

Wheeling School Based Health Program Newsletter February 2017 ISSUE 3

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Benefits of Laughing

Reduces Heart Diseases

Natural Pain Killer

Improves breathing

Helps you lose weight

Gives good sleep

Decreases Stress

Makes you look young

***There's no reason not to
LAUGH!***



Winter Exercise — Workouts for the Cold Weather

The cool weather of winter offers the perfect opportunity for outdoor workouts. You can enjoy walking, running, biking and hiking to get your heart pumping. Take advantage of these breezy, sunny days for exercise that won't make you sweat.

Here are a few activities:

Walking

Walking is one of the best ways to get in extra exercise throughout the day. As the weather cools, you can get a walk in over lunch, without feeling overheated when you get back to work. This makes it easy to find time to fit in fitness all day long.

All you really need is a clear trail or sidewalk. A good pair of walking shoes and a waterproof jacket or sweatshirt that you can unzip will help you stay comfortable, dry and protected. Take the kids with their new scooters or bikes. No electronic riding toys. That's cheating! Here are a couple helpful tips to make exercise fun each day:

- Make it a habit to walk every night after dinner.
- Park farther away from your workplace or sports event so you can build a walk into your commute.
- Get up 10 minutes earlier and start your day with a brisk walk around the block.
- Use your walk time to plan your goals for the day and counter stress.

Hiking

Winter is a great time to go hiking — cool weather and fewer bugs. Plus, hiking burns a ton of calories as you increase your elevation and really work those legs.

Make sure to wear the appropriate hiking gear, such as sturdy hiking boots, a hat and socks. Wear layered clothing so you can adjust to changes in body temperature and weather. If needed, bring along a hiking stick.

Running

Be sure to wear the appropriate winter weather running gear. If you go out after dark, make sure to take a flashlight, and wear reflective materials so drivers can see you.

Your winter workout doesn't have to take a lot of time. Even a half hour spent walking around your neighborhood pays off in increased energy, a stronger heart, calories burned and stamina gained.

Bring a buddy or family member to explore local parks, or find a new bike path through the woods or around a lake. The time spent out in nature will build your mind and your body.

Ref. Highmark

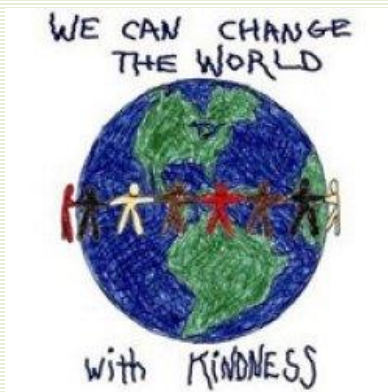


NO ACT OF KINDNESS

**NO MATTER HOW
SMALL**

IS EVER WASTED

**February is Random
Acts of Kindness Month**



How to Disagree Peacefully

Controversy is everywhere in today's world. You can't turn the television or computer on without seeing or reading about people arguing about political, health, or social issues. We CAN disagree with others peacefully and this is a skill that will be VALUABLE to teach to our youth. Here are some tips:

1. Remember that we each have our own unique filter through which we see the world. Another person's opinion seems every bit as "right" to them as ours does to us.
2. We should learn to ACTIVELY listen and really HEAR the other person, instead of monologing just our thoughts on a subject.
3. Stay calm. When you become emotional in a conversation, take a time out to reflect, pray, or have private emotional expression.
4. Think outside of the box. It is POSSIBLE that the way we see something might not be the best or most productive way.
5. Leave name calling out of it. It is not productive in a conversation with another person.
6. Do not mock the other person's point of view.
7. Do not make absolute claims.....ever. Don't use words like always, never, every, none, etc. because you cannot guarantee that to be true.
8. Use real statistics from reputable sources.
9. Be willing to agree to disagree OR to concede if the other person's perspective works better at that time.
10. Pick your battles. You are not obligated to address every injustice or irritation that comes along.
11. Be respectful.
12. Speak for yourself rather than attacking the other person's position.
13. Speak to common interests and keep the common goal and good in mind.
14. Aim to clear the air, rather than to win.





Are you a “DIPPER”?

We have become a society of “dippers”. We use sauces with every kind of food. Our kids are getting into unhealthy habits by smothering good food with ketchup, barbecue sauce, mayo and of course the ever-popular ranch dressing. On pizza day, students will want Ranch to dip the pizza in. Potatoes and tater tots are drowned with puddles of ketchup. Chicken wings are dripping with barbecue sauce and blue cheese on the side. Very few people ever eat the celery sticks.

