

Wellness Tips

March 2018

Catching up on some zzz

Sleep is an important role in your good health and well-being throughout your life. When you get enough sleep each day you are helping protect your mental and physical health. Children ages 6 to 12 need about 9-12 hours a day, children 13 to 18 need about 8-10 hours a day and adults 18 years or older need 7-8 hours a day. While your asleep your brain is preparing for the next day, forming new pathways to help you learn and remember information. If you are sleep deficiency you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Its linked to depression, suicide, and risk-taking behavior. Ongoing sleep deficiency can increase the risk of heart disease, kidney disease, high blood pressure, diabetes and stroke. Make sure to be getting a good night's rest.

April 2018

Alcohol Awareness

What are the negative consequences of underage drinking?

There are increased risks and a range of negative consequences related to underage drinking. It is dangerous because it:

- **Causes many deaths.**

On average, alcohol plays a role in the deaths of 4,358 young people under age 21 every year. These deaths include:

- **1,580 deaths from car crashes**
- **1,269 from murders**
- **245 from alcohol poisoning, falls, burns, and drowning**
- **492 from suicides**

- **Causes many injuries.**

Drinking alcohol can cause young people to have accidents and get hurt. In 2011 alone, about 188,000 people under age 21 visited an emergency room for injuries related to drinking alcohol.

- **Increases the risk of physical and sexual assault.**

Young people under age 21 who drink are more likely to carry out or be the victim of a physical or sexual assault after drinking than others their age who do not drink.

- **Can lead to other problems.**

Drinking can cause teens to have trouble in school or with the law. Teens who drink are more likely to use other drugs than teens who don't.

- **Can lead to developing an alcohol use disorder.**

Alcohol Use Disorders (AUDs) are medical conditions that doctors diagnose when someone's drinking causes them distress or harm. In 2014 about 679,000 young people ages 12-17 had an AUD. Even more important, the younger the use of alcohol the more likely one is to develop an AUD later in life.

- **Increases the risk of cancer.**

Drinking alcohol increases your risk of developing various cancers, including cancers of the mouth, esophagus, pharynx, larynx, liver, and breast.

Alcohol

NIDA for Teens

<https://teens.drugabuse.gov/drug-facts/alcohol>

May 2018

High Blood Pressure Facts

- Blood pressure is the force that your blood creates on the walls of the arteries in your body. When you have high blood pressure the force on the walls is higher than it should be.
- Normal blood pressure is 120/80 and below. Moderate is 120/80 to 139/89. High blood pressure 140/90 and above.
- High blood pressure usually has no symptoms, one in three adults have high blood pressure and don't know it.
- Causes of high blood pressure can come from a variety of sources like stress, age, higher body weight, unhealthy diet, or family history.
- High blood pressure is the biggest risk factor for a stroke.
- To help prevent high blood pressure you can do the following: exercise regularly, limit salt intake, maintain a healthy weight, minimize alcohol use, & quit smoking.

January 2018

New Year's resolution

Your new year resolution may be to have a healthier lifestyle. Here are some simple ways to achieve your goal:

- Get enough sleep
- Eat healthier
- Drink lots of water
- Exercise/be active every day
- Good Personal Hygiene
- Lots of Laughing!

February 2018

A Grateful Heart

1 in 4 deaths are caused by heart disease. It is the leading cause of death in the United States. Common risk factors include: family history, smoking, cholesterol,

high blood pressure, physical inactivity, obesity, alcohol, drug abuse, diabetes, stress, depression, anger/hostility. The good news is it can be prevented by choosing a heart healthy lifestyle! Be active daily for at least 30 minutes, low salt diet, maintain a normal weight, avoid smoking and recreational drug use. Know your family history and obtain regular check-ups and work with your physician to manage your health.

August 2017

Incorporate Exercise into your life.

- Walking or riding your bike to your destination
- Go the long way
- Take the stairs when available
- Speed walk your errands
- Exercise while watching TV
- Wash your car by hand or clean the house
- Play sports with Friends or Workout together

September 2017

Don't skip Breakfast!

A healthy breakfast refuels your body, helps control your weight, jump-starts your day and may even benefit your overall health.

Healthy breakfast items:

- Whole Grains
- Lean protein (Eggs, lean meat, legumes & nuts)
- Low-fat dairy
- Fruits & vegetables (100% juice without added sugar, Smoothies)

October 2017

Favorite television show getting ready to start? Make a date with exercise & TV!

Stay active during your hour-long show instead of just sitting and being a couch potato. Try walking or running in place, standing lunges, tricep dips off the couch or lifting weights while your show is on. Then during commercials, you can do push-ups, sit-ups, or burpees. During an hour-long TV show, you can have probably close to twenty minutes' worth of commercial interruption. You can stay active and get healthier while you still get to enjoy your favorite television show!

November 2017

Clean, Cover, & Contain - protect yourself & others from Influenza/Flu

- Wash Your Hands - Not just after using the restroom, but throughout the day. Simple hand washing can stop germs from spreading from person to person. It is the easiest, most effective way to avoid getting sick. Try to not touch your eyes, ears, nose, or mouth with your fingers throughout the day.
- Cover Your Mouth - Cover your cough and sneeze with a tissue. If you don't have a tissue the crook of your arm will do.
- Contain Your Illness - Stay home if you are sick.

December 2017

Winter Wellness Tips

To keep away the winter blues / flu! Try the following:

- Wash your hands (#1 way to stop the spread of germs)
- Get vaccinated (Covers against the major strains of flu)
- Keep exercising
- Eat Well
- Dose up on vitamins & minerals (Iron, Zinc, & Vitamin C are key to a healthy immune system. Try dark, leafy greens and red & yellow vegetables)
- Stay hydrated
- Rest up