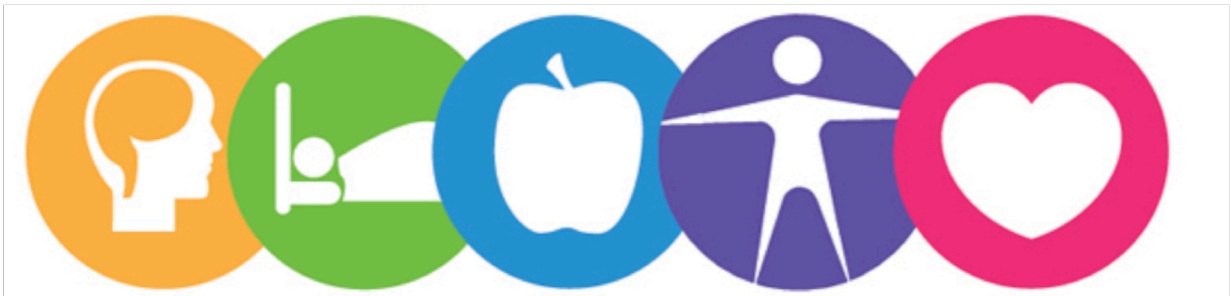


Shelby County Schools Coordinated School Health

HEALTHY CHOICES 2018



**JANUARY: HEALTHY FAMILIES,
HEALTHY CHILDREN**



Happy New Year!

At Coordinated School Health, we know healthy children who are ready to learn start with healthy families. As we begin 2018, we have a great opportunity to start fresh, beginning new healthy habits and putting an end to habits that may not contribute to our overall health. Whether it's learning to eat well, committing to an exercise program, making an appointment for regular health screenings, or quitting tobacco use, each individual's small step in the direction of health makes a world of difference in the life of a family and of its children. Start something lasting this year. Begin to be proactive about your health and the health of your family today.

Included in this toolkit are some resources to highlight health initiatives in your school, home, and workplace. Use this as a launching pad for your personal and professional health focus for the month of January, and, as always, please contact our office if you have any questions or if we can offer our support to your health endeavors. Remember: **A healthy student is a ready learner.**



Coordinated School Health Team

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Healthy Eating Tips

Plan ahead. It is always easier to make healthy choices when you've made a plan for success. Start with making a meal plan. Choose nutritious, tasty options (ones you'll actually eat) for each meal of the day for a week. When you've made your meal plan, you have a map of all the things you'll be eating for the next week. Develop your grocery list from your meal plan, and when you go to the grocery store, stick to the list. If there aren't any bags of chips or cookies lying around your kitchen, you'll be WAY less likely to munch on them in a moment of weakness!

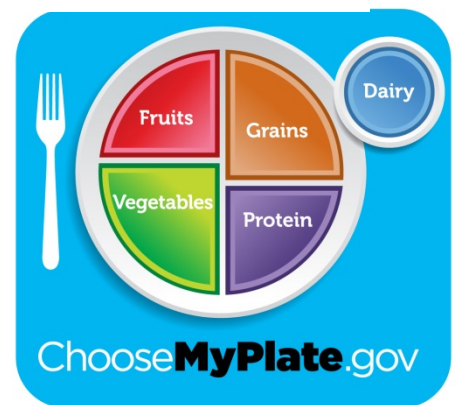
Focus on portion control. Especially when eating out, be aware of larger portions. Many restaurants serve an amount that is actually two or three times the size of a normal meal. Ask for a to-go box at the beginning of the meal, and put extra portions in the container before you start to eat. Then you're free to finish your plate, while still maintaining your portion guidelines.

Eat slowly, put your fork down and take long sips of water between bites so that you aren't rushing through your meal and filling up before you even notice you're satisfied.

Stick to your routine. Whether you eat three meals a day with a morning snack or six mini-meals throughout the day, do your best to maintain your routine when your surroundings change due to travel for work or play. If you're on a work trip or have a major sightseeing agenda, it gets tougher to find the time to eat so you risk skipping meals and snacks. Aim to follow the general meal pattern that works for you to prevent bloating or overconsumption.

Drink more water. Invest in your health resolutions by buying a water bottle and committing to use it daily. Staying hydrated helps curb food-cravings, improves the function of internal systems, and keeps skin looking healthy. Drink a glass of water before every meal and carry your water bottle with you wherever you go.

Limit your indulgences. Making health goals doesn't mean removing all indulgences! If there is a small treat from a local bakery that you'd love to taste, go for it. But take the time to really enjoy every bite—it's likely you will only need a couple bites to feel satisfied.



Great Snacks for Kids & Adults

- **Fresh produce**
- **Single-serving peanut- or almond-butter packets**
- **Cheese Sticks**
- **Hard-Boiled Eggs**
- **Fruit & Nut Bars**
- **Protein Shake**
- **Plain Oatmeal Packets**
- **Single-Serving Tuna Packets**
- **Nuts**
- **Trail Mix**
- **Pre-Popped Popcorn**
- **Dried Fruit**
- **Single-Serving Hummus Cups**
- **Unsweetened Applesauce**
- **Jerky**



RESET THE NEW YEAR WITH THESE PHYSICAL ACTIVITY TIPS

Out for a Walk



Walking is a low-impact activity that offers limited strain, making it great for everyone in the family. The great thing about walking is that it can be done just about anywhere: the mall, the local high school track, a parking lot, or just around the block. During those holiday shopping trips, park a little further away to extend the amount of walking you have to do (and avoid fighting over parking with other holiday shoppers).

