

Shelby County Schools Coordinated School Health

May 2020

Physically Fit You

Run, Walk or Slide into better health ...

New Year New You has passed, but Quarantine and Chill is real! During a time when the couch is looking extra comfy, internet is in high demand and the TV is getting more of a workout than you, its time to take a break and get moving!

1. Go for a walk, run or jog. No space? No problem! Walk or Jog in place or around your home to some music!
2. Spend some extra time in your garden, backyard or on the porch. Soak up some sun and get an energy boost!
3. Walk your dog or challenge the family to a race.
4. If you have a little one, do some baby and me exercises. Look online for baby and me resources.
5. Limit the TV, phone and internet time or use those sources to find work-out at home videos or brain boost!

Follow us for school and district health and wellness updates:



scscoordinatedschoolhealth



Health Headline

National Physical Fitness and Sports Month

Asthma Awareness

Women's Health Week

Asthma Awareness and Women's Health Week

May 2020

Know Your Asthma Zone

Green Zone-GO!

Signs: Breathing is good. No cough, wheezing or tightness or shortness of breath. You can work, play sleep

Action: Continue to take your long term control medicine

Yellow Zone— CAUTION

Signs: Cough, wheeze, chest tightness or shortness of breath day and night. Some activities are hard to do.

Action: Take your quick relief medicine right away. If you do not return to the Green Zone within a hour, refer to your Asthma Action Plan. Seek medical assistance if this is persistent.

Red Zone-DANGER

Signs: Asthma is getting worse, lot of coughing, trouble walking or talking, fingers or lips are blue. Can't do activities.

Action: CALL YOUR DOCTOR OR 911 NOW. Go the hospital or call an ambulance if after taking your medicine you are still in the Red Zone.

Resource: Asthma and Allergy Foundation

www.aafa.org

Manager

Sudie Cushman, M.Ed.

Make Healthy a Priority

Where do I start to make sure I'm taking care of me? See this list of Health Screenings and make sure you are making you a priority too!

- ◆ Mammograms: Ages 45 and Up
- ◆ Pap Smear: Ages 21-65
- ◆ Annual Check Up: All Ages
- ◆ Blood Pressure Screenings: Ages 20 and Up
- ◆ Cholesterol Check: Ages 20 and Up
- ◆ Bone Density: Ages 65 and up
- ◆ Blood Glucose Test: Ages 45 and up
- ◆ Colon Cancer Screening: Ages 50 and up
- ◆ Annual Dental Check Up: All Ages

Always make your Health a priority because if you're not healthy, how can you take care of anyone else?

Resource: Center for Disease Control
www.cdc.gov

Project Coordinators

Rachel Harbin, Portia Knowlton

Tasha Jones, Terinni Stafford