



FEBRUARY 2019

28 DAYS, 672 HOURS TO CRUSH IT



YOGA 101 - UPWARD DOG (URDHVA MUKHA SVANASANA)

From improving posture to relieving depression, upward facing dog is a versatile and popular pose that really seems to do it all:

- Strengthen the spine, arms and wrists
- Stimulate the organs of the abdomen
- Improve posture stretching anterior spine & posterior spine



Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. It is American Heart Month.

Did you know that nearly 1 in 3 adults in the United States has high blood cholesterol, a major risk factor for heart disease and stroke? High blood cholesterol can be hard to detect, as it often shows no signs or symptoms.

Tips to help you on your way to a healthier heart:

- Stop smoking. Smoking, high blood pressure and high cholesterol all create an inflammatory response that then damages blood vessels. Smoking is one of the top controllable risk factors for heart disease; stopping will make a huge difference in one's health.
- Focus on the middle. Carrying too much weight around the stomach raises blood pressure, insulin resistance, high triglycerides and low HDL.
- Declare a trans-fat free zone. Trans fats pack a double whammy; they raise bad cholesterol (LDL), while lowering good, protective HDL.
- Drink pomegranate juice. Pomegranate juice not only seems to prevent hardening of the arteries by reducing blood vessel damage, but may also reverse the progression of plaque build up.
- Let the music move you. Dancing raises your heart rate, burns calories and it's fun!
- Hawthorn increases blood flow and lowers high blood pressure. Other heart-healthy herbs include: barberry, black cohosh, butchers broom, cayenne, dandelion, ginseng and valerian.
- Laugh out loud! Whatever gets you chuckling is good for your heart! laughter helps relieve stress and promotes healthy function of blood vessels.
- Raise a glass. Moderate consumption of alcohol can raise your HDL (good cholesterol) levels, reduce blood clot formation and help prevent artery damage. Moderation is the key!
- Eat chocolate. No guilt! Rich, dark chocolate tastes delicious and can help stave off heart disease because of the flavonoids it contains.



February is Teen Dating Violence Awareness Month - a national effort to raise awareness of something that may be silently going on around you. Dating violence is more common than many people think

One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults.

And nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors. With your attention, activism, and support, you can spread awareness and help stop dating abuse before it starts!

How Do I Help Someone I Don't Know?

Even if you don't know the person experiencing dating abuse, you have the ability to become a source of support. Carefully intervening can have a positive impact on someone in an abusive relationship and may be the difference between safety and danger. Do your part and speak up against abuse if you see it on your campus!

What Do I Need to Know?

Abuse is a pattern of behavior used to gain and maintain power and control in a relationship. It can take many forms and isn't always easy to recognize. Besides physical abuse, people may experience verbal/emotional abuse, digital abuse, sexual abuse or a combination of these different abusive tactics. If you witness an interaction that seems controlling or strange, you may be seeing red flags for abuse in a relationship. You can look for warning signs of abuse to help you identify if a situation is, in fact, abusive. Sometimes victims and survivors may believe that abuse is normal, so one of the most important things you can do for someone in an abusive relationship is let them know that abuse isn't okay and it's not their fault. When posting to social media about teen dating violence awareness, you can create your own hashtag and start a campaign of awareness for your school/district, or use common supportive hashtags for the topic, #healthyrelationships, #datingwithrespect, #relationshipgoals



EVENTS + NUTRITION

WALKING STRENGTHENS THE HEART!

Taking long walks, like a lap around a farmers market, can help you maintain your ideal weight, strengthen your bones, and reduce the likelihood of various cardiovascular health conditions. According to Mayo Clinic, individuals who walk regularly may have a lower risk of high blood pressure and type 2 diabetes.

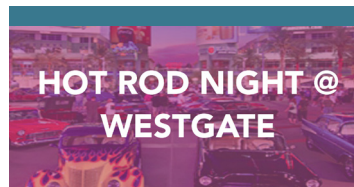


CREATIVE LIVING FARMERS MARKET

UPCOMING EVENTS



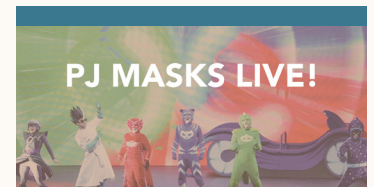
MOVIE IN THE BALLPARK



HOT ROD NIGHT @ WESTGATE



FREE KIDS FISHING CLINIC



PJ MASKS LIVE!

