

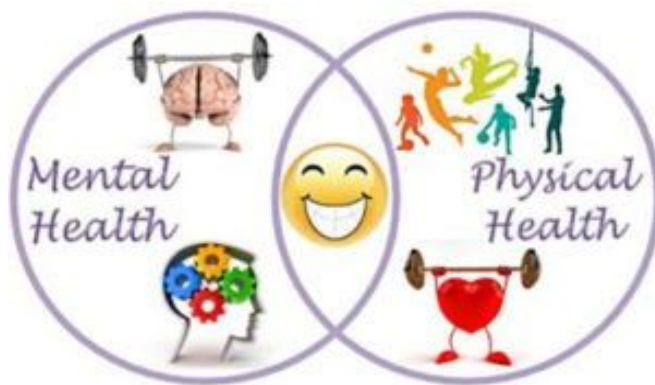
Mindful Monday
October 12, 2020

We have discussed emotional wellness for the last couple of weeks and want to emphasize that working on emotional wellness is a skill that will continually need to be addressed with your students. But today, we want to switch gears and discuss physical health. With the weather getting cooler, the opportunity to get outside is optimome and a great time to improve our physical health.

Physical health, especially during this time of Covid, is very important for all of us. We need to get outside and breathe fresh air as often as possible. Our physical health affects our mental and emotional wellbeing and keeps us feeling healthy overall. Regular exercise, maintaining a healthy weight, eating a balanced diet that includes lots of water, fruits and vegetables, along with proper sleep, can enhance how we feel and how we perform from day to day.

Here are some simple ways to help maintain your physical health:

- Engage in muscle strengthening (resistance activities) that involve all your major muscle groups two or more times a week.
- Walking briskly for 30-45 minutes is good for the muscles and for the heart. Use the stairs whenever possible. Try taking a mindful walk, such as the guided one you can find [here](#). Mindful walks are when we take the time to focus on how we feel, what we see and experience, and what we're thinking during our walks.
- Be mindful of your metabolism-metabolism changes as you get older. Kids burn lots of calories while being active, while adults burn much less, even if they do the same activity. Fiber, lean proteins, whole grains, along with fruits and vegetables is what our bodies need. While some students are picky eaters, it is necessary to encourage eating healthy now so that they will be good eaters as adults.
- Drink more water and less sugary drinks. Staying hydrated is crucial.
- Reduce salt and sugar intake. Processed foods are high in both.
- Replace saturated fats with unsaturated fats.
- Eat more fish (2-3 times per week is suggested).
- When cooking, we should boil, steam, or bake foods rather than frying. (We know this is hard for those of us from the south who love our fried fish and chicken, but we have to keep fried foods - including fast foods - to a minimum for our health.)



Make it a great day and get outside and exercise!

Toni LaZurs, M.Ed., LPC
Middle Upper Counselor

Casey Lunn, MS, LPC-I
Lower School Counselor