



Station 5: Staying Balanced

MOVE

- Balance on the tightrope, walking with one foot in front of the other.
- Pretend you are high up in the air. Try not to fall off.

DISCUSS

- What does it mean to have balance in your life?
- What makes you feel anxiety or “out of balance”?
- What does balanced nutrition mean?
A balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease free.

TAKE ACTION

- [Mental Health Resources: Where Do I Start?](#)
- [Healthier Eating: Did You Know?](#)
- [Teens and Life Balance](#)



Heart of New Ulm
Supporting a culture of wellness

Welcome to a new way to explore our community!

Move This Way provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.

