

Welcome to September – and an occasional Wellness Tip!

Did you notice in our Educator’s EAP newsletter that September is *Healthy Aging Month*?

Okay, I realize you may consider *aging* to be years away, but we are ALL aging; it is important to develop healthy habits when you’re young, so that you do *age*. It’s time to renew or set your lifestyle goals. It’s never too late. Here’s a brief review of the article link which reviewed tips to inspire you☺ [Healthy Aging Tips](#)

Exercise - -move more, sit less – 150 minutes per week of moderate-intensity physical activity plus 2 days of muscle-strengthening exercises (it’s a great stress reducer!)

Diet – try to cut back on salt – add fiber to your diet – you’re never too young to practice healthy eating habits

Social – volunteer, pick up a hobby, get a dog, or pick up the phone & TALK, interact with others in person☺

Mental – be realistic with what you can accomplish, plan your next vacation

A personal addition that I stand by: practice a positive mindset, look for the good, and be grateful. Take small steps – set a goal to embrace one new habit at a time.

One of my favorites:



Think positive



& Positive things will happen



Make it a great day!

Beth

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