

# School Wellness Newsletter

February 2023

## Heart Health Month

February is the month to focus on HEART health! In this newsletter we will cover preventative health tips, nutrition nuggets about a heart healthy diet, healthy exercise habits, healthy sleep patterns, and heart safety.

*Everyone's journey to better heart health is unique. It's about figuring out what works best for you.*

Live to the Beat

To access the Live to the Beat website click on the red box.

## Heart Healthy Eating Plan



Heart-Healthy-Eating-Plan.pdf

[Download](#)

3.4 MB

## Healthy Sleep Hygiene

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature



- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Sleep is one of the three pillars of a healthy lifestyle, along with nutrition and exercise. It is critical to the health and well-being of students of all ages.

Students who get the [recommended hours of sleep](#) regularly tend to experience better outcomes, including improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Healthy sleep also helps students excel in the classroom by maximizing attention, memory and learning abilities

1. Perform better in sports by being faster, stronger and more accurate
2. Feel their best and have a more optimistic attitude toward life
3. Look their best and maintain a healthy weight
4. Have fun and enjoy life by making better decisions and staying safe

## Recommended Hours of Sleep

**Recommended amount of sleep:**

- **Infants\* 4 months to 12 months should sleep 12 to 16 hours per 24 hours (including naps) on a regular basis to promote optimal health.**
- **Children 1 to 2 years of age should sleep 11 to 14 hours per 24 hours (including naps) on a regular basis to promote optimal health.**
- **Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health.**
- **Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.**
- **Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health.**
  - Sleeping the number of recommended hours on a regular basis is associated with better health outcomes including: improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health.
  - Regularly sleeping fewer than the number of recommended hours is associated with attention, behavior, and learning problems. Insufficient sleep also increases the risk of accidents, injuries, hypertension, obesity, diabetes, and depression. Insufficient sleep in teenagers is associated with increased risk of self-harm, suicidal thoughts, and suicide attempts.
  - Regularly sleeping more than the recommended hours may be associated with adverse health outcomes such as hypertension, diabetes, obesity, and mental health problems.
  - Parents who are concerned that their child is sleeping too little or too much should consult their healthcare provider for evaluation of a possible sleep disorder.

\*Recommendations for infants younger than 4 months are not included due to the wide range of normal variation in duration and patterns of sleep, and insufficient evidence for associations with health outcomes.

## We are Prepared

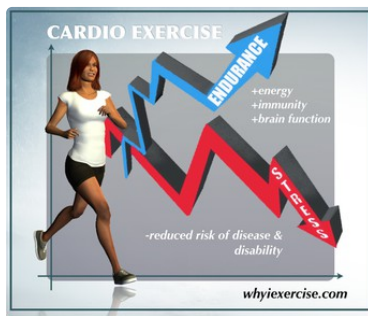
Did you know here at Tri County Area Schools we have AED's (Automated Electronic Defibrillators) available for cardiac emergencies.

AED's are located in every building by each of the building main offices.

The Highschool has two AED's readily available one on each floor. We also have an AED at the bus garage, an AED in the administration office, and an AED for outdoor sports (concession stand)

At TC we have multiple staff members, coaches, and administrator's all trained in how to use an AED. They are also Cardiopulmonary Resuscitation (CPR) and first aide trained.

If you ever have concerns in regards to where an AED is located or questions about Heart safety please reach out to the school nurse.



## Fitness: Heart and Muscle

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke.

It's also true that different types of exercise are needed to provide complete fitness. "Aerobic exercise and resistance training are the most important for heart health," says Johns Hopkins exercise physiologist Kerry J. Stewart, Ed.D. "Although flexibility doesn't contribute directly to heart health, it's nevertheless important because it provides a good foundation for performing aerobic and strength exercises more effectively."

Here's how different types of exercise benefit you.

### Aerobic Exercise

**What it does:** Aerobic exercise improves circulation, which results in lowered blood pressure and heart rate, Stewart says. In addition, it increases your overall aerobic fitness, as measured by a treadmill test, for example, and it helps your cardiac output (how well your heart pumps). Aerobic exercise also reduces the risk of type 2 diabetes and, if you already live with diabetes, helps you control your blood glucose.

**How much:** Ideally, at least 30 minutes a day, at least five days a week.

**Examples:** Brisk walking, running, swimming, cycling, playing tennis and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

### Resistance Training (Strength Work)

**What it does:** Resistance training has a more specific effect on body composition, Stewart says. For people who are carrying a lot of

body fat (including a big belly, which is a risk factor for heart disease), it can help reduce fat and create leaner muscle mass. Research shows that a combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

**How much:** At least two nonconsecutive days per week of resistance training is a good rule of thumb, according to the American College of Sports Medicine.

**Examples:** Working out with free weights (such as hand weights, dumbbells or barbells), on weight machines, with resistance bands or through body-resistance exercises, such as push-ups, squats and chin-ups.

### **Stretching, Flexibility and Balance**

**What they do:** Flexibility workouts, such as stretching, don't directly contribute to heart health. What they do is benefit musculoskeletal health, which enables you to stay flexible and free from joint pain, cramping and other muscular issues. That flexibility is a critical part of being able to maintain aerobic exercise and resistance training, says Stewart.

"If you have a good musculoskeletal foundation, that enables you to do the exercises that help your heart," he says. As a bonus, flexibility and balance exercises help maintain stability and prevent falls, which can cause injuries that limit other kinds of exercise.

**How much:** Every day and before and after other exercise.

**Examples:** Your doctor can recommend basic stretches you can do at home, or you can find DVDs or YouTube videos to follow (though check with your doctor if you're concerned about the intensity of the exercise). Tai chi and yoga also improve these skills, and classes are available in many communities.



### **Aerobic**

Running, jogging, walking, jumping jacks, elliptical, biking, zumba, circuit training, boxing, swimming, dancing,



### **Strength**

weight lifting, squats, push ups, plank, deadlift, bench press, lunges, pull ups, burpees, crunches,



### **Flexibility/Balance**

Stretching exercises, Yoga, Pilates, Barre



## Nurses' Desk

**\*\*Check out our new nurses' tab on the Tri County Area Schools Webpage.\*\***

📍 94 Cherry Street, Sand Lake, MI...

✉ [nurse@tricountyschools.com](mailto:nurse@tricountyschools.com)

☎ 616-302-1187

🌐 [tricountyschools.com](http://tricountyschools.com)