



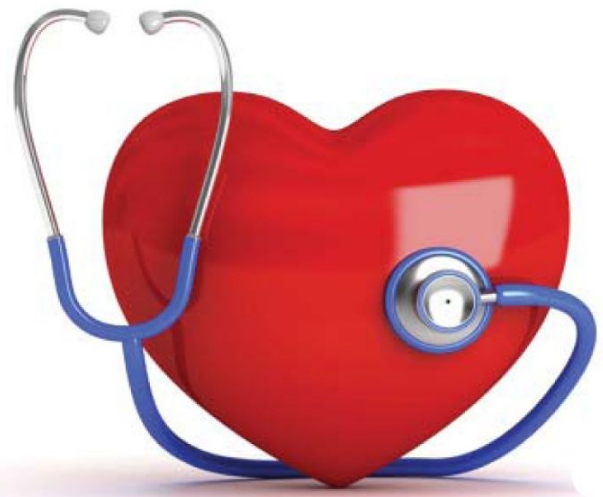
FEBRUARY 2023

COLONIAL HEALTH AND WELLNESS NEWSLETTER

Welcome to the Albert Gallatin School District Health and Wellness Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

HEART HEALTH AWARENESS

February is National Heart Month — a great time to make sure your ticker is tickin' properly. We've all heard it: change your diet, maintain a healthy weight, be physically active, quit smoking. But why? Can this advice **REALLY HELP** you lower your cholesterol and improve your heart health? **YES!** Making small changes in your daily routine can add up to big benefits and help you live a healthier, more balanced life.



Recommendations for Adults

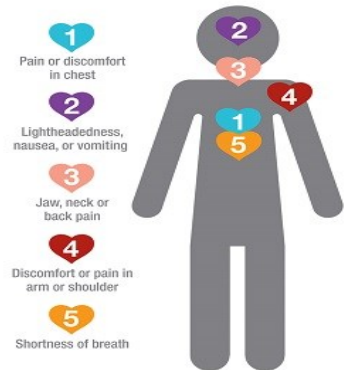
- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week. Increase amount and intensity gradually over time.

Recommendations for Kids

- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.
- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least 3 days per week.
- Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week.
- Increase amount and intensity gradually over time.



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

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Fit in Walking Morning, Noon or Night

Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you.

Like to move as soon as your feet hit the floor?

- Before you go to bed, get your walking clothes and shoes ready so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a few spoonfuls of yogurt for a quick fuel-up.
- Walking to your favorite jams may help get you moving. Just make sure you can still hear traffic.
- If it's still dark, wear reflective clothing or carry a light.
- Be sure to stretch a bit at the end of your walk. Watch a morning news show or check your email while stretching.

Is lunchtime the only break in your busy day?

- Schedule your lunchtime walk in your work calendar. Think of it as an important appointment.
- Keep everything you need for walking at work. This way you won't find yourself saying "I forgot my shoes. I can't go."
- Recruit some coworkers to join you. You can keep each other on track.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to change into a t-shirt.
- In cooler weather, you might need a jacket, hat or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Bring your lunch or pick a route where you can grab a quick healthy meal at the end of your walk.

Is working out after work your idea of happy hour?

- Have a light snack about an hour or two before you leave so you don't experience an energy dip and talk yourself out of walking. Try yogurt, a handful of almonds or a piece of fruit.
- Pick a route without heavy traffic because rush hour can increase air pollutants.
- Do some shoulder rolls and other warm-ups to release the stress of the day before heading out.
- If it's already dark, wear reflective clothing or carry a light.