STAY HEALTHY THIS HOLIDAY SEASON
MIND, BODY AND SOUL!

The holidays can bring a lot of stress, disappointment, overeating and overindulgence. With all that's going on, it's easy to lose track of what keeps you mentally and physically well the rest of the year! Try these tips for staying healthy this holiday season!

1. **Keep Exercise Essential.** Research shows that even just 10 minutes of challenging daily exercise helps!

2. **Get in Touch with Gratitude.** What are you grateful for? It builds positive emotional pathways in your brain.

3. **Protect Your Sleep.** Cut back on caffeine and try not to overindulge.

4. **Feel (don't eat or drink) Your Feelings.** Deal with the emotions that are troubling you, rather than emotionally eating.

5. **Give Yourself the Present.** Don't get so wrapped up in planning the best holiday that your forget to enjoy the present with your loved ones. (Charles Schaeffer, PhD, MA from Psychology Today)

KEEP YOUR KIDS HEALTHY, TOO!

Feed your kids a **small meal/snack before heading to a holiday party**, it keeps them in a healthy eating routine and helps them avoid overeating. Teach your children smaller portions, too. And offer to **bring a healthy option** to the party, so you know at least one option is healthier for your family.

**Physical activity is important, too!** Rake leaves or shovel snow together. Go on a hike or ice skating. Play a game outside. Limit screen time and turn some music on. The holidays don't mean you have to sit around a lot! Get up and make memories together! (sparkpe.org)

WHERE CAN I GET THE FLU SHOT?

Visit vaccinefinder.org and enter your zipcode (06498)

What about children?

Call their pediatrician. Most can only get one at a pediatrician's office.
WESTBROOK HEALTHY HAPPENINGS
DAISY DASH 5K!
Registration is open at www.daisydash5k.com and registration forms are located at all of our schools. We are open to new sponsorships, donations and volunteers! It's a great way for us to encourage a healthy and active work environment as well and perhaps to challenge our district faculty and staff (as well as families) to get moving!! We will have vendors on site, kids games/activities, healthy options for food/snacks and runner prizes for all age groups.

MENTAL HEALTH AWARENESS WEEK
OCTOBER 26th- NOVEMBER 2nd
A adolescent depression program that provides youth-oriented materials that raise awareness, encourage conversation, and promote early identification and prevention.

HEALTHY CHOICES FOR MIND, BODY & SOUL!
This fall at Daisy Ingraham the YMCA, in conjunction with the Daisy 5k race committee, is hosting an after school “run club” for interested Daisy students to help them prepare for the 5k run or fun run. YMCA instructors and volunteers led almost 50 students through FUN activities geared towards preparing our students for running a race. Keeping our children active is important in a time when most kids want to sit. and play with video games, iPads, and computers and our obesity rate is on the rise. Keeping kids active doesn’t have to be daunting. Play games, go on a hike, find a playground, ride a bike, jump rope, etc. Our after school run club proved to us that children DO enjoy being active. The key for keeping children active: FUN!
**FOOD IS MEDICINE**

*Kale is one of the most nutritionally dense food on the planet. It is a cruciferous vegetable & an excellent source of vitamin A, C, K, and B6 and provides a good amount of fiber, iron, and calcium.*

![Image of Kale]

**Sautéed Greens in Olive Oil**

- 1 bunch Kale, roughly chopped
- 1 T Olive Oil
- 2 Cloves Minced Garlic

Fresh Lemon Juice or Soy Sauce to Taste

1. Wash & chop greens into 2” pieces.
2. Add olive oil & garlic to a pan.
3. Turn heat to medium & Sauté garlic until fragrant.
4. Add greens and stir until all leaves are wilted, about 5 min.
5. Sprinkle with lemon juice or soy sauce.

**TRY THIS 10 MINUTE WORKOUT!**

These moves are great for vacation and that holiday rush! No equipment. Total body workout! *(self.com)*

Do each move for 2 minutes. Take a 30 second rest after each exercise. *(consult your doctor before any workout)*

- Bodyweight Squats
- Plank With T-Rotation (switch at 1 min)
- Push-Ups
- Alternating Standing Oblique Crunches