

WELLNESS TIP

May

Summer Safety Tips for Kids who love outdoors

- Hydrate! Drink plenty of water. It is recommend to drink 6-8 glasses of water a day helps our body function efficiently.
- Always apply water-resistant sunscreen with at least SPF 15 and reapply every 2 hours.
- Avoid activities between noon and 3 pm when the sun is at its strongest.
- Wear lightweight, light colored clothing with a hat and sunglasses.
- If the heat outside is too hot try indoor activities with the A/C or fan going.

April

Snacking is an effective way to fit extra nutrients into your diet and prevent overeating at mealtimes.

Here are 10 Tips to aide you in healthy snacking:

1. Eat Regular Meals.
2. Plan your snacks.
3. Carry healthy snacks with you.
4. Stock healthy snack in your fridge and pantry. Such as yogurt, vegetables, fruits, whole meal or rice crispbreads and air popped popcorn.
5. Resist buying junk food.
6. Make your own. Try new healthy recipes that you find on Pinterest!
7. Keep a stocked fruit bowl and put it in plain sight.
8. Limit your consumption of 'health bars' and fruit juices. Don't be fooled by the advertising they typically are high in salt, fat or sugar.
9. Think portion control.
10. Don't skip breakfast.

March

March into Nutrition

Take these simple steps to "Get Your Plate in Shape":

- Make half of your plate fruits and vegetables.
- Make at least half of your grains, whole grains.
- Switch to low-fat or fat-free dairy products.
- Eat a variety of proteins. Incorporate more fish, legumes, and plant based proteins.
- Limit sodium and extra calories by cutting back on solid fats and added sugars.

February

12 Benefits of Walking

1. Lose Weight
2. Healthy Heart
3. Increases Self-Esteem
4. Tone Muscles
5. Increases Metabolism
6. Reduces Stress
7. Improves Mood
8. Increased Energy
9. Decrease chance of injuries
10. Low Impact

11. Reduce Risk of High Blood
12. Builds Lean Muscle

January

Ways to Decrease Stress

Stress is a physical and emotional response to a particular situation. Stress can cause headaches, chest pain, pounding heart, high blood pressure, indigestion, constipation or diarrhea, Fatigue, Insomnia, weight gain or loss, etc. Here are some tips to help decrease the stress in your life:

Exercise- releases endorphins to make you feel better

Slow Breathing-lowers blood pressure, relieves muscle tension and decreases heart rate

Diet- fruits, vegetables, whole grains, and little caffeine

Sleep- 8 to 9 hours is ideal

Talk to others- identifying and expressing emotions helps manage stress.

December

Good Sleep Patterns

Having a good sleep pattern plays a vital role throughout a person's entire life. While a person sleeps the body will repair itself from daily activities. For example, it repairs the heart and blood vessels. If the body does not get that period of repair time a person will likely feel fatigued and irritated the next day. Sleep plays a role in an individual's emotional wellbeing. Studies show that the more sleep one will get the less likely one will be stressed. Sleeping improves learning, decision making skills and the ability to pay attention. Without these simple needs a person has a higher risk of harming themselves and the others around them. For example, one will need to focus on driving, but without proper sleep one will not be able to focus on the road. Researchers say that the proper amount of sleep for an adult is 7-9 hours and a person should try to go to sleep around the same time every night and have a nightly routine. Also, one might try to drink more water, exercise, eat healthy and avoid eating or drinking stimulants before bed, which includes anything with caffeine, alcohol or nicotine.

-Contributed by Alesse Strumpher, Junior

November

5 Advantages of Drinking Water in the Morning

1. Balance your lymph system. These glands help you perform your daily functions, balance your body fluids, and fight infection.
2. Glowing Skin. Water helps purge toxins from the blood which helps our skin glowing and clear.
3. Helps with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.
4. Increases the production of new blood and muscle cells
5. Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.

October

Drinking Water

Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. Water Can Help Control Calories. For years, dieters have been drinking lots of water as a weight loss strategy. Water Helps Energize Muscles. Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. Water helps keep skin looking good. Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. Water Helps Your Kidneys. Body fluids transport waste products in and out of cells. Water Helps Maintain Normal Bowel Function. Adequate hydration keeps things flowing along your gastrointestinal tract and

prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration -- and the result is constipation.

Contributed by Katelynn Toops, Senior

September

When to take Vitamin B

Have you ever felt stressed or feel like you didn't have enough energy? If so, take vitamin B! When you take vitamin B it reduces stress in the brain, promotes energy and enhances focus. Some foods that have vitamin B are nuts, seeds, broccoli, leafy greens, avocados, root veggies, coconut, beans and whole grains. You can take Vitamin B if you feel like you are not getting enough nutrition you need from your diet. Taking Vitamin B can help you stay healthy and illness free.

Contributed by: Kaytlin Ebert, Senior

August

Benefits in Exercising

There are more benefits in exercising regularly than most people know. Exercise can control your weight, for people who exercise everyday will help you lose extra weight or maintain the weight that you are at. There are ways to get exercise into your day even if you can't make it to the gym. You can take the stairs instead of the elevator or even take a short walk throughout your day. Exercise also boosts your energy. When you exercise regularly your heart and lungs work more efficiently, in turn giving you more energy to do every day things.

Contributed by: Sarah Davis, Senior