



## MARCH 2019

**31 DAYS, 744 HOURS TO CRUSH IT**

### YOGA 101 - BOAT POSE (NAVASANA)



Navasana is a pose when the body comes into a V-shape, balancing entirely on the buttocks. **Major benefits for the core:** Abdomen, Vertebral column, Hip flexors

### MONTH-LONG OBSERVANCES

Athletic Training Month (National)  
Colorectal Cancer Awareness Month  
MS Education and Awareness Month (National)  
Nutrition Month (National)  
Save Your Vision Month

### WEEK-LONG OBSERVANCES

3–9 Dental Assistants Recognition Week  
10–16 Health Care HR Week  
10–16 Pulmonary Rehabilitation Week (National)

### RECOGNITION DAYS | EVENTS

3 Birth Defects Day (World)  
13 Registered Dietitian Nutritionist Day  
24 Tuberculosis Day (World)  
26 Diabetes Association Alert Day (American)  
30 Doctors' Day (National)

**These health observances serve an important purpose each month. They encourage advocacy, awareness, and action against illness and disease, and you can do your part to educate our youth through teaching opportunities and social media.**

#### 1–31 | Athletic Training Month (National)

Celebrate with local and national activities to raise awareness of athletic trainers— health care professionals specializing in the prevention, diagnosis, treatment, and rehabilitation of injuries and sports-related illnesses. Recognize their work in settings such as hospitals, physician offices, clinics, secondary schools, colleges/universities, professional sports, recreation/youth sports, military and performing arts. Children likely don't realize how much sports and physical fitness is a part of their lives.

#### 1–31 | Colorectal Cancer Awareness Month

Colorectal cancer is the third most common type of cancer in the U.S. for both men and women and is the second-leading cause of cancer death overall, but with screening it is highly preventable. During Colorectal Cancer Awareness Month, spread the message that colorectal cancer is "Preventable. Treatable. Beatable!"

**March has so many health observances we couldn't pick just one. Here are a few ways you can make the most of each month's observance:**



**PARENT NEWS**  
Keeping parents informed



**CONVERSATION**  
Opportunities to learn and grow



**SOCIAL MEDIA**  
Educate and advocate



**INTERNAL NEWS**  
Useful content year round

#### 1–31 | MS Education and Awareness Month (National)

National MS Education and Awareness Month is a nationwide effort to raise the public's awareness of multiple sclerosis. The goal of this campaign is to promote an understanding of the scope of this disease and to assist those with MS in making educated decisions about their health care. Students can learn about the signs and how they can best assist loved ones with MS.

#### 1–31 | National Nutrition Month

National Nutrition Month focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. **Don't forget, Valley Schools has a registered dietician on staff!** Custom nutrition programs for your site can be created to achieve team goals and encourage a healthier lifestyle.

#### 1–31 | Save Your Vision Month

Every year in March the American Optometric Association reminds Americans about the importance of regular, in-person comprehensive eye exams from an optometrist. By researching and sharing useful data, students can learn about the signs of vision loss, how the eye works, and how optometrists look into our eyes.

#### 24 | Tuberculosis Day (World)

Tuberculosis is an infectious disease that usually infects the lungs but can attack almost any part of the body. It is spread from person to person through the air. When a person with TB in their lungs or throat coughs, laughs, sneezes, sings or even talks, the germs that cause TB may spread through the air. On World Tuberculosis Day, share content on what can be done to advocate for awareness and find a cure.

#### 3 | Birth Defects Day (World)

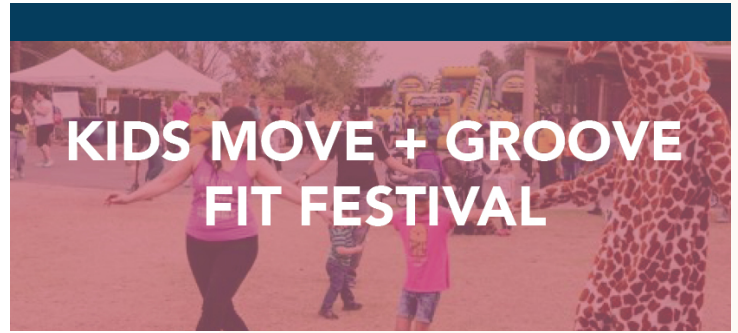
An estimated 8 million babies worldwide are born each year with a serious birth defect. Birth defects are a leading cause of death in the first year of life, and babies who survive may be physically or mentally disabled, taking a costly toll on families, communities and nations. The annual World Birth Defects Day raises awareness of this global problem and advocates for more surveillance, prevention, care and research.



## EVENTS + NUTRITION

### MARCH MADNESS FOR MOVEMENT

March can be a month for the couch (and snacks!), if you're taking in every basketball game leading up to the Final Four. But remember to counter the time spent watching games with some time being active! Heading to these events, the park or out to the driveway for a quick game of basketball will increase heart rate, blood flow, and flexibility.