HEALTHY RECIPES



90 SECOND KETO BREAKFAST BISCUIT



SAVORY SHRIMP FOIL PACK



CILANTRO JALAPENO TUNA CAKES



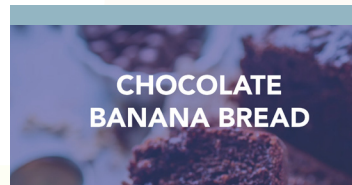
20 MIN SAUSAGE AND VEGGIE PAN



CREAMY AVOCADO EGG SALAD



HONEY BBQ CAULIFLOWER WINGS



CHOCOLATE BANANA BREAD



SKINNY COOKIE DOUGH HEARTS

WHOLE FOOD OF THE MONTH: BEETS

Beets are the go-to food for battling anemia, because of their high iron levels. It's also great for regularity with a high dose of fiber.



BEETS - HEART HEALTHY!

- They are low in calories, yet high in valuable vitamins and minerals. In fact, they contain a bit of almost all the vitamins and minerals that you need.

3.5 ounces of beets:
 Calories: 44
 Protein: 1.7 grams

Fat: 0.2 grams
 Fiber: 2 grams
 Vitamin C: 6% of the RDI

- Studies have shown that beets can significantly lower blood pressure by up to 4–10 mmHg over a period of only a few hours. These blood pressure-lowering effects are likely due to the high concentration of nitrates in beets. In your body, dietary nitrates are converted into nitric oxide, a molecule that dilates blood vessels, causing blood pressure to drop.



NEWS + TECHNOLOGY

RESOURCES FOR HEALTHY INFO

HEALTH APPS

withings



HEALTHY
HEART 2



[Exercise benefits brains, changes blood flow in older adults, study finds \(click for full article\)](#)

A new study showed that exercise was associated with improved brain function in a group of adults diagnosed with mild cognitive impairment (MCI) and a decrease in the blood flow in key brain regions.

YOUR HEALTH IN THE NEWS

[Teen dating violence awareness](#)

[9 keto diet super bowl foods for your super bowl party](#)

[Yes, gum disease may increase the risk of Alzheimer's - but don't panic](#)

[How the immune system protects us against bowel cancer](#)

[7 ways to make shots less scary for kids](#)

FROM KENDALL: (COMMUNITY AND RELATIONSHIPS AND WHY THEY ARE GOOD FOR YOUR HEALTH.)



RX: SOCIAL HOUR

Valentine's Day is just around the corner. This is a day where many people take the time to appreciate the healthy relationships in their lives. Whether that is a significant other, friend, or family member. A healthy relationship can be defined as a relationship that is built on mutual respect, trust, honesty, and support. Many studies have shown that supportive relationships are imperative to optimal health. There are three ways that quality relationships work to influence health: behavioral, psychosocial, and physiological.

In regards to behavioral health, some lifestyle behaviors such as physical activity, eating a nutritious diet, and community involvement can be influenced by the people you surround yourself with. Social relationships influence both healthy and unhealthy habits. This is why it is extremely important that you surround yourself with like-minded people with similar interests and values.

Psychosocial health includes social support, personal control, and mental health. Social support has been shown to reduce the impact of stress, as well as lower blood pressure and heart rate. Personal control refers to individuals' beliefs that they can control their life outcomes through their actions. Social connections may enhance personal control which is advantageous for maintaining healthy habits, mental health, and physical health. Believing that actions control an outcome is the first step to improving your healthy habits. Another way to increase social support is to offer your practical or emotional support to others. Being there for others can help to increase not only ones sense of support, but also their sense of purpose and personal control.

Lastly, feeling supported by others helps to improve physiological health by increasing the immune, endocrine, and cardiovascular functions. It also helps to decrease wear and tear on the body due to experiencing stress responses. In order to improve physiological health, aim for establishing a few meaningful relationship instead of superficial interactions with many people. Having someone that you feel comfortable going to in a time of need is extremely beneficial in relieving a stress response.

This Valentine's day take some time to support those who support you. After all, they are keeping you healthy!

Kendall Taylor

Valley Schools Wellness Director