

HEALTH AND WELLNESS

Rethink your relationship with food, build lasting habits,
and feel empowered to take charge of your own health



urban health
everyday nutrition for everyday people



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WELCOME TO THE HEALTH AND WELLNESS COURSE

WHAT IS THIS COURSE ALL ABOUT?

This course is comprehensive, packed with important and life-changing information and – more importantly – it is very practical!

We will delve not only into the world of food and nutrition, but exercise theory and mental and emotional health.

Amongst many others, we will talk about the basic elements of nutrition such as calories and metabolism, delve into macro and micronutrients, and look at different types of diet styles. We will also go quite deep into your digestive system, look at detoxification and how to maintain your immune system, and have a candid chat about eating disorders and stress. We will discuss ultra-processed foods, look at food allergies and intolerances, and look at practical ways to reimagine your own relationship with food.

We will also delve into ways to consider your own mental and emotional health, such as your emotional intelligence, your belief in your ability to make changes, and even how to develop a growth mindset. We will also carefully look at what stress is, and discuss practical ways to address this.

Finally, but certainly not all, we get super practical when it comes to how you exercise and move, including a range of interesting assessments to see how you stack up, or use them to assess someone else, perhaps a family member or a friend.

WHO IS IT FOR?

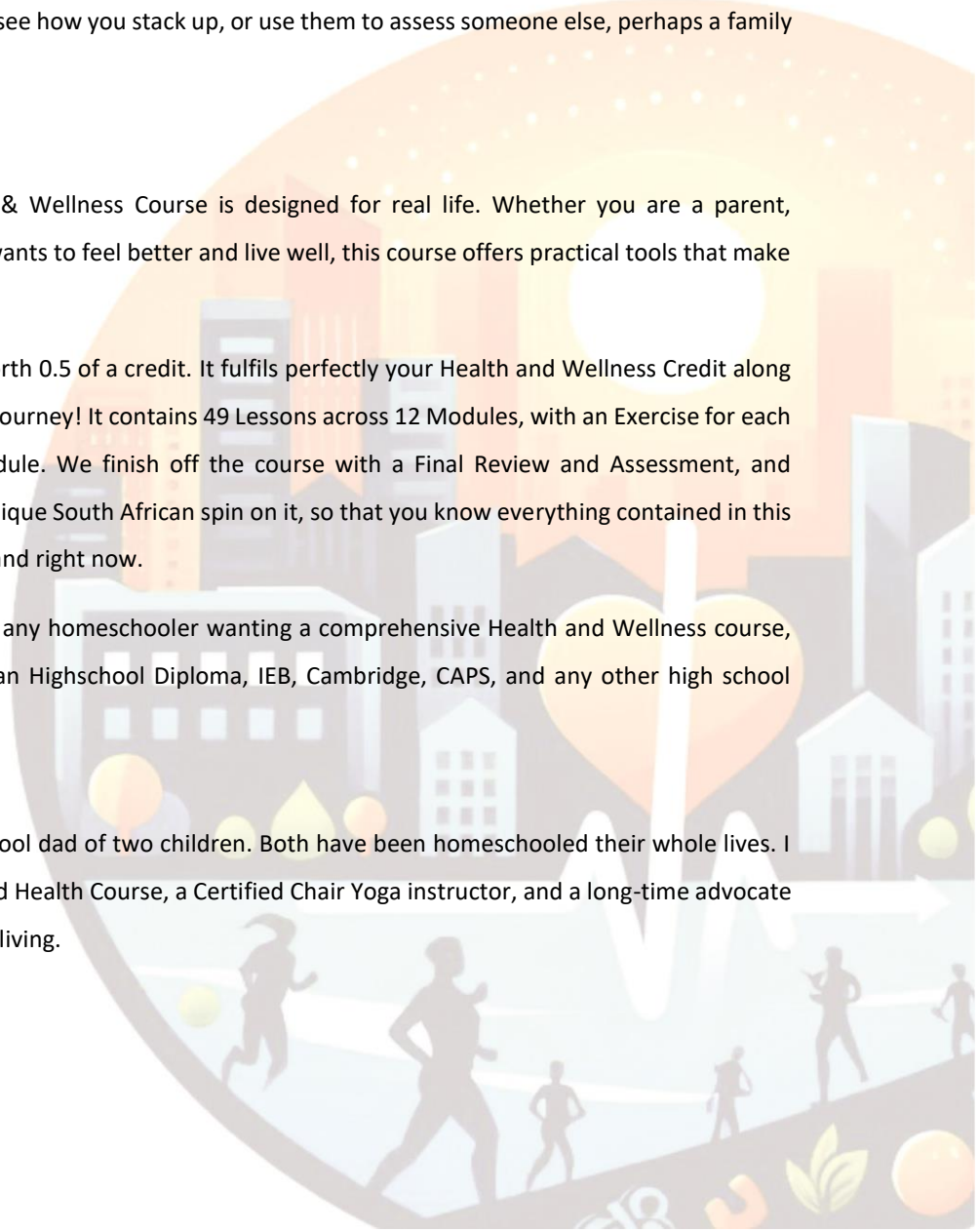
This proudly South African Health & Wellness Course is designed for real life. Whether you are a parent, caregiver, or simply someone who wants to feel better and live well, this course offers practical tools that make a lasting impact!

