



APRIL 2019 30 DAYS, 720 HOURS TO CRUSH IT



YOGA 101 - BUTTERFLY POSE (BADDHA KONASANA)

Baddha Konasana is a seated yoga pose that strengthens and opens the hips and groin while eradicating abdominal discomfort. The consistent practice of this pose can help with childbirth, urinary discomfort, and feelings of pain and heaviness. During each exercise, make sure to maintain a focus on your breathing. Every body type benefits from regular stretching, and this is one of the easiest poses out there.

- Stretches the inner thighs, groins and knees
- Stimulates abdominal organs, ovaries, prostate gland and bladder
- Helps reduce menstrual symptoms and discomfort
- Soothes sciatica pain

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



INTERNAL NEWS
Useful content year round



SOCIAL MEDIA
Educate and advocate



SPORTS EYE SAFETY Awareness Month

More than 25,000 people seek treatment for sports-related eye injuries each year. The good news is that almost all of these injuries can be prevented. Many sports goggles are designed for racquet sports and are available for basketball and soccer. Some are even designed to fit in baseball, football and hockey helmets.

Lenses in sports eyewear usually are made of polycarbonate. Since polycarbonate is such an impact-resistant lens material, it works well to protect eyes from fast-moving objects. Polycarbonate also has built-in ultraviolet protection — a valuable feature for outdoor sports. Whatever your game, whatever your age, you need to protect your eyes!

- **BASEBALL:** Use batting helmets with polycarbonate face shields for youth baseball.
- **BASKETBALL:** Wear proper safety goggles (lensed polycarbonate protectors) for racquet sports or basketball. In order to be assured that your eyes are protected, it is important that any eye guard or sports protective eyewear are labeled as ASTM F803 approved. This eyewear is performance tested to give you the highest levels of protection.
- **HOCKEY:** Use helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey.
- Know that regular glasses don't provide enough protection

TUES APRIL 2 World Autism Awareness Day

APRIL IS AUTISM AWARENESS MONTH

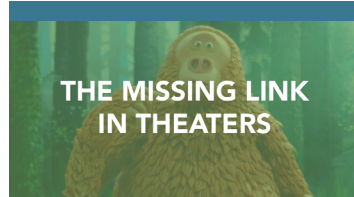
From the research team at autismspeaks.org, here are some facts and figures to include in your autism awareness communications and social media:

PREVALENCE

- 1 in 37 boys
- 1 in 151 girls
- Boys are four times more likely to be diagnosed with autism than girls.
- Most children were still being diagnosed after age 4, though autism can be reliably diagnosed as early as age 2.
- 31% of children with ASD have an intellectual disability (intelligence quotient [IQ] <70), 25% are in the borderline range (IQ 71–85), and 44% have IQ scores in the average to above average range (i.e., IQ >85).
- Autism affects all ethnic and socioeconomic groups.
- Minority groups tend to be diagnosed later and less often.
- Early intervention affords the best opportunity to support healthy development and deliver benefits across the lifespan.
- There is no medical detection for autism.

In 2018, the CDC determined that approximately 1 in 59 children is diagnosed with an autism spectrum disorder (ASD).

STAY ACTIVE IN APRIL: UPCOMING EVENTS



FROM YOUR DIETITIAN *recipes + research to help you make better decisions*

WHOLE FOOD OF THE MONTH: COCONUT *"I did not hear the question but the answer is definitely coconut oil."*



An opened fresh coconut will last in the refrigerator for up to one week, but you may get as long as 6 to 8 months in the freezer.

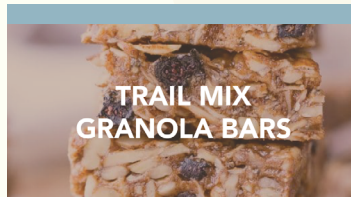
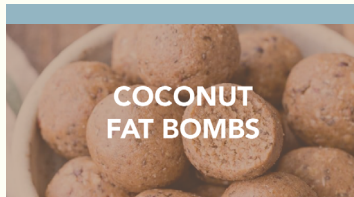
FUN FACT: Coconut water can be a substitute for blood plasma. The high level of sugar and other salts make it possible to add the water to the bloodstream and works like IV solution in modern medicine. Coconut water was known to be used during World War II in tropical areas for emergency transfusions.

