

Tips on how to stay healthy this school year

- ❖ **WASH HANDS CONSISTENTLY**...if soap and water is not available use HAND SANITIZER
- ❖ **DO NOT SHARE DRINKS WITH OTHER PEOPLE**
- ❖ **STAY HYDRATED**– Drink at least half your bodyweight in ounces of water...**MORE IF EXERCISING!**
- ❖ **GET PLENTY OF SLEEP EVERY NIGHT**...The National Sleep Foundation states that teenagers need 8-10 hours
- ❖ **EXERCISE**... 30 minutes of moderate exercise everyday will jump start your immune system
 - Have a smartphone...there are plenty of apps available that provide times and guided exercises
- ❖ **EAT HEALTHY!** Try limit the amount of sugar your student is eating...viruses and bacteria thrive on sugar! Eat plenty of fruits, vegetables, and whole grains!
 - Read your nutrition labels...added sugar (sugar, cane sugar, fructose...) sneaks into so many foods that we are not aware of.
- ❖ **PARTICIPATE IN ACTIVITIES THAT REDUCE STRESS**
- ❖ **COVER COUGHS AND SNEEZES**
- ❖ **CLEAN SURFACES IN YOUR HOME THAT ARE HIGH TRAFFIC AREAS**
- ❖ **MAKE SURE YOUR FURNACE AIR FILTER IS CLEAN**...helps with those respiratory issues.
- ❖ **ADD A GOOD PROBIOTIC INTO YOUR DAILY REGIMEN**...there are so many options out there, so do your research on reputable brands before making a purchase...or talk to your primary care provider. **80% of your immune system is located in your GI system.**
- ❖ **DURING THE WINTER MONTHS ADD A VITAMIN D SUPPLEMENT**...make sure to talk your primary care provider.