



Wellness ... Get on the Bus!

8 Simple Ways to Take Charge of Your Health and Your Life (You're the Driver of the Bus!)

Americans today consume too much fast food and sugar, are under too much stress, don't get enough sleep or exercise and are disconnected from others. These deficiencies can promote inflammation in your body. Inflammation increases the risk of chronic pain, being overweight or obese, and can disrupt healthy sleep patterns. These strategies will help you turn this trend around and take charge of your life.

1. Stress Management

This doesn't have to mean 30 minutes of meditation every morning and every evening (although wouldn't that be great!). Managing stress may be simply taking five minutes out of every hour to sit quietly with eyes closed and just focusing on your breath. It could also mean getting outside for a five- or 10- minute walk around the block. You may prefer an hour-long yoga class, bio-feedback or guided meditation. Whatever you prefer, make it happen.

2. Adequate Sleep

There isn't necessarily a magic number when it comes to how much sleep everyone needs, but experts generally agree that somewhere between seven and nine hours serves most adults very well. And this means uninterrupted sleep in a peaceful environment (as much as is possible). Keep your room at a comfortable temperature if possible; when your room becomes either too hot or too cold, it can disrupt your sleep.

3. Make Your Food

When we cook our own food, we take greater responsibility for what we are eating and are more likely to make wiser choices. If you are someone who doesn't cook, it's time to begin to turn that around. Even if you begin with crafting a simple salad with some store-bought roasted chicken, nuts and/or seeds with a drizzle of olive oil, lemon juice and a dash of salt and pepper, you'll be off to a great start. If apathy and a true lack of motivation keeps you from cooking, then just start by preparing things you can handle. Hard boil a half dozen eggs on a day you're not working. Wash and chop vegetables so they will be ready when you need them. Soak some steel cut oats overnight and they'll cook up in no time the next morning. Keep plenty of raw nuts, seeds and fresh fruit on hand when you want a healthy snack and begin to act like a person who enjoys cooking.

4. Exercise

Get your head in the game. No more excuses. You are no longer someone who "just doesn't exercise." Begin anytime, anywhere. Go for a walk. Take a swim. Hop on a bike. If you fail to move your body regularly, your body will fail to thrive. Move daily, no excuses.

5. Community Involvement

People who volunteer, people who attend spiritual community (church, synagogue) on a regular basis, are shown, on average, to live longer compared to those who do not get involved. Shared connections, selfless service and a sense of belonging extends our lives and our happiness.

6. Veggie Time

Make vegetables the center of your meal. We prefer vegetables over fruit because vegetables tend to be lower in sugar and a bit higher in nutritional value (more antioxidants, fiber, minerals, for example). Aim for 7 servings daily. Write down throughout the day what you've had and you'll be more likely to achieve your goal.

7. Sugar Needs to Go

The average sugar consumption per person has increased by a ridiculous amount over the last fifty years. Today the average American consumes approximately 25 to 50 teaspoons (=100 to 200 grams) of sugar daily. The recommended consumption is no more than 6 teaspoons (about 25 grams daily). Increased sugar increases inflammation in the body.

8. Gratitude

Gratitude and positivity encourage greater health and longevity. We recommend the practice of keeping a gratitude journal in which you record at least five things that you are grateful for every single day (we like to do it at night before going to bed).



Enjoy Autumn Activities

Fall weekends are a great time for physical activity, which can counter the effects of the harvest season and the bounty of holiday food. Get outside and enjoy autumn with a brisk run, a nature hike or a game of football. Weekend athletes may not have the same nutritional demands of full-time athletes, but you still need to fuel your body for outdoor activities.

If you're planning some physical fun during fall weekends, power up beforehand. Eat a meal three to four hours before a workout and a small snack about an hour prior. This helps ensure the energy is in your muscles when you need it.

Eat meals with protein and carbohydrates: a lean deli meat sandwich, cereal with fruit and low-fat milk or pasta with meat sauce. For your pre-activity snack, eat something low-fat and low-fiber, such as a cup of low-fat yogurt or a piece of fruit.

Refuel afterward with similar food combinations, in portions that are right for your body size. And, of course, remember to drink plenty of fluids.

Don't Let Exercise Take a Holiday

The hustle and bustle of the holiday season may make it hard to stick to your workout routine, but always make exercise a priority. Good options include walking, biking, running, ice skating or stair climbing. Aim for at least 30 minutes of exercise daily. If you don't currently have a workout routine, there is no time like the present to get started.

Whatever activity you choose, you'll burn extra calories instead of storing them.