This course is 75 hours long, and worth 0.5 of a credit. It fulfils perfectly your Health and Wellness Credit along your American Highschool Diploma journey! It contains 49 Lessons across 12 Modules, with an Exercise for each Lesson and a Review for each Module. We finish off the course with a Final Review and Assessment, and throughout the course we keep a unique South African spin on it, so that you know everything contained in this course is available to us, right here and right now.

And, of course, it is also perfect for any homeschooler wanting a comprehensive Health and Wellness course, whether you are doing the American Highschool Diploma, IEB, Cambridge, CAPS, and any other high school choice.

WHO AM I?

My name is Adrian. I am a homeschool dad of two children. Both have been homeschooled their whole lives. I am also a Nutritionist and Accredited Health Course, a Certified Chair Yoga instructor, and a long-time advocate of healthy, natural, and wholesome living.



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INTRODUCTION: WHAT IS HEALTH AND WELLNESS?

Lesson 1: food is but one part of a healthy lifestyle

“Health” is generally defined as a person’s physical condition. It normally means that if you are in good health, you are free from injury or disease. This definition, however, does not adequately describe what we mean by “wellness”. In this Lesson we **define what wellness is**, and we discuss the five kinds of wellness: physical, spiritual, emotional, intellectual, and environmental.

SECTION 1: NUTRITION AND DIET

MODULE 1: WHAT IS NUTRITION?

Lesson 2: what is nutrition?

In this Lesson we begin to talk about what we mean when we say “nutrition”. Is this simply the act of consuming food, absorbing it, and using the nutrients to fuel our bodies? Yes. But also no. Because **food plays such a huge role** in our family, spiritual, and cultural lives. It is much, much more than the sum of its parts. And many of us go through our lives on auto-pilot, paying scarcely a thought to what we eat, and how.

Lesson 3: what are calories?

What exactly is a calorie? What does it do? Is a calorie something we need to be aware of, or not? In this Lesson we look at what a calorie is, what calories do, how many calories we generally need as we grow, and **we learn to calculate calories ourselves** through being able to read the nutritional section of a food label.

Lesson 4: what is energy metabolism?

Our bodies need energy to survive, and to thrive. We get this energy primarily through the food we eat and drink. And how our body uses this energy is called metabolism. In this Lesson we expand on the calorie Lesson by talking about **how our bodies use energy**, and we look at the different components of our metabolism.

MODULE 2: MACRONUTRIENTS

Lesson 5: what are macronutrients?

We need macronutrients in large amounts. The clue, in fact, is in the name: macro. And, so, in this Lesson we introduce the **all-important macronutrients** and briefly discuss what they are.

Lesson 6: what are proteins?

Proteins are more than just the building blocks of our cells. They are **not only needed to build** our muscles – including the heart and brain – but to aid in repair, as well. In this Lesson we talk about what proteins are, why we need them, and where good quality proteins come from.

Lesson 7: what are carbohydrates?

Carbohydrates always seem to get bad press. But why? Did you know that our brain primarily fuels itself from glucose, which we get from carbohydrates? In this Lesson we talk about what carbohydrates are, what they do for us, and **discuss the difference** between so-called “good carbs” and “bad carbs”.

Lesson 8: what are fats?

We need fats. Our body uses them for normal growth and development, providing cushioning for the organs and nerves, and it is the fats in our food which gives it texture and taste. Surprised? There is **more to fats than meets the eye**, so in this Lesson we break them down, talk about the different types of fats, and why we need them in a balanced, healthy diet.

