

healthy NEWZ 4U

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Welcome to Healthy Newz 4U

Welcome to the first issue of Healthy Newz 4U. Inside you'll find tips and hints about staying healthy and feeling great...everyday.

Your local newspaper is a great resource to find out what is happening in your community. To get reliable and timely information, check out the newspaper to get the news that matters to you.

Don't skip out on breakfast



Living a healthy lifestyle means eating healthy meals — and the newspaper can help you identify nutritious foods available at your local stores. Breakfast is the most important meal of the day and if you make healthy choices — you'll feel the difference all day long. Here are some nutritious (and quick) ways to jump start your day even if you have to eat on the go.



FAST (and nutritious) breakfast ideas

- Small banana and 6-8 oz. low fat yogurt
- 1 slice of whole grain bread with 2 tablespoons of peanut butter
- ¾ cups of whole grain cereal with 3 grams of fiber or more per serving, 1 cup of skim milk
- 1 cup of berries, ½ cup low fat cottage cheese

AVOID the crash

Sugary foods like fruit juice, donuts, candy or soda will give you a boost at first but an hour later you will feel tired, sluggish and hungry again.



Source: <http://kidshealth.org/kid/nutrition/food/breakfast.html>

BEWARE: Cold and flu season is near



Now that you are back at school it's important to remember basic rules to keep yourself healthy and the newspaper is a great resource for health information. Cold and flu season will be coming and getting sick is not fun. Did you know that good health habits can help your body fight colds and the flu? It's

true. Get plenty of sleep, regular exercise, eat a balanced diet, drink plenty of water and you'll help your body fight off germs.

I'm sick! Now what?

1. Keep your distance.

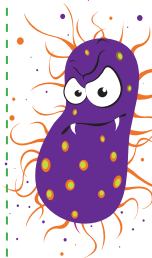
Avoid close contact with people who are sick.

2. Stay away

If possible, stay home from school when you are sick. You don't want to give your cold to your friends and others around you.

3. Keep it covered

Cover your mouth and nose with your arm or a tissue (not your hands) when coughing or sneezing.



4. Wash up

Washing your hands often will help protect you from germs. If you touch something that is contaminated with germs and then touch your eyes, nose, or mouth — it can make you sick.

Source: <http://www.cdc.gov/flu/>



Sleep tight



Getting back into good habits is important at the start of the school year. One of the most important routines is making sure you get an adequate amount of sleep. You need about 8 to 10 hours of sleep each night. The right amount of sleep affects how well you do on a test or play sports. Here are some tips to help you sleep better and feel rested.

Set a regular bedtime. Going to bed at the same time each night signals to your body that it's time to sleep. Waking up at the same time every day can also help establish sleep patterns. Try to stick as closely as you can to your sleep schedule even on weekends. Don't go to sleep more than an hour later or wake up more than two to three hours later than you do during the week.

Stay active. Many sleep experts believe that exercising in late afternoon may help you sleep better. Try not to exercise right before you go to bed though, as it can rev you up and make it harder to fall asleep. Finish exercising at least three hours before bedtime.

Avoid caffeine. Don't drink beverages with caffeine, such as soda and coffee, after 4 p.m.

Relax. Avoid scary, or action movies, television shows or books right before bed — anything that might set your mind and heart racing. Try reading the local newspaper — it's a great way to relax in the evening and stay informed at the same time.

Dim the lights. Light signals the brain that it's time to wake up. Staying away from bright lights (including computer screens!), as well as meditating or listening to soothing music, can help your body relax.

Don't nap too much. Naps of more than 30 minutes during the day may keep you from falling asleep later.

Avoid all-nighters. Don't wait until the night before a big test to study. Cutting back on sleep the night before a test may mean you perform worse than you would if you'd studied less but got more sleep.





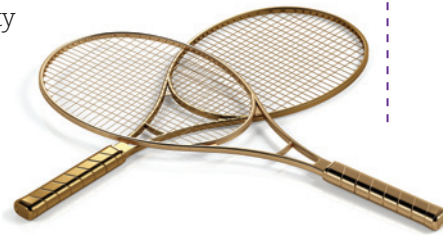
Try a new sport and stay active!

Flipping through your newspaper, you will find a lot of information about activities happening this fall that you may want to participate in. Sports are a great way to stay active and have fun at the same time, but it's important to find something that you will enjoy. **Do you like being part of a team?** Maybe soccer, softball or basketball is for you. **Do you prefer sports that focus more on individual performances?** Then maybe you should try track and field, tennis or swimming.

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What if my school doesn't have my sport?

Some schools are limited in resources — a city school may not have a lot of athletic fields, for example, while a rural school may not have enough students to make up a team for every sport. If your school doesn't have your sport, don't let it get you down. You can always



