

The *Everyday* Health Initiative

Small habits. Big change. Better lives.

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Join the movement.
One everyday habit
at a time.

The Initiative’s origin

“Health shouldn't feel like a chore - it should feel like something you actually want to come back to.”

A few years ago I realized how easy it is to put off the basics - sleep, movement, eating well - when school and screens take over the day. That's why I started The Everyday Health Initiative: a student-led project to make small, sustainable health habits feel approachable instead of overwhelming. Our objective is to raise awareness and support programs that encourage healthy daily habits to improve long-term health and prevent chronic illness.

What We Do



Community walkathons

Bringing people together around a shared goal: moving more, together.

Fundraising for public health

Funds go directly to programs tackling chronic illness and poor health habits in our community.

Free, simple resources

Practical tips anyone can start today - no gym membership or budget required.

02 · PILLAR ONE

Oral Hygiene

Sourced from American Dental Association (ADA) & CDC guidance



Brush 2x2

Brush twice a day for 2 minutes with fluoride toothpaste - morning and before bed.

Floss daily

Flossing after each meal removes plaque and food between teeth that a toothbrush can't reach.

Watch sugar

Limit sugary snacks and drinks between brushings - bacteria feed on sugar, not your teeth.

See a dentist

Book a check-up and cleaning every 6 months to catch problems early.

Brushing twice daily can meaningfully reduce your risk of cavities and gum disease compared with brushing less often.

- American Dental Association

03 · PILLAR TWO

Daily Fitness

Sourced from Canadian 24-Hour Movement Guidelines (CSEP)

60

MINUTES A DAY

Recommended moderate-to-vigorous activity for teens (ages 12–17), per Canadian guidelines.



Make it daily

Aim for 60 minutes of movement - walking, biking, or sports.
Tip: Split up your exercise 15 minute walk at lunch and after dinner

Go vigorous 3x/week

Include activities that get your heart pumping at least 3 days a week.

Strengthen muscle & bone

Add strength-based activity (like climbing or resistance training) 3x/week.

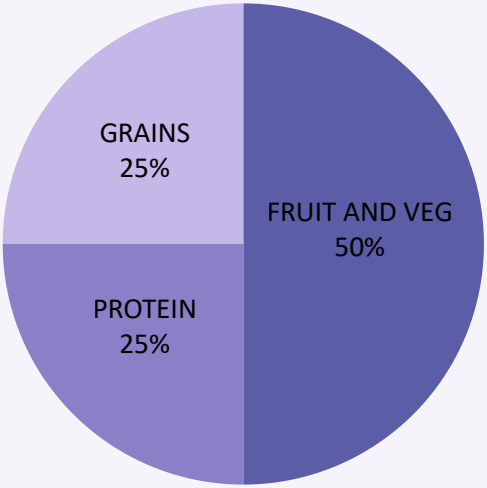
Limit sitting

Break up long stretches of screen time or sitting with short movement breaks.

04 · PILLAR THREE

Eating Habits

Sourced from Canada's Food Guide (Health Canada)



The Healthy Plate

Health Canada's plate model

Half your plate: veg & fruit

Make vegetables and fruit the largest portion of every meal.

Quarter: whole grains

Choose whole grain bread, rice, and pasta more often than refined.

Quarter: protein

Eggs, beans, fish, and lean meat - plant-based proteins more often.

Water as your go-to

Make water your drink of choice over sugary beverages.

Top Tips for Everyday Health



Move daily

30 minutes of movement - a walk counts. Consistency beats intensity.



Hydrate first

Drink a glass of water before coffee to kickstart your metabolism.



Eat the rainbow

Include colourful vegetables and fruit with every meal.



Sleep 7–9 hrs

Quality sleep reduces chronic disease risk and supports wellbeing.



Connect socially

Strong relationships are one of the best predictors of long-term health.



Brush 2x2

2 minutes, 2 times a day - the foundation of oral health.

06 · GLOSSARY

Key Terms

Chronic illness

A long-lasting condition that can be managed but not always cured.

Sedentary

Spending most of your time sitting or inactive — a leading risk factor.

Walkathon

A community fundraising walk where participants raise pledges.

Preventive health

Actions taken to reduce illness risk before symptoms appear.

07 · RESOURCES

Learn More

ParticipACTION

Canada's hub for activity inspiration & community challenges.

participaction.com

Canada's Food Guide

Official healthy eating guidance.

food-guide.canada.ca

American Dental Association

Trusted oral health information.

mouthhealthy.org

HealthLink BC

Free, reliable health info for British Columbians.

healthlinkbc.ca

Aldergrove Regional Park

Local trails for every fitness level - open daily 7am–9pm.

Get in Touch

Have questions, want to volunteer, or interested in sponsoring an event?
We'd love to hear from you - and we're always looking for community partners and passionate individuals to join the movement.

CONTACT

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"The groundwork of all happiness is health."
- Leigh Hunt

walkathon happening september 7th!