Get creative and include your family. Take a nature walk during the day and explore the natural beauty around you. If the area is familiar enough, you can set up a scavenger hunt for the little ones. After an especially filling dinner, take a walk around the block with the family.



Take the stairs.

In one minute, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding an elevator, according to the Centers for Disease Control and Prevention. Remember this quote by Joan Welsch and take the stairs, “A man’s health can be judged by which he takes two at a time, pills or stairs.”



Incorporating Chores

We have all experienced the tiring effects of doing chores around the house. As strange as it might seem, doing those tedious chores is also a great way to burn some calories. Just walking around your house can be considered a physical activity:

- Walk up and down the steps
- Carry your laundry
- Sweep the floor
- Clean those windows (yes—even the top corners!)

Aside from burning some calories, these activities will help your home look clean and tidy and leave you more room for holiday fun

Goal Setting Tips for the New Year

A New Year brings new beginnings, fresh starts, and many New Year's resolutions. People choose this time to set new goals and plans for the next year. With the time of New Year's resolutions upon us, I encourage you to reflect on the past, the present, and to prepare for a bigger and brighter future.

Unfortunately, most New Year's resolutions fail due to the lack of planning and turning them into actions. Habits are hard to change especially without a plan, and without reinforcement. Goal setting, also known as resolution making, is a skill that really isn't being taught anymore, so we have come up with some quick tips to get you started:

1. **Pick a resolution that means something to you.** Don't just choose something for the sake of having one. Choose something that will fit with your values and definitions of success rather than something someone else may tell you. The more meaningful the resolution is to you, the more likely you will be to really stick to it.
2. **Be very specific when you make your goal.** It needs to be measurable and attainable. Set times for your goal. For example, instead of saying that you want to get better grades, say that you will study at 5:30 for two hours each day. Write it in a way that will help you create a plan for achieving your goal.
3. **Once you have your specific resolution, create a plan in smaller steps that will help you attain it.** Smaller steps seem less daunting and also inspire a feeling of confidence in yourself once they are completed.
4. **Be prepared to change your habits.** While working on your resolution, you may find that you need to change how you do things, especially if you have habits that will sabotage your goal. Evaluate your life and find habits that may cause your resolution to fail. You can then actively work to change those habits and instill new ones to keep your resolution going. Remember that it takes 21 days to create a new habit, and that changing a habit loop can take even longer.
5. **Tell someone who will hold you accountable to your goal.** Choose someone who will help support you throughout working toward your resolution and not someone who will naysay or tear you down.

-Content by: Kansas City Health & Wellness Magazine



Making Healthy Choices to Prevent Birth Defects

Make a **PACT** for Prevention

Plan ahead

- Get as healthy as you can before you get pregnant.
- Get 400 micrograms (mcg) of folic acid every day.

Avoid harmful substances

- Avoid drinking alcohol and smoking.
- Be careful with harmful exposures at work and home.

Choose a healthy lifestyle

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins.
- Be physically active.
- Work to get medical conditions like diabetes under control.

Talk to your doctor

- Get a medical checkup.
- Discuss all medications, both prescription and over-the-counter.
- Talk about your family history.



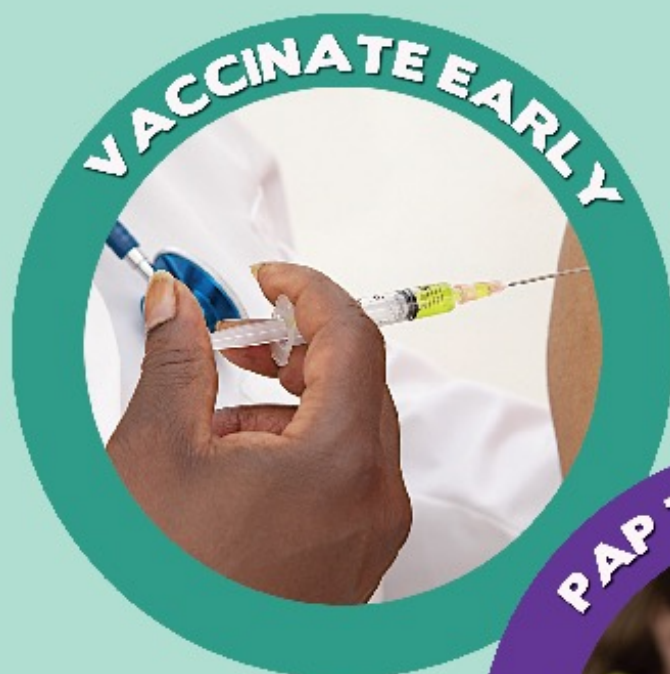
Making a **PACT** to get healthy before and during pregnancy can help you have a healthy baby.

For more information, go to

<http://www.cdc.gov/ncbddd/birthdefects/prevention.html> and
<http://www.cdc.gov/preconception/showyourlove/>.



Centers for Disease
Control and Prevention
National Center on Birth Defects
and Developmental Disabilities



**JANUARY IS
CERVICAL
HEALTH
AWARENESS
MONTH**



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