

School Nurse Newsletter

Get a JUMP on your DAY!!

During this time we may find we are sleeping at strange times and we may not be eating the most healthy foods. That's why this week, I want to cover ways to stay healthy during the quarantine and even after.

Changing small things can make a big difference.

Below are things to help you make some changes!

Benefits of exercises:

- Helps reduce heart disease
- Helps improve mental health and mood
- Helps build your self-esteem
- Lowers risk of diabetes
- Weight control

Benefits of healthy eating:

- Heart health
- Weight loss
- Better Mood
- Improved muscle strength
- Strong bones and teeth

Benefits of Drinking lots of water

- Helps you to have clear skin
- Helps with digestion
- Makes your brain stronger

Add some fruit to your water for flavor and color!



LET'S EXERCISE!!

Generally, aim to:

1. Move for 30 minutes 3 days a week.

This can be walking, riding a bike, or any movement that gets your heart rate up. Take it slow in the beginning. You may need to work up to 30 minutes. Start with 10 minutes the first day and add a few minutes daily until you reach 30 minutes.

On rainy days here are some exercises you can do indoors.

When you can't get outside,
try this!



Do Your Research

There are tons of resources online to help you get a healthy lifestyle started. Listed below are several sites to help and as always you can ask your school nurses or your health teachers for help.

www.pinterest.com GREAT site for tips on simple healthy dishes and kid friendly exercise.

www.healthline.com Great information for everyone

www.youtube.com TONS of exercise videos and cooking videos

If you have a smartphone, you can download the app: Planet Fitness. They have FREE online exercises!!

I miss you all and always remember, we're in this together.

--Nurse Tonya