

COLONIAL NEWS

Welcome to the Albert Gallatin School District Health 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.



New Year, New YOU! ...Ways to Improve Your Mental Health



Exercise Your Brain

1. **Practice gratitude...***life's much better when you acknowledge the bright side*
2. **Try meditation...***relax for five minutes each day*
3. **Write in a journal...***pen to paper can be a liberating experience*
4. **Exercise at least a few times per week...***endorphins are magical!*
5. **Lean on your support system...***spending time with friends can reduce stress*
6. **Educate yourself...***keep your mind sharp*
7. **Adopt a well-balanced diet...***put good in, get good out*
8. **Listen to music...***positive music can boost your mood*
9. **Travel...***change of perspective involves a change of scenery*
10. **Sleep more...***because who doesn't love an excuse to sleep in?!*
11. **Express kindness toward someone else...***make someone else feel good and you'll feel good*
12. **Learn to say no...***self-care is not selfish*

New Year's Workout

*Repeat for 3
Rounds!*

- 10 Push Ups
- 10 Squats
- 10 Jumping Jacks
- 10 Sit-Ups
- 10 Lunges
- 10 Tri-cep Dips
- 10 Burpees
- 10 Plank Jacks
- 10 Crunches
- 10 Squat Jumps



Snow Fun Activities

Ski, Board, Tube, PLAY!

Nemacolin Woodlands
1001 Lafayette Drive
Farmington, PA 15437
724-329-8555

**Seven Springs
Mountain Resort**
777 Water Wheel Drive
Champion, PA 15622
800-452-2223

Hidden Valley Resort
1 Craighead Road
Somerset, PA 15501
800-452-2223
ext. 7997

Recipe of the Month



Crunchy Apple Roll-Up

Ingredients:

- ½ medium apple
- 1 tablespoon peanut butter or pumpkin butter
- 1 whole wheat tortilla
- 2 to 3 tablespoons crispy rice cereal

Instructions:

- Chop apple into small pieces
- Spread peanut butter or pumpkin butter in a thin layer over tortilla
- Spread apple pieces in an even layer over peanut butter.
- Sprinkle with cereal
- Roll up tightly and cut in half

**“Be Stronger Than Your
Excuses!”**



Stress-Releasing Yoga Pose Pigeon



Start in a seated position. Bring your left knee forward and place it on the floor behind your left wrist; line your left ankle up with your right wrist. Lower your hips and straighten your right leg on the floor directly behind your right hip, then rest the top of your foot on the floor. Lift your chest and hold for five to 10 breaths. For a deeper stretch, reach your arms in front of you, lowering your upper body to the floor. Great for stretching thighs and hip flexors. It is wonderful for those who sit at a desk all day!