

January
2023

BRENTWOOD UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER



Quote of the Month

This month's motivational quote is brought to you by the yearbook club.

This new year...

Worry less, stop comparing, embrace challenge and love yourself!

FEATURE

Teachers de-stressing and staying healthy by participating in Wellness Wednesday every week. Gail E. Kirkham Northeast Elementary School staff walk a mile in the cafeteria before they start their day.

Start your New Year Healthy!

Try this Healthy Day Toolkit!

The new year can be a great fresh start or refresh to a healthy lifestyle. Eating well, staying active and being proactive with your mental and emotional health are all key things we can do to be our best selves!

This toolkit is full of activities and resources to help your family feel well, live well, and learn well. [Click here!](#)

Jump into January

[Click here for 15 ways to Be and Live Healthier!](#)

Benefits of Jumping Rope:

A jump rope can be one of the most cost-effective ways to add high-intensity cardiovascular fitness to your workout routine. If you want an inexpensive and efficient workout, the jump rope might be the ultimate "must have" piece of fitness equipment.

[Click here for a full 30 day jump rope challenge with tutorials!](#)

District Wellness Calendar

30 DAY JUMP ROPE CHALLENGE

GOAL: Jump rope every day for 30 days (excluding weekends)

Start each day doing as many as you can in 10 minutes. Challenge yourself! Work for 100 total jumps/Week 2=100 total jumps/Week 3 = 200 total jumps/Week 4=250 jumps. Be consistent. Learn to your body. Do what feels right for you. Take breaks when needed. But remember that in a challenge you get out of it about any day you don't do it. Do it for the challenge.

Day 1	Regular Bounce	100	Day 16	Run In Place Clock	200
Day 2	Single Leg - Switch Sides	100	Day 17	Regular Bounce	200
Day 3	Regular Bounce	100	Day 18	Run Up and Back	200
Day 4	Run In Place	100	Day 19	Regular Bounce	200
Day 5	Regular Bounce	100	Day 20	Single Leg - Switch Sides	200
Day 6	Feet Side to Side	100	Day 21	Regular Bounce	200
Day 7	Regular Bounce	100	Day 22	Front Straddle	200
Day 8	Mummy Kicks	150	Day 23	Regular Bounce	250
Day 9	Regular Bounce	150	Day 24	Run In Place	250
Day 10	Feet Front to Back	150	Day 25	Regular Bounce	250
Day 11	Regular Bounce	150	Day 26	Side Straddle	250
Day 12	Boxer Skip	150	Day 27	Regular Bounce	250
Day 13	Regular Bounce	150	Day 28	Crisis Cross	250
Day 14	Diagonal Straddle	150	Day 29	Regular Bounce	250
Day 15	Regular Bounce	150	Day 30	3-Step Twist	250

ALWAYS THERE, KEEP GOING! | www.budenhouse.com | #30DaysJumpRopeChallenge | YAY YOU MADE IT!

THIS MONDAY, PLACE YOUR GOALS WITHIN REACH—AND YOUR STRESS FAR AWAY

Re-imagine your future by focusing on simple, doable steps to make progress.

DeStressMonday.org #DeStressMonday

Recipe Corner

BLACK BEAN AND SPINACH QUESADILLAS WITH TOASTED CUMIN SEED CREMA

Mindfulness

Last month may have been a real busy time for you. Start the new year with these mindful breathing tools! Click below!

Contact Information

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Creating Healthy Schools and Communities

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Jump into January



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Family New Years Resolution workout	2 10 minute New Years meditation	3 20 minute yoga for beginners	4 6 minute fun family New Years workout	5 New Years Meditation before bed	6 10 minute morning yoga	7 6 minute family jump rope workout
8 10 minute family meditation	9 10 minute yoga full body stretch	10 1-mile at home indoor walk	11 10 minute meditation for stress	12 15 minute family yoga	13 12 minute, 1500 skips at home jumping workout	14 5 minute meditation to start the day
15 6 minute morning yoga	16 10 minute jumping jacks workout	17 5 minute bedtime meditation	18 15 minute every day yoga	19 12 minute jump rope workout	20 10 minute meditation for anxiety	21 10 minute chair yoga
22 20 minute step to the beat workout	23 10 minute morning meditation	24 15 minute gentle chair yoga	25 30 minute cardio kickboxing workout	26 10 minute mid day mindfulness meditation	27 15 minute yoga and deep stretches	28 ½ hour family dance class
29 5 minute morning meditation	30 15 minute chair yoga	31 ½ hour at home workout	Facebook www.facebook.com/HSNYWSBOCES Instagram @CHSC_LongIsland		 NEW YORK STATE Creating Healthy Schools and Communities	
January is National Soup Month! Try these soup recipes-→	Spiced Black Bean and Chicken Soup with kale	Celery Soup	Lentil Soup	Mexican Bean Soup with Guacamole	Mexican Chicken and Wild Rice	