

# A balanced lifestyle: PERKS

English version 'ALLES'



## A balanced lifestyle

Starting your day with a clear head, full of energy. It is really possible. And it takes less effort than you might think. Small changes in your daily habits can make a big difference.

A healthy lifestyle gives you some PERKS!

P.E.R.K.S stands for:

- Process emotions
- Enjoyable movement
- Regular meals
- Kind to yourself
- Sleep enough

They are the building blocks for a balanced lifestyle, related to the prevention of disordered eating behaviour or weight problems.



## Process emotions

Notice how you feel and take action. Happy, down, angry, in love, anxious, ... Emotions tell us what is important to us. Check it out: [geluksdriehoek](#) (happiness pyramid).



## Enjoyable movement

Every step counts. Move your body in a way that you enjoy, with the [bewegingsdriehoek](#) (movement pyramid) as inspiration.



## Regular meals

Eat regularly, at set times and with others when you can. Focus on [eating competence](#), and use the [voedingsdriehoek](#) (food pyramid) as inspiration.



## Kind to yourself

Focus on your talents and skills. Allow yourself to grow and learn. Give yourself time to rest and enjoy hobbies.



## Sleep enough

Sleep is the basis for a healthy lifestyle. Allow yourself to sleep enough. Get inspired by our [brochure about sleep](#) for a good night's sleep.



## Process emotions

No one feels happy all the time. What you see on social media is an edited version of reality. It's okay not to be okay! Do you have different strategies of dealing with difficult emotions, such as frustration or sadness? Do you slam the doors? Or do you retreat under a soft blanket? Are you talking to someone you trust about it? Are you looking for a distraction in something creative? All these strategies are okay. Just make sure you can be flexible about it, try different strategies to find you balance again.



## Enjoyable movement

Stretch and walk around regularly. You sit a lot at school and while studying. But actually, your body is made for movement, so stand up often to interrupt your sitting time.

Do some active activities after school. Cycle home, walk around the block, or search with your friends for a fit-o-meter in your area. Moving does not have to be boring! Try a game or app that makes exercise 'fun'. For example, do you know the running app where you are being chased by zombies? Or do you love chatting with friends during a walk? Try it!



## Regular meals

Eat at (more or less) set times. It gives your day a handy structure. Eat breakfast every day, it gives you energy to start your day with a fresh mind and reduces appetite for high-calorie snacks later in the day. Skipping your breakfast can contribute to weight gain in the long term.

Eating together with family or friends can be fun and it can even help you to stay healthy in the long term. Do you want to put something different on the table? Feel free to get behind the stove yourself! Find a nice and simple recipe online. Additional tips and ideas about what you can eat can be found in the food pyramid '[voedingsdriehoek](#)'.

## Want to learn more about these topics?

Scan the QR-code or go to our [website](#).



**Other lifestyle topics:** The lifestyle topics discussed here are developmental themes in the prevention of eating disorders and weight problems. In addition, it is important not to smoke, to be careful with alcohol, to take care of your oral hygiene and your sexual health, and so much more. More information about other lifestyle themes can be found at [Gezond Leven](#).

Don't know where to start? Do you feel anxious about food or your weight? Talk about it to someone you trust. You can also look for professional help, such as a CLB employee at your school, [JAC](#), [Awe!](#) or [Tejo](#). Maybe there is a walk-in house in your neighborhood of [Habbekrats](#) or [Overkop](#)?



## Kind to yourself

Look at your own progress instead of comparing yourself with others. Look at what goes well in different areas of your life: your friendships, at school or work, your hobbies ... What are you good at? What characteristics do your friends value in you?

Show who you are at school or at work and with your friends instead of pretending to be somebody you are not. Every body and personality is different, and that is truly beautiful.

What you do is more important than your weight. You cannot tell by a person's weight whether this person lives healthy or not. Many people who eat healthy, exercise regularly and sleep enough are healthy regardless of the number on the scale.



## Sleep enough

Sleep is essential for a healthy lifestyle. If you don't sleep enough, your mental and physical health pays a price.

Make sure to get enough sleeptime:

- **Toddler (1-2):** 11 - 14 hours
- **Preschooler (3-5):** 10 - 13 hours
- **Child (6-13):** 9 - 11 hours
- **Teenager (14-17):** 8 - 10 hours
- **Adult (18-64):** 7 - 9 hours
- **Older adult (65+):** 7 - 8 hours

In addition, a regular rhythm of sleeping time and the time you are awake is important. With a relaxing evening ritual you can fall asleep faster. Go to bed when you start feeling drowsy. This way you can sleep more deeply. Keep your bedroom dark, cool, and free of electronics. The light from screens can disrupt your sleep. Limit drinks with a lot of sugar and caffeine from the afternoon onwards, to help you with this. More tips can be found on our [brochure about sleep](#) or the website of [Gezond Leven](#).