

WELLNESS TIP

April

Heart Health Tips

Heart Disease in the United State is the leading cause of death for both men and women. About 610,000 people die of heart disease in the United States every year – that is one in every four deaths.

Risk factors include

- High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors.
- Other medical conditions and lifestyle choices can put people at a higher risk for heart disease, including diabetes, overweight and obesity, poor diet, physical inactivity, & excessive alcohol use.

There is good news! There are ways to reduce your chances of getting heart disease.

- Know your numbers!
 - Monitor your blood pressure (keep your numbers below 120/80 mm hg.) and cholesterol (Strive for total cholesterol less than 200 mg/dL.)
- Eat what is good for your heart.
 - Fruits, vegetables, healthy proteins (such as fish, beans, chicken, nuts and low-fat dairy) and whole grains. Limit sodium, saturated fat and added sugar.
- Get active
 - At least 150 minutes a week
- Aim for an average of seven hours of sleep per night
- Stop smoking and lower your alcohol intake.

March

Does Spring Make You Sing the Allergy Blues?

Allergies affected millions of Americans but there are tips on getting relief.

- Avoid allergens as much as possible
- Stay indoors between 10 a.m. and 4 p.m., when pollen counts are generally higher, if you can. If not limit your time outdoors.

- o When you do head outdoors, wear glasses or sunglasses to keep pollen out of your eyes.
 - o Wear a filter mask when mowing the lawn or working in the garden.
 - o Once back inside shower and change your clothing to decrease the amount of pollen you bring into your house.
- Tweak your home (Simple changes make a difference.)
 - o Shut all windows and use air condition to cool the home instead of a fan.
 - o Vacuum Floors and furniture.
 - o Leave your shoes by the door.
 - o Do not smoke in the house.
- Take allergy medicine
 - o Protect yourself early on by taking it before you get the allergy symptoms, that way the medicine will be in your system by the time you need it.

February

Keep that cold/flu away from you!

Sickness spreads in many ways. You can breathe germs in when someone talks, coughs, or sneezes. You can get them by touching a contaminated surface, like counters, doorknobs and keyboards. You can also spread germs when sharing food or drink with a friend or family member, using each other's lip balm or utensils. Here are a few tips to help prevent you from getting sick:

1. Wash your hands
 - It is the easiest thing you can do to stop germs in their tracks!
2. Avoid touching your eyes, nose, or mouth
3. Cover your mouth and nose when coughing or sneezing
4. Practice good health habits such as getting plenty of sleep, being physically active, drinking plenty of fluids and eating nutritious food.
5. Get a yearly flu shot

6. If you are sick stay home to help prevent spreading your illness to others

January

Eating Fruit Provides Health Benefits

People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic disease. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

December

The holiday season always brings us a giant smorgasbord of goodies to eat. If anyone is not interested in bulging their waistlines, this holiday obstacle course of high-fat foods and calories can seem impossible.

Here are some tips to help make your holiday season a healthy one.

1. Don't try to diet during the holidays. Set a goal to trying to maintain your present weight. That way, you have a realistic goal. You can allow yourself to indulge here and there, but you don't go overboard.
2. Pace, don't race. Savor your meals by eating slowing and choosing your food carefully.
3. Bring a favorite low-calorie dish to the holiday party.
4. Continue regular exercise.
5. Keep an eye on your portion sizes.
6. Make decisions about what you're going to eat. Weight management is all about moderation and making healthy decisions.

November

Breast Cancer Information

One in four deaths in the United States is obtainable to cancer. This year about 1,596,670 new cases of cancer will be diagnosed, and over 571,000 Americans will die from this disease. There are more people surviving cancer because of education, early detection methods, and sophisticated treatment. When cancer spreads from its point to another area, it is known as metastasis. Some of the chemicals in our environment can cause cancer. When you're diagnosing cancer it requires an examination of cells to determine if they are normal.

230,000 new cases of breast cancer each year, 99 percent are found in women and less than 1 percent are in men. Some symptoms of breast cancer are breast swelling, tenderness, pain, nipple discharge. The most common symptoms of the of breast cancer are a lump in the breast or changes in the nipple. The faster the breast cancer is detected, the less intense the treatment. If the cancer is more serious, then removal of the affected breast is called a mastectomy. If surgery is the only option, there may be a need for a follow-up chemotherapy and/or radiation.

By Brianna Shelton 12 grade

October

The Most Important Meal of the Day

With the hustle and bustle of trying to get back into our morning routines we can tend to skip breakfast. However, the next time you rush out the door without eating a healthy breakfast, consider this: Breakfast kick-starts your metabolism and helps you to be alert and awake throughout the day. Improving your concentration and performance in the classroom or workplace. Skipping breakfast can set you up for overeating later in the day. Apart from giving us energy, breakfast foods are a good source of important nutrients such as calcium, iron and B vitamins as well as protein and fiber. Giving you strength and endurance to engage in physical activity.

September

Instead of Grabbing an Energy Drink when you're tired

Instead of drinking an energy drink that contain high levels of taurine, a central nervous system stimulant, and upward of 50 grams of sugar per can (that is 13 teaspoons worth). Drinking energy drinks tends to give you unpleasant side effects like nervousness, irritability and rapid heartbeat. They give you a temporarily sugar rush, spiking your blood sugar, only to crash soon after. That can leave you feeling sluggish and foggy headed.

Alternative healthy food choice to boost your energy is lemon water. Staying hydrated and adding lemon adds natural energy to the drink. Fresh fruit provides you with natural sugar that helps keep blood sugar levels steady because it is packed with fiber.