Lesson 9: what is fibre?

Fibre, the unsung hero of our digestive system. And we need fibre. In this Lesson we shall see exactly what fibre is, the different types, where we get fibre from and why it's a **great idea to include** as part of a healthy diet.

Lesson 10: some thoughts on hydration

And of course water is a macronutrient...or didn't you know that? Hydration is so **fundamentally important to our wellbeing** and so often overlooked as part of the day-to-day choices we make. In this Lesson we talk all about water...and you'll be surprised by some of it.

MODULE 3: MICRONUTRIENTS

Lesson 11: what are micronutrients?

Unlike macronutrients – which we need a lot of – we need micronutrients in smaller doses. However, **they are super important**. And in this Lesson we briefly break down and explain micronutrients before going into them in some depth in the following Lessons.

Lesson 12: what are vitamins?

Vitamins are essential – and here we do mean essential – for the proper functioning of our bodies. We probably know about things like Vitamin C and Vitamin D. There are actually many, and each **plays a vital and specific role**. In this Lesson we break down the more common vitamins - and some that may be new to you - and discuss them in some depth.

Lesson 13: what are minerals?

Minerals are just as important as vitamins for optimal and long-lasting health. Some you may have heard of include iron, zinc, and calcium. Did you know that copper and manganese are also important minerals? In this Lesson we look at various minerals and talk about **why we need them** and where we get them.

MODULE 4: DIET TYPES AND STYLES

Lesson 14: what different types of diets are out there?

There are over a 100 ‘diets’ out there. Perhaps you have heard of Keto, or Low-Carb, or Mediterranean, or High-Protein, or Banting, or Paleo? If not, this Lesson breaks down some of the more common ones, and discusses why they generally (with a couple of notable exceptions) will work...**because they all have one, major, thing in common**.

Lesson 15: what different styles of diet are out there?

Carb Cycling, Intermittent Fasting...these and others are what we call “styles”. They are not diets in and of themselves, but **rather a way of eating**. In this Lesson we look at some common styles, talk about some pros and cons, and dispel some of the myths.

Lesson 16: nutrient-density, energy-density, and bio-availability

Perhaps you have heard the term ‘nutrient-dense’? How about ‘energy-dense’? What do these mean? In this Lesson we talk about this very important distinction, and how you can **choose your food wisely**.

Lesson 17: organic, local, or seasonal...what’s the deal?

Did you know that spinach is high in iron? And did you know that spinach loses around 47% of its iron content just 8 days after picking? That’s right. And, so, in this Lesson we talk about why that is, **how to choose** seasonal foods, what “organic” actually means, and why local is lekker.

MODULE 5: DIGESTION AND DETOXIFICATION

Lesson 18: what is digestion?

Digestion is the process of breaking down food so that it is small enough to be absorbed by the body to be used as energy. That's the simple explanation. In this Lesson, though, **we are not staying simple**. Why is digestion chosen as one of our systems to highlight? You'll see.

Lesson 19: the digestive system

Let's chart the path a piece of food travels, from the mouth and down the oesophagus, into the stomach, and through the small and large intestine. Did you know that **digestion starts before you even eat**? And that you have more taste buds in your small intestine than on your tongue?

Lesson 20: digestive conditions

Constipation, indigestion, heartburn, gallstones: all these relate right back to your digestive system. What are the **symptoms of these conditions**, how can they be treated, and how can we prevent them in the first place?

Lesson 21: maintaining a healthy digestive system

Keeping your digestive system in top working order means more than 'just' a balanced diet. Exercise also plays a role, how you eat is important, and managing stress is essential. In this Lesson we look at how you can **maintain your digestive system**.

Lesson 22: detoxification

Why would we need to detoxify? Surely our bodies have an efficient system designed to do just that? Actually, yes. It does. Smoothie adverts aside, our bodies are more than **capable of removing toxins**, all by themselves. But what are toxins? And how do they get into our bodies?

MODULE 6: ULTRA-PROCESSED FOODS AND THE 80/20 PRINCIPLE

Lesson 23: what are ultra-processed foods?

The term "ultra-processed food" has started to be thrown around a lot lately. And it's about time, too. But what are they? In this Lesson we talk about what ultra-processed foods are, **how to identify them**, and we learn how to read the ingredients section of a food label.

Lesson 24: what is the 80/20 Principle of good nutrition?