Condiments add zesty flavor to foods that might otherwise be tasteless or boring. But many popular condiments pack a shocking amount of calories and fat. A spoonful of classic mayonnaise, for example, adds an extra 100 calories and 10 grams of fat to whatever you mix it with. **Baste your skinless chicken breast in honey-barbecue sauce and you may as well be eating it deep-fried.**

The good news is that tasty condiments don't have to be terrible for you. It's easy to get the sweetness, creaminess or tanginess you want at virtually zero calories. **Here, we'll show you how to spot the not-so-good choices and swap them for better ones.**

Mayonnaise fans put it on or mix it with just about anything. Unfortunately, regular mayo ranks among the worst of the condiment offenders, but in truth, even non-fat varieties of mayo aren't a whole lot better considering the sugar and preservatives they contain. Your best bet is to make a healthier version of mayo yourself by blending Greek yogurt, lemon juice, mustard, pepper and spices. Greek yogurt provides a smooth, creamy consistency and it easily absorbs flavors you add to it, so a spoonful or two is sure to be delicious. Make this simple swap and you'll save more than 200 calories and 20 grams of fat per quarter-cup serving. Plus, Greek yogurt is rich in protein and calcium — a big bonus you won't get with traditional mayonnaise.

Ketchup may be a staple in the American kitchen, but don't let the fact that it contains tomatoes fool you into thinking it is diet-friendly. Imagine that **one fourth of a bottle of ketchup is sugar** and you'll understand why! There are healthier ways to add tomato flavor to your food, like slices of tomato, tomato vinaigrette, a hefty helping of spicy salsa or a few dashes of hot tomato sauce. These saucy low-cal options not only pack plenty of bold taste, they may actually help you lose weight because studies have shown that eating spicy foods boosts metabolism and burns more calories.

Barbecue Sauce, like ketchup, gets its sweet kick from sugar — and a lot of it. A mere two tablespoons of barbecue sauce has 100 calories, more than 10 grams of sugar and 22 grams of carbohydrates — enough to turn a diet-friendly piece of grilled steak into a candy coated calorie bomb. For a light and tasty alternative, combine low sodium soy sauce with some artificial sweetener like Splenda. You'll still get the sweet and tangy taste you love without going overboard on empty calories.

Ranch dressing is great on salads and it's equally popular as a dip for chips, breadsticks, pizza and chicken wings. The problem with ranch is that its two main ingredients — mayonnaise and sour cream — pack one heck of a fatty punch. One quarter cup of the stuff serves up 220 calories and 22 grams of fat. Fall into the habit of eating ranch dressing several days a week and you could easily gain a pound or more by the month's end. If you are watching your weight, ditch creamy dressings altogether and opt for a vinaigrette made with balsamic vinegar, Dijon mustard and Parmesan cheese. For something a bit heartier, try hummus. It comes in a variety of savory flavors, and two generous tablespoons will save you 55 calories and 8 grams of fat.

Other ways to add healthy flavor to food:

Yellow mustard is your perfect condiment. With zero fat and virtually no calories, sugar or salt, yellow mustard is one condiment you can dab, squeeze and squirt with abandon.

Fresh basil and a slight olive oil drizzle is a good substitute for traditional pesto sauce, which has 14 grams of fat per serving.

Fresh fruit cocktail sweetened with some non-nutritive sweetener is infinitely better than a sugar-laden dessert topping.

Ricotta cheese is a light and flavorful fill-in for cream cheese. Make your smear two tablespoons of ricotta and save 50 calories, 6 grams of fat and 50 milligrams of sodium.

Horseradish sauce easily doubles for barbecue sauce. The good news is that it has far less sodium and sugar, and that it contains glucosinolates, which are cancer-fighting compounds that are 10 times more potent in horseradish than broccoli or Brussels sprouts.

Avocado blends to the same creamy consistency as mayonnaise, and the fat in avocado is actually heart-healthy.

Butter Buds is a powdered alternative to stick butter that has all the taste and none of the cholesterol or fat.

Sugar-free jelly with fiber is the better choice when you want some fruit jelly. A one-tablespoon serving is low in calories, has zero fat, and provides an impressive three grams of belly-filling fiber.

Ref: [Tanya Zuckerbrot MS, RD](#) via Fox News