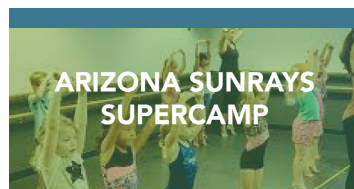


## KIDS MOVE + GROOVE FIT FESTIVAL

#### UPCOMING EVENTS



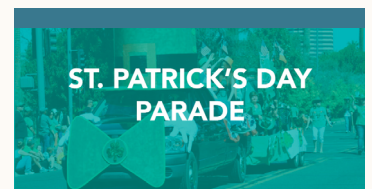
CACTUS LEAGUE  
SPRING TRAINING



ARIZONA SUNRAYS  
SUPERCAMP

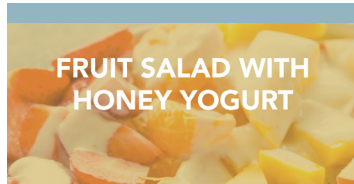


ARIZONA ALOHA  
FESTIVAL



ST. PATRICK'S DAY  
PARADE

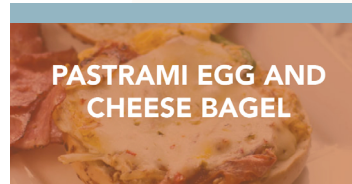
#### HEALTHY RECIPES



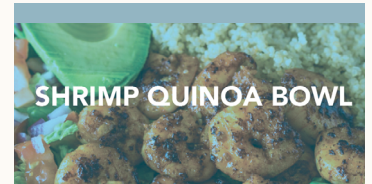
FRUIT SALAD WITH  
HONEY YOGURT



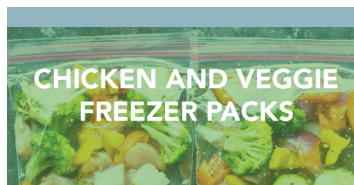
STRAWBERRY BANANA  
NUTELLA BITES



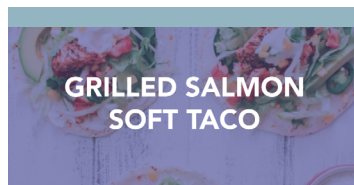
PASTRAMI EGG AND  
CHEESE BAGEL



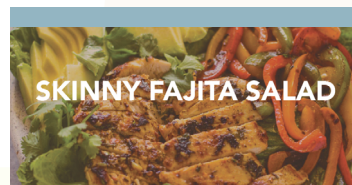
SHRIMP QUINOA BOWL



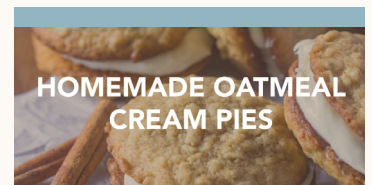
CHICKEN AND VEGGIE  
FREEZER PACKS



GRILLED SALMON  
SOFT TACO



SKINNY FAJITA SALAD



HOMEMADE OATMEAL  
CREAM PIES

### WHOLE FOOD OF THE MONTH: ALMONDS

Of all tree nuts, almonds rank highest in protein, fiber, calcium, vitamin E, riboflavin and niacin content by weight.



#### ALMONDS - RICH IN PROTEIN!

- The health benefits of almonds include lower blood sugar levels, reduced blood pressure, and reduced cholesterol levels.

**1 cup of almonds:**  
Calories: 529  
Protein: 20 grams

Fat: 45 g (69%)  
Fiber: 11 g (44%)  
Magnesium: 61%

- Almonds are an excellent source of vitamin E, copper, magnesium, and high-quality protein; they also contain high levels of healthy unsaturated fatty acids along with high levels of bioactive molecules (such as fiber, phytosterols, vitamins, other minerals, and antioxidants), which may help prevent cardiovascular disease. You can eat almonds directly, preferably on an empty stomach to increase absorption of nutrients.





## NEWS + TECHNOLOGY

### RESOURCES FOR HEALTHY INFO

## HEALTH APPS: TELEMEDICINE



Cost-effective health care services are being delivered to many rural and urban populations in Arizona by telemedicine. Today, radiology is available 24/7 in many rural communities, an unprecedented level of service. Mental health services are now widely available throughout greater Arizona using telemedicine, and the numbers of telemedicine cases are increasing at a rapid rate.

### YOUR HEALTH IN THE NEWS

- [10 key takeaways from Workplace Benefits Renaissance](#)
- [Administration zeroes in on increasing healthcare competition](#)
- [7 principles for helping employees deal with financial stress](#)
- [I was in the hospital for 8 days. Here's how it has me rethinking benefits](#)
- [The future of voluntary deductions, without the deduction](#)
- [Even when IRS says yes, company plans may say no](#)

### FROM KENDALL: SELF-CARE REDUCES STRESS AND INCREASES PERFORMANCE, MOTIVATION & MOOD.



### RX: SELF CARE

March: the first day of spring, St. Patrick's Day, and Spring Break! Is anyone else counting down the days? Whether you are planning to leave town or staying home, make sure to take time for yourself! Self-care has been shown to reduce stress, increase performance and motivation, as well as improve mood, mindset, and self-esteem.

#### 4 ways to show yourself you care:

**Sleep in!** What is that you ask? Sleeping in is where you sleep past the time when you usually wake up. Crazy, I know. Studies show that adults need 7-9 hours of sleep a night in order to function properly so make sure you catch up on your vitamin Zzzz.

**Take time for yourself.** Stress has a direct impact on all aspects of health. In order to reduce stress, you must remove yourself from things that are causing you stress. Spend some time this Spring break doing what you love. For example, read a book, get a massage, meditate, or take a bath.

**Try a new workout.** Exercise is another great way to destress, detox, and improve your mood. When trying something new you are forced to create a new experience, grow, and get out of your comfort zone. Now is the time to try that new workout class that you have been talking about!

**Spend time outdoors.** March is a beautiful time of year- the perfect time to get outside and soak up some vitamin D. Aim to spend 30 -60 active minutes outside every day in order to seep all of the amazing benefits of sunlight. Although Spring break allows more time for self-care it is important to make time for it every day. There is always time for what is important, therefore you can always find time for you!

Yours truly,

**Kendall Taylor**

Valley Schools Wellness Director