITED SERVICES WILL NOT NECESSARILY BE WELL MATCHED TO CHILDREN'S NEEDS, OFFERED IN A TIMELY WAY, EFFECTIVE, OR EVIDENCE-BASED.



**Mental Health Education In Canada: An analysis of teacher education and provincial/territorial curricula (2012)**

# We Are Responsible For Setting the Example

## DISTRICT & SCHOOL LEADERS

Setting the example for your staff and students to follow.

## TEACHERS & STAFF

Setting the example for your students and peers.

[#ImpactByExample](#)

## **JUST START**

Build healthy habits to care for yourself.

## **BE CONSISTENT**

Prioritize your wellness and remain dedicated.

## **BE PRESENT FOR OTHERS**

Share your journey and connect with others.

**How can you  
do this?**

**"I WANT TO MAKE AN  
IMPACT BY BEING MY  
BEST"**

**Progress NOT Perfection**



**Class Break**

## LEADERS:

- Start walking or walking meetings and encourage your staff to do the same.
- Allow for staff to have time after school to host wellness groups.
- Discuss wellness at all levels, incentivize participation and reward success/effort.

## EDUCATORS:

- Start and share your wellness activities with students.
  - ex: Eating healthy snacks and drinking water during class.
- Use mindfulness or movement class breaks.

**What does  
this look like  
in action?**

**"I DON'T KNOW WHERE  
TO START."**



**IF IT IS TO BE, IT IS UP TO ME**

# Everything Starts with YOU

**Action Steps To Build  
Lasting Wellness Habits**

Book Recommendation: [Atomic Habits](#)  
by James Clear



# Making Habits Obvious

**If habits are not obvious, we will struggle to be consistent**

## Use Intention Statements -


- I will drink 1/3 liter of water as soon as I wake up.
- I will schedule weekly wellness talks for my staff this school year.

## Use Habit Stacking -

- After I drink my water I will immediately put on my gym clothes.
- Once our wellness program kicks off I will appoint wellness leaders for each grade level/school/etc.

## Design your environment -

- Put your water bottle by your bed, then clothes next to it.
- Reach out for fitness equipment donations for your Ed community



Temptation Bundling - Pair an action you love to do with an action you need to do.

- Coffee & H2O
- Staff meetings with Healthy Snack Pot Luck

Make Wellness Rituals

- Mindfulness or movement breaks with your students
- Walk with a partner or spouse after dinner each night
- Start staff meetings with a mindfulness practice

# Making Habits Attractive & Fun

**Because nobody likes unattractive and not fun**

# Making Habits Easy


**Easy = Consistent**

## Reduce Friction -

- Schedule your wellness like an important meeting with yourself...and don't miss it
- Support your team by scheduling time for staff wellness activities

## Automation -

- Use technology to your advantage, fitness/nutrition/hydration apps
  - MyFitnessPal
- Provide those programs for your staff/students
  - Shameless Plug



Celebrate your victories -

- Allow yourself a cheat meal, take day off from everything and relax, buy a new pair of workout shoes/clothes
- Acknowledge those team members who excel in meetings, provide prizes during challenges (local gift cards)

Never miss the mark 2x in a row

- Don't beat yourself up, get back on track
- This is a lifelong journey

# Making Habits Satisfying

**Because everything becomes easier when we can see the goal**

# Q & A

Thank you!

Nick Mann  
nick@TeacherFit.com

www.TeacherFit.com

EdCan.TeacherFit.com

StudentFit.Fit



**Coming Soon!**

