



JANUARY 2019

31 DAYS, 744 HOURS TO CRUSH IT



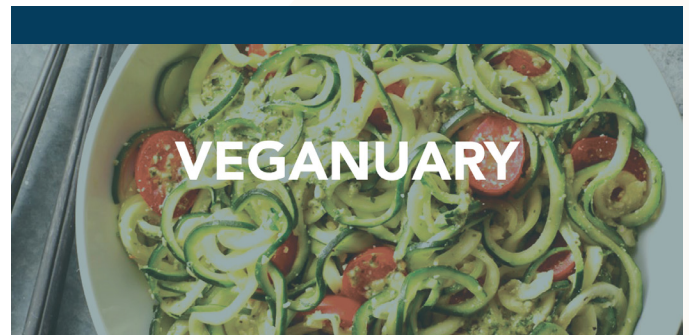
YOGA 101 - WARRIOR 1

Virabhadrasana I (veer-uh-buh-DRAHS-uh-nuh)

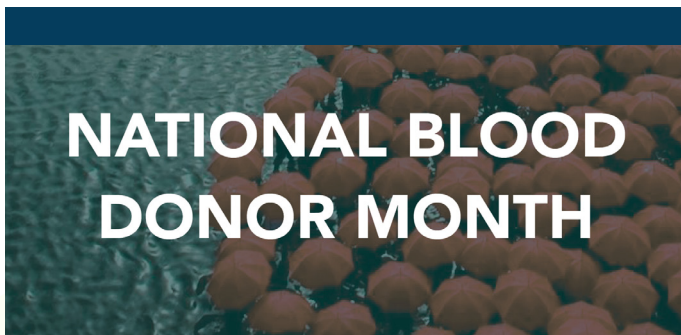
Warrior 1 stretches the whole front side of the body while strengthening the thighs, ankles, and back. This is a powerful standing pose that develops stamina, balance, and coordination. One leg straight back, one knee bent, both hands straight up.



First, accept that you can't learn 10 languages during the same year. Instead, let's say you want to learn Spanish this year. What's the best way to make it happen? Start by memorizing something as little as two words per day. Use an app like Anki to keep repeating them. This is an example of a simple, actionable and realistic goal. Imagine if you started memorizing 50 Spanish words all at once, the first day. Yes, maybe this will make you feel proud the first day, but you won't be able to keep pace every day and you will quit.



Launched in the UK in January 2014, Veganuary (vee-GAN-u-ary) is a registered charity that encourages people to try vegan in January. Veganism is one of the most effective ways to reduce animal abuse and reduce carbon footprint. Veganuary is dedicated to changing public attitudes, while providing all the information and practical support for those wanting to make their transition to veganism as easy and enjoyable as possible. Veganuary has had a large degree of success in a very short time and is changing lives all over the world.



Due to increased seasonal illnesses during the winter and inclement weather, donations of blood and platelets decline and demand increases. The American Red Cross and Blood Banks of America encourage those who have never donated, to make an appointment. Blood donation is safer than ever before and saves lives. Millions of people including cancer patients, organ recipients, and victims of accidents; rely on blood donations from people like you and I. Don't wait for a disaster. Someone needs blood now! Use #NationalBloodDonorMonth and #GiveBlood to encourage the masses on social media.



Each year thousands of people of all ages visit the emergency room due to bathroom-related slips and falls. Accidents that occur while bathing are often overlooked, but remind us the importance of recognizing bathroom safety. Slip-resistant mats on the bottom of your bathtub or shower, using a nonslip rug, and having safety handles all help reduce risk. It's recommended to keep bathroom doors closed with young ones around. Preventing bathroom accidents is easy if you take the right precautions, and your family will thank you! Use the hashtag #BathSafetyMonth during the entire month of January.



DID YOU KNOW?

Valley Schools now has a Registered Dietician on staff!

And, she's passionate about evidence-based nutrition! So passionate that she started a weekly email campaign myth-busting common nutrition misconceptions. If you are interested in receiving Kristen's Myth-Buster Monday, [click here](#)



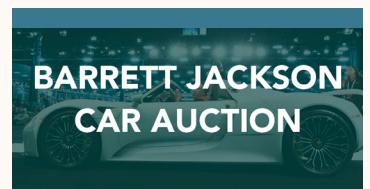
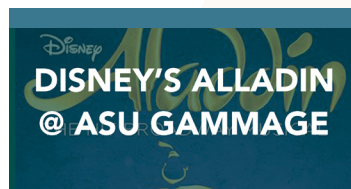
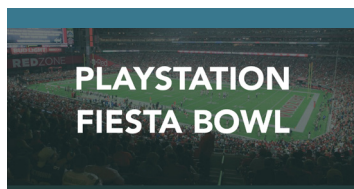
EVENTS + NUTRITION