COCONUT - THE FRESHEST FAT IN NATURE

Technically the coconut fruit is a drupe, not a nut. Typical drupes include peaches, plums, and cherries. Coconut water offers a good source of potassium, a mineral that helps balance sodium levels in the body and regulate blood pressure. But the idea that coconut water is more hydrating than plain water or is a superior post-workout drink is largely a myth, according to the Academy of Nutrition and Dietetics. As for coconut flour, which is dried, ground coconut meat, it has 5g of fiber in just 2 tbsp, making it an impressive replacement for traditional white flour, especially for those following a gluten-free diet.

One cup of coconut milk has 552 calories and 57 grams (g) of fat (yes, you read that right). Also, nearly 90 percent of that fat (50 g) is saturated fat.

As you can see, coconut is actually a great source of digestion-friendly and satiating fiber. You'll also get vitamin B6, iron, and minerals like magnesium, zinc, copper, manganese, and selenium. About half of the saturated fat in coconut comes from lauric acid, which can help raise levels of heart-protective HDL ("good") cholesterol. Unfortunately, it increases more harmful LDL ("bad") cholesterol, too. In the context of a healthy diet, there's nothing wrong with using small amounts of coconut oil, but it shouldn't be the only oil you use.





GET EM GOOD WITH THESE APRIL FOOLS' DAY PRANKS

YOUR HEALTH IN THE NEWS

[Eating healthier at work, little by little](#)

[How to create a corporate wellness strategy](#)

[Enhance employee education on voluntary benefits](#)

[7-11 is building out health food stores](#)

[4 main drivers of healthcare costs](#)

[Metlife Analysis - the top benefit works want most](#)

APPS TO KNOW AND HELP YOU GROW

[THE GOOD GUIDE](#) A free shopping app that includes everything from produce to pet food, and rates products and producers according to their health, environmental, and social benefits. In the case of fresh produce, dairy, and meats, items can be sorted using filters such as organic, vegan, and specific nutrition aspects (low sodium, etc.). The app can be tailored to highlight shoppers' personal requirements. You probably know from your own experience that many things in life tend to go more smoothly when you take time to plan ahead. Planning ahead for the right food choices at the right times, can help us to stay on track and achieve our goals.



WELLNESS CHAMPION OF THE MONTH: KAREN SCHLUETER

"My name is Karen Schlueter and I am one of the Wellness Champions in Peoria Unified School District. I became a champion to help my fellow staff members improve their health and reach their own personal fitness goals. Many people helped me along the way in my personal fitness journey and I am excited to be able to give back to others in the same way. My favorite thing about being a champion is seeing when someone achieves a goal,

whether it is reaching their 60,000 points total, losing weight or reaching a new level of fitness. It is so rewarding to witness their excitement and pride. I feel as though I have been able to influence the health of those at my site, just by sharing what I know. More staff members are working towards their goals than ever before and even more importantly, they are trying new things like weightlifting and hiking."

FROM YOUR WELLNESS TEAM: LAUGHTER IS THE BEST MEDICINE

April is finally here! Or is it already here? Either way, did you know that April is National Humor Month? It is not just April Fools' Day anymore, it is April Fools' Month! We are not telling you to go and spend countless hours scrolling through hilarious memes, but laughter has been show to improve health.

The benefits of laughter include:

- Decrease symptoms of stress on the body and mind
- Increase endorphins, creating a feel good response
- Increased immunity supports fighting infections
- Increase blood flow to the heart can decrease the risk of developing cardiovascular problems and/or disease.
- Positive shift in perspective leaving us with an increase sense of well-being.
- Strengthens social relationships

Ways to celebrate national humor month:

- Spend time with friends
- Surround yourself with funny people
- See a funny movie
- Celebrate April Fools' Day and prank someone you love
- Go see a comedian
- Spend time with children
- Watch a sitcom
- Read a funny book
- Try something new. Don't be afraid to laugh at yourself!

Live your best life by laughing more. Laughter can be found in anything and everything, it is up to you to find it.

Yours truly,

Your Wellness Team

**// LIFE IS TOO SHORT TO BE SERIOUS
ALL THE TIME. SO, IF YOU CAN'T
LAUGH AT YOURSELF, CALL ME...
AND I'LL LAUGH AT YOU!**