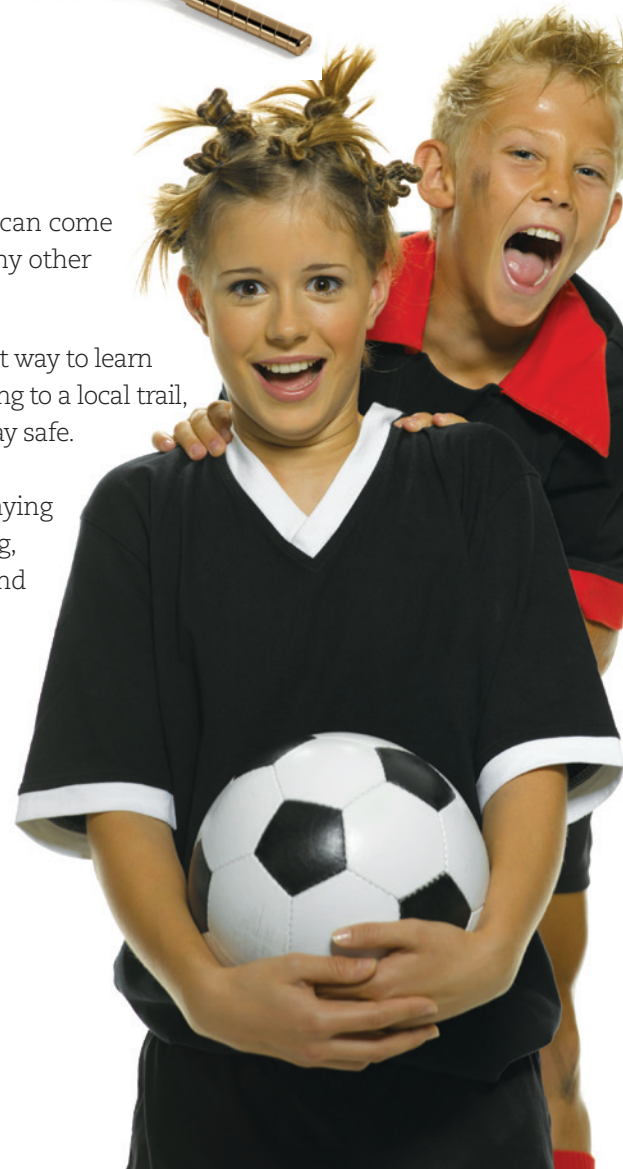
try out for a different sport during the same season or look into whether your local town has a recreational league that you can join.

What if sports aren't your thing?

Many people are attracted to the competition and the team atmosphere that can come with team sports. But if you're not a big fan of organized sports, there are many other fun and exciting options are out there for you to get moving.

- **HIT THE TRAILS.** Hiking or biking at the park or nature trail is a great way to learn about nature while still getting your heart rate up. Even if you're just going to a local trail, bring at least one other person along in case something happens and stay safe.
- **JUST GET OUTSIDE.** Chances are — if you're outside — you're staying active. Fun hobbies or games that keep you moving like skateboarding, rollerblading or swimming are great ideas for fun with your friends and family that will keep you fit at the same time.

Source: http://kidshealth.org/teen/food_fitness/exercise/find_sports.html





Set a goal

Trying a new sport or getting involved with a new activity can be tough. Sometimes if you make a goal, it's easier to find the motivation you need to get going and stick with it.

So how do you increase your odds of success? Set **SMART** goals:

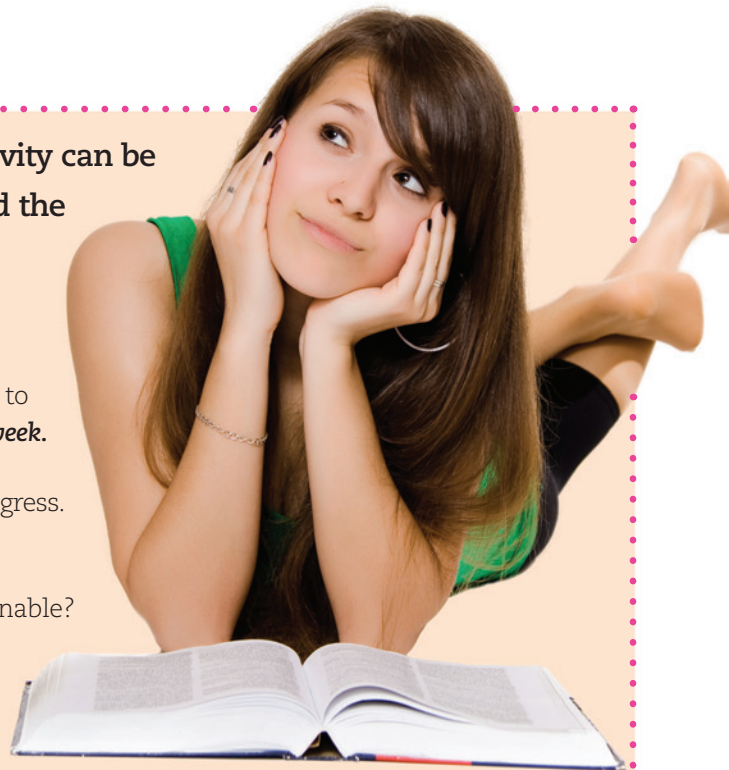
S SPECIFIC — Make sure you know exactly what you are trying to accomplish. *I want to take a walk after dinner three times a week.*

M MEASURABLE — Determine how you are going to track progress. *I will keep a log of my activities.*

A ATTAINABLE — Are your goals both reasonable and attainable? *This is a realistic and attainable goal for me.*

R REWARD — How will you reward yourself when you reach your goal? *I will schedule a movie night with friends.*

T TIMELY — What is your timeframe? *I will commit to this activity for the next four weeks.*



ACTIVITY LOG

Track your activity and your progress over time to make sure you reach your goals.

Date	Activity	Date	Activity
Week 1		Week 2	
Week 3		Week 4	



Find additional information online at www.HealthyNewz4U.com.

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