

# ESCAPE UNHEALTHY HABITS



## AGE RANGE

10–13

## OVERVIEW

Students will work in teams to participate in an educational adventure as they seek to find ways to escape their unhealthy habits! Fitness and health-themed challenges will be presented to students as stations. In teams, students will work through the activities and track their progress. Students who successfully complete all of the components will be equipped with new strategies for avoiding unhealthy habits and a new understanding of what it means to be *healthy!*

## TIMING

45–60 minutes

## OBJECTIVES

Students will:

- Understand the connection between lifestyle choices and noncommunicable diseases.
- Analyse their initial understanding of the word *healthy*.
- Investigate the various choices and decisions that contribute to health.
- Apply what they have learned to create their own definition of *healthy*.

## MATERIALS NEEDED

General Materials:

- Pencils, one per student
- **Escape Unhealthy Habits** handout, one per student
- Dry erase markers
- Stopwatch (optional)

For more information about the Future Well Kids programme, please email  
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