SEASONS of eating

Your heart-healthy recipes will taste even better with seasonal produce.

AMERICAN HEART ASSOCIATION
life is why™

| SPRING | SUMMER | FALL | WINTER |
|---|--|---|---|
| Artichokes Asparagus Chives Fava Beans Green Onions Leeks Lettuce Parsnips Peas Radishes Rhubarb Swiss Chard | Berries Corn Cucumbers Eggplant Figs Grapes Green Beans Melons Peppers Stone Fruit (Apricots, Cherries, Nectarines, Peaches, Plums) Summer Squash Tomatoes Zucchini | Apples Brussels Sprouts Dates Hard Squash (Acorn, Butternut, Spaghetti) Pears Pumpkin Sweet Potatoes | Bok Choy Broccoli Cauliflower Celery Citrus Fruit (Clementines, Grapefruit, Lemons, Limes, Oranges, Tangerines) Collard Greens Endive Leafy Greens (Collard, Kale, Mustard, Spinach) Root Vegetables (Beets, Turnips) |

YEAR ROUND: Cabbage, Carrots, Garlic, Onions, Mushrooms

Keep these tips in mind when using and shopping for seasonal produce:

- Freeze fresh produce to add to smoothies, soups and breads.
- Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.
- Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.
- Shop your farmers' market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.
- Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.

The American Heart Association recommends 4-5 servings per day each of fruits and vegetables.

ONE SONG WORKOUT

MACKLEMORE "CAN'T HOLD US"

JUMPING JACKS
x30

RUSSIAN TWISTS
x50

SQUATS
x10

CRUNCHES
x20

JUMP SQUATS
x5

SECOND SUPERMAN
x15

JUMPING JACKS
x30

BURPEES
x5

Buzz Feed

How do trees get onto the internet?

Easy, they just LOG on.

Fall Back Tips for a Smooth Time Change

It may seem insignificant, but even just one hour can wreak havoc on your system. Attempting to adjust to a time change all at once can make that hour seem even longer. A better strategy? Take it slowly and adjust your sleep schedule by 10-15 minutes over the course of a few days before the end of Daylight Savings Time.

Get Some Exercise

The time change is a good a time to make use of early morning sun with a new exercise routine to kickstart your day. Exercising, especially in the morning or earlier in the day, releases serotonin in the brain, which can help our bodies adapt to the time change with ease.

Wake Up at Your Usual Time

When we set our clocks back, some of us get excited at the prospect of sleeping for an extra hour. You may even plan to go hog wild and stay up later than normal in giddy anticipation for a snooze button break. Before you do, consider this—if you go to bed at what would be your normal bedtime, and set your alarm for the same time you usually rise and shine, your natural circadian rhythm will have an easier adjustment to the time change. So resist the urge to sleep in. Even though it's technically an hour earlier than you'd normally get up, set your alarm for its usual time. This will help acclimate you to the change even faster.

Soak Up the Sun

The new season brings with it early morning sun and longer nights. You may have already noticed it getting darker earlier than normal, but the time change produces a big shift in daylight hours. Thankfully, this is nature's way of helping you transition naturally—so making good use of the sun and moon cycle helps improve your natural rhythm. So how do you make good use of the change? For starters, soak up the sun. During the first week of shorter days, spend as much time outdoors as possible. Fewer hours of sunlight can interfere with your circadian rhythm and serotonin levels until your body adjusts. Ensuring you get outdoors and breathe in as much fresh air as possible during those first few days will ensure a smoother adjustment.

Limit Caffeine and Alcohol

For a day or two before the time changes, it is best to limit caffeine and alcohol. Both can have a negative impact on your sleep cycle—affecting both when you're able to fall asleep and how easily you wake up. The time change is also known to trigger cluster headaches in those that are prone to the ailment. Avoiding caffeinated or alcoholic beverages lessen the chance of painful headaches as you “fall back.”

Resist the Urge to Nap

For the first few days after Daylight Savings Time ends, a short catnap craving can sneak into your afternoon. No naps. Resist the temptation! It's best to avoid them (especially long ones), or acclimating can become difficult. If you're feeling tired, try taking a brisk walk instead. If you really can't hold out, nap earlier in the day and for no longer than 20 minutes.



The NwOESC Wellness Committee would like you to complete a short survey for this year's "Wellness....Get on the Bus!" initiative.

Just copy and paste the link <https://www.surveymonkey.com/r/9NTDLDM>

Complete the survey to be eligible for some **great prizes** at the end of the school year!

(Please be assured that the information gathered will be kept confidential and will only be used by the Wellness Committee for future plans and prizes.)

Thank you for your participation!