Moving on from ultra-processed foods, we arrive at what is called the 80/20 principle of food: 80% Whole, 20% Soul. What does this mean? In this Lesson we introduce a **novel way of looking at food**, and at our relationship with what we are eating.

MODULE 7: ALLERGIES AND INTOLERANCES

Lesson 25: what are food allergies?

We have probably all heard of someone with a nut allergy, or perhaps something you consider truly bizarre. But what is a food allergy? How do they occur? In this Lesson we discuss the more common food allergies, how you can know that you **may be allergic to something**, and what you can do about this.

Lesson 26: what are food intolerances?

A food allergy is not the same as a food intolerance. They are two different things. In this Lesson we talk about what a food intolerance is, and **how it differs from a food allergy**. Also, we talk about what to do should you have an intolerance to something.

Lesson 27: the importance of our immune system

A normally functioning immune system is, of course, important when dealing with food allergies and intolerances. It will also help to protect from illnesses and environmental concerns. So, can we actually **strengthen our immune systems**? In this Lesson we talk about what our immune system is, and what we can do to protect it and ourselves.

MODULE 8: DISORDERED EATING

Lesson 28: what is disordered eating?

Disordered eating – sometimes referred to as an eating disorder – must **always be taken seriously**. We simply cannot, as some would like to think, “snap out of it” and start eating correctly. But what is disordered eating? In this Lesson we define what we mean by disordered eating and then, in the following Lessons, we break down the more common disorders.

Lesson 29: let's talk about Anorexia Nervosa

Anorexia Nervosa is a complex condition, and can certainly **be life-threatening**. In this Lesson we look at what it is, discuss some reasons why it may occur, and what some of the better approaches to dealing with the condition are.

Lesson 30: let's talk about Bulimia Nervosa

Like Anorexia, Bulimia Nervosa is similarly serious and life-threatening. In this Lesson we define Bulimia, have a look at **some treatment methods**, and talk about some of the signs that you or someone you care about may be suffering from it.

Lesson 31: let's talk about Binge Eating Disorder

While Anorexia and Bulimia tend to be more a disorder we see in adolescents, Binge Eating Disorder seems to be - generally - an adult concern. It **is no less serious than any other disorder**, and in this Lesson we define and break down Binge Eating Disorder, and look at it in some depth.

Lesson 32: what other types of disordered eating is there?

Did you know that some people will eat according to a specific food colour, and actively resist the other colours? Or someone may choose only a specific time to eat, or only a particular texture. If left untreated, these can become a serious problem. In this Lesson we **define some other types** of disordered eating, and what may be done about them.

SECTION 2: MENTAL AND EMOTIONAL HEALTH

MODULE 9: YOUR MENTAL AND EMOTIONAL HEALTH STARTS WITH YOU

Lesson 33: understanding your emotional intelligence

How well do you understand yourself? And how well do you understand others? These are the core of emotional intelligence. And, so, in this Lesson we **look at the different aspects of your EQ**: self-awareness, managing your emotions, managing yourself, empathy, and social skills.

Lesson 34: developing self-efficacy

Self-efficacy is your belief in your own ability to achieve your goals. "Whether you think you can, or think you can't," said Henry Ford, "you're right." Your level of self-efficacy plays a role in your motivation to take on a task or challenge, the effort you put into it, and how long you'll persist before giving up...should an obstacle arise. In this Lesson we talk about how to assess your own levels of self-efficacy, and **some practical ways to increase your belief** in your own abilities.

Lesson 35: developing a growth mindset

Do you believe that attributes such as **intelligence and talent can be cultivated**? Or do you think we are born with these and they don't change? In this Lesson, we do an assessment to see how you think about this question, and we talk about ways in which you might be right...or not.

Lesson 36: setting meaningful goals

A goal is only a goal if you have a plan. Until then, it is only a dream. And many people start out with a goal in mind while not having the slightest idea why they want it in the first place. Because the **WHY of your goal** is always the first place to start. In this Lesson, we look at practical ways to assess your own goals, and bring them to life.

MODULE 10: THE REAL IMPACT ON STRESS ON YOUR MENTAL AND EMOTIONAL HEALTH

Lesson 37: What is stress?

Did you know that stress is neither good nor bad? What we mean when we say this is that your **body actually does not know the difference**. Slamming on the breaks to avoid running over someone or something does the same thing in our body as a negative home life. So in this Lesson we talk about what stress in fact is, and how it effects the body and the mind.