TAKE THIS YEAR ONE DAY AT A TIME

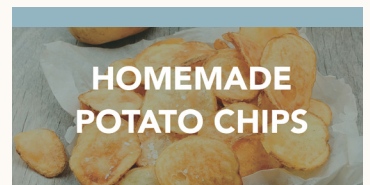
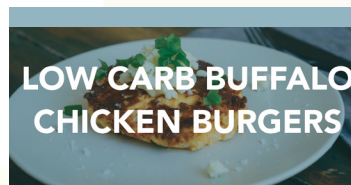
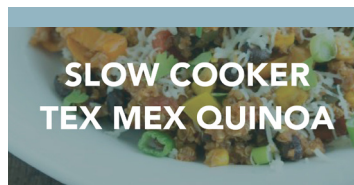
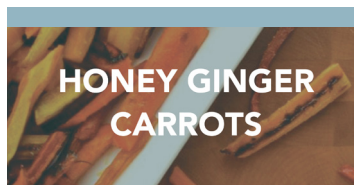
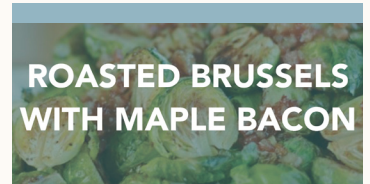
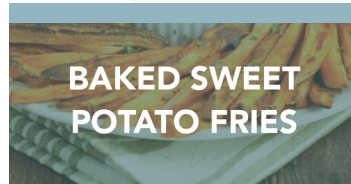
Unfortunately, more than 80% of adults and youth do not meet the guidelines for both aerobic and muscle-strengthening activities for their specific age groups. It's important to fit something active in no matter what, even if just a walk, yoga, a treadmill, or even self-defense classes.



UPCOMING EVENTS



HEALTHY RECIPES



WHOLE FOOD OF THE MONTH: CAULIFLOWER

Cauliflower has high nutritional value and low calories (146 cal for one whole), and known as one of the healthiest plants on the planet.



- Prolonged cooking of cauliflower destroys the majority of vitamins and is associated with bad, sulfur-like smell of cauliflower. Cooking of 30 or more minutes decreases health benefits of cauliflower by up to 75%.
- Cancer fighting: Medical studies revealed that substances isolated from cauliflower can prevent development of certain types of cancer.
- Cauliflower belongs to the group of cruciferous vegetables. They are named that way because they have flowers that consist of four petals, growing in the shape of a Greek cross.
- Cauliflower is an excellent source of dietary fibers, vitamins C, K, vitamins of the B group and minerals such as manganese, potassium and magnesium.



NEWS + TECHNOLOGY

RESOURCES FOR HEALTHY INFO

HEALTH APPS



Aptiv



HEADSPACE

YOUR HEALTH IN THE NEWS

[Hawaii named healthiest state, Louisiana ranks last in new report](#)

[Certain antibiotics may cause aortic aneurysm, FDA warns](#)

[1 in 4 globally will have a stroke at age 25 or older, according to new study](#)

[Q&A: The future of millions of people's health insurance is uncertain](#)

[Your favorite restaurant is more calorific than fast food, global study finds](#)

HEALTH APPS FOR STUDENTS

There are currently over 160,000 health apps available on the major app stores that focus on diet and exercise and they are of particular interest to young people, however most of these apps are only marketed to adults. Health apps and devices have the potential to act as very engaging and attractive health promotion tools that could for example, help young people to learn about their bodies or improve their physical activity levels. Do the research and encourage students to use them!

FROM KENDALL: STAYING ON TRACK IN THE NEW YEAR



HAPPY NEW YEAR! Let me guess, you set a weight loss goal and you're already struggling to achieve it? Don't worry, you're not alone! Research indicates that only 8% of people actually achieve their New Year's resolutions and most fitness-resolutions last an average of 8 days. Here are some healthful tips for shedding those extra pounds you've been carrying around and keeping them off.

KEEP MEALS SIMPLE. Trying to lose weight is enough of a challenge without the added stress of preparing and planning Pinterest-worthy meals for the entire week. Save yourself the headache and stick to your arsenal of go-to, healthy recipes.

EAT ENOUGH. Successful and sustainable weight loss does not come from crash-dieting. A 500-750 calorie deficit is all that's required for a healthy 0.5-2# weekly weight loss. Your body has a comfortable calorie range to achieve weight loss and anymore or any less will result in weight gain.

STAY MOVING. A predominantly sedentary lifestyle reduces the benefits of exercise and stalls weight loss. Aim for 10,000 steps daily and 150 minutes of moderate-intensity exercise per week. Tip: Incorporate strength training into your workout routine to increase muscle mass and boost your metabolism!

SLEEP MORE/STRESS LESS. Although diet and exercise lay the foundation, sleep and stress also play pivotal role in ensure weight loss success. Aim for 7-9 hours of sleep a night and engage in a daily relaxation practice to further reap the benefits of your healthy eating and exercise habits.

RECRUIT OTHERS. We've all heard the saying "You are who you surround yourself with" and when that comes to achieving weight loss, this couldn't be truer. Find a friend, partner, or family member that you can count on to motivate you throughout your journey!

AND LASTLY, BE PATIENT. Put in the work and your body will reward you!

Kendall Taylor

Valley Schools Wellness Director