



# PATTONVILLE SCHOOL DISTRICT

# NEWSLETTER

## PHYSICAL

### Did You Know?

Only about one in five adults and teens get enough exercise to maintain good health. *Being more active can help all people think, feel, sleep better, and perform daily tasks more easily.* Remember, if you are just starting a workout program, start small. **EVERY LITTLE STEP COUNTS.**

[Physical Activity Recommendations for Adults and Kids](#)

## EMOTIONAL

### Ways to Emotionally Care for Your Heart

#### 1. Express Your Feelings

- Notice your feelings and share them

#### 2. Spend Time With Loved Ones

- Positive connections are good for your well-being

#### 3. Do Things You Enjoy

- Do things that make your heart happy

#### 4. Manage Your Stress

- Deep breathing, mindfulness, yoga, etc.

Did you know that your mental health has a role in treating and preventing heart disease?



## RESOURCES

Knowing the early warning signs and what can help prevent heart disease are two steps toward better heart health.

[Heart Health Stats & Warning Signs](#)

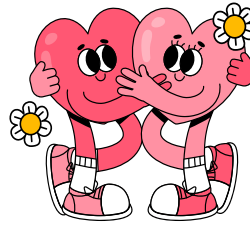
Work with your Healthcare Team at CareATC to prevent or treat the medical conditions that lead to heart disease.

[Love Your Heart](#)

## FROM OUR LEAD NURSE

### Have a Heart and Take Care of Yours

Cardiovascular Disease is the leading cause of death globally! Wow, that's a hard pill to swallow, but it's reality. A great start to taking control of your heart is seeing your MD as often as suggested, choosing healthy food options, and exercising, to name a few. So, let's put these into action and get moving towards a healthier you!



[Feeling the Pressure?](#)

## BINGO - STILL TIME!

We are past halfway through the district-wide B-W-E-L-L Bingo Challenge, which ends on Friday, February 9.



Have you completed a Bingo yet? **THERE IS STILL TIME!** Keep an eye out for ideas from your Wellness Captains to complete your Bingo card!

[Enter your Bingo Challenge](#)  
[Vegetable Recipes Here](#)

**WILL YOUR BUILDING WIN THE "CHARTWELLS FOOD TRUCK"?**



Here are some [GREAT RECIPES](#) shared with us already!

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