Lesson 38: practical ways to address stress in day-to-day life

Reducing stress is so fundamental to our daily health that volumes and more have been written on it, spoken about it, and presented to us. And, yet, **if there was just the one thing that worked** for everyone, we wouldn't be having an issue, would we? In this Lesson we look at some of the more common ways to deal with daily stresses, and introduce some unconventional methods.

SECTION 3: EXERCISE AND MOVEMENT

MODULE 11: PHYSICAL ACTIVITY, EXERCISE, AND MOVEMENT

Lesson 39: what are different general forms of exercise?

What is exercise? Is it lifting weights? Is it jogging five kilometres? Could it be dance or yoga? How about a martial art? When we are young we naturally play, and we move, and as we grow we still play but...now we call it exercise, and we wear watches and keep stats to quantify and qualify our "play". Can exercise be play? **Should movement be enjoyable?** In this Lesson we introduce "exercise" and talk about what it really means.

Lesson 40: the five major components of physical fitness

When we talk about physical fitness, we don't just mean rock-hard abs and a beach bod. In reality, it **takes a number of forms**, and in this Lesson we discuss the five components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility and stability, and body composition.

Lesson 41: the skill-related components of physical fitness

Along with physical fitness comes certain skills, by-products if you will, but good ones. These **naturally develop from fitness** and include balance, coordination, power, agility, speed, reaction time, and flexibility. What are these? In this Lesson, we touch on each one and describe why they matter.

MODULE 12: PHYSICAL ASSESSMENTS

Lesson 42: Physical Assessments 1: Rockport Walking Test for Cardiorespiratory Fitness

In this Lesson – in fact in the next 5 – it is time to get up and move! I’d like to say “don’t try this at home” but, actually...try this at home! **Now we get really, really practical.** In this first Lesson, we test our own cardiorespiratory endurance through the Rockport Walking Test. Do it yourself, or get someone to do it while you observe and take notes. And in the Lesson we also talk about when to take care, and who should be wary of undertaking a physical fitness assessment or activity.

Lesson 43: Physical Assessments 2: Static Postural Assessment

The Static Postural Assessment is just that: an assessment of your posture while standing still. In this Lesson we learn **how to assess your own static posture**, or that of another person. Have fun with it! It’s an opportunity to stare at another person for long periods and not feel bad (or creepy).

Lesson 44: Physical Assessments 3: Core Stability Assessment

Core strength and stability is vital. Our abdominal muscles come into play when we lift a box, swing a golf club...and stand up straight. **It helps us maintain our balance** so we don’t fall over, and enables us to stand up easily and quickly. In this Lesson, we look at three assessments of Core Stability. How do you measure up?

Lesson 45: Physical Assessments 4: Static Balance Assessment

How is your balance? **Can you stand on one leg?** Let’s find out. In this Lesson, you will be doing a Static Balance Assessment, or you can facilitate it for someone else.

Lesson 46: Physical Assessments 5: Basic Mobility Assessment

How mobile are you? How is your muscle strength, your ability to overcome external resistance, such as **pulling or pushing** something? Or your muscle endurance, the ability to resist fatigue and go for a long time? In this Assessment, you will have a look at your – or another person’s – Basic Mobility.

SECTION 4: WRAP UP WITH PRACTICAL IDEAS

Lesson 47: Mindful Eating

If I had to ask you what you had for lunch two days ago, would you be able to tell me? Perhaps you can. Many of us cannot. That is because eating quite often happens on auto-pilot. It is something we do while on-the-go, or scrolling our phones, or watching Netflix. We do it not because of hunger, but because of habit. We do it because “it is time”. Mindful Eating is none of these things. Instead, it encourages us to enjoy food more fully, to make choices that feel good for our bodies. It is about balance. It is about listening to our bodies. In this Lesson, I **outline the Principles of Mindful Eating**, and how to go about this nourishing and important practice for your health.

Lesson 48: the Rule of 3's

When you want to start a health journey but don't know how, when you want a plan but don't know what...the **Rule of 3's is a fantastic place to begin**. No spoilers here. You'll have to delve into this practical and fulfilling Lesson and find out for yourself.

Lesson 49: wrap up and final assessment

So where are we? Where did we come from and where are we going? Let's wrap up this course with a **recap of some important and key takeaways**, and then complete our final assessment.

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