



Be a Durable You!

Print-It-Yourself Tips Card

Thank you for being curious about how to be a more durable human!

This card is made for you to print out, cut out, and post on a screen or fridge.

Fold along the dotted line so the blank sides are together, then tape or glue closed.

Do these tips work for you?
Have any of your own?
Tell me about it on Twitter @DurableHuman, by joining the Durable Human Community on Facebook, or by writing to me at jj@durablehuman.com.

Enjoy life!

Jenifer Joy Madden

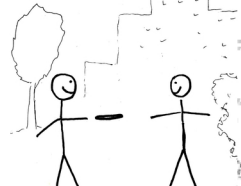
Be a durable you!



Look far away
every 20 minutes.



Get up and move
at least once an hour.



Go out and play
an hour each day.



Eat fresh food
whenever you can.



Share a family meal
every day.



Give it space.
Don't press cellphone to your body.



Sleep tight.
Screens go somewhere else.

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Background information for Be a Durable You!

Look far away every 20 minutes.

Children are more likely to become near-sighted if they stare too long at computer screens, according to research in Japan and elsewhere. To maintain variable eyesight, children and adults using screens are advised to look away into the distance every 20 minutes for at least 20 seconds.

Get up and move at least once an hour.

Being sedentary is associated with chronic conditions including obesity, heart disease, type 2 diabetes and depression. Sitting for more than a few hours increases the risk for deep vein thrombosis. An Australian study shows that regular mini exercise breaks lower blood sugar, triglycerides, cholesterol, increase circulation and reduce waist size.

Go out and play.

The US Centers for Disease Control recommend that children and adolescents should have at least one hour of physical activity a day. Adults: one-half hour per day.

Eat fresh food whenever you can.

According to the Journal of the American College of Nutrition, diets rich in whole and unrefined foods, like whole grains, dark green and yellow/orange-fleshed vegetables and fruits, legumes, nuts and seeds, contain high concentrations of antioxidant phenolics, fibers and numerous other phytochemicals that may be protective against chronic diseases.

Share meals.

The National Center on Addiction and Substance Abuse at Columbia University has found that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs. Electronic devices should be set aside at mealtime so family members can concentrate on each other.

Give it space. Don't press cellphone to your body.

A cellphone is a two-way transmitter that emits radio frequency radiation. According to the Environmental Health Trust, a child's head absorbs 10 times more cellphone radiation than an adult's. Brains of infants and toddlers absorb even more. A cellphone should not be pressed directly to the head, chest or abdominal region. To make leave space between you and your device, use a headset, the speakerphone function - or send a text.

Sleep tight. Screens go someplace else.

According to the National Sleep Foundation, sound sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. To ensure restful, uninterrupted sleep, TVs, computers, tablets and cellphones and other electronic devices should be located out of the bedroom.

For more information, visit:

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