

Back to School WELLNESS

A healthy start to a new school year

LiveWELL
August 2019



Take charge of your health to put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

As summer vacations come to an end, getting back into a routine can feel difficult. Whether you have school-aged kids or not, the August Back to School Wellness newsletter will provide great tips on maintaining your health and encouraging fun ways to stay physically active.



www.WellnessAtoZ.org

LiveWELL National Immunization Awareness Month

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Between 2001 and 2010, the United States saw large declines in the number of cases of vaccine-preventable diseases, according to the CDC. This statistic makes vaccines one of the top public health achievements of the decade.

As you get back into a routine from summer holidays, parties, and vacations, now is a great time to get all of your routine health visits scheduled. August is National Immunization Awareness Month, and we've compiled some information from the Centers for Disease Control (CDC) on the importance of maintaining up-to-date vaccines.

In the United States, vaccines have greatly reduced infectious diseases that once routinely harmed or killed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease still exist and can cause illness in people who go unprotected. Protect your health and the health of your family. This back to school season make sure you and your loved ones are up to date on all recommended vaccines.

Here's why you shouldn't wait:

- Many vaccine-preventable diseases are still common in the U.S.
- Those that are not common in the U.S. are still found in other parts of the world, and can still be a threat.
- Some of these diseases are very contagious.
- Any of these diseases could be serious—even for healthy people.
- Certain people may be at higher risk of getting some diseases or having more serious illness if they were to get sick, like young children, older adults, and those with health conditions.

Vaccines are our best protection against several serious, and sometimes deadly, diseases. Every year, the CDC and other medical experts update vaccine recommendations for children, teens, and adults based on the latest research and evidence-based science on vaccine safety, effectiveness, and patterns of vaccine-preventable diseases. Talk to your doctor and make sure you're protected.



PlayWELL

Playgrounds aren't just for kids

Whether you are letting your kids release some energy or you simply want a different type of workout, the equipment on the playground provides a great opportunity to switch things up. Swings, benches, pull-up or monkey bars, and plenty of open space allows you to get a full body workout without stepping foot into the gym.

Here is a heart-pumping 30-minute workout to try. The best part is, you'll be showing your kids that your health matters, too!

Please note: Playgrounds are ultimately for kids. If there are children present, please be mindful that they get to use the equipment first. If the kids are yours, let them join in on the fun!

- Bench Jumps—8 reps
Variation: Bench Step Ups—8 reps per side
- Pull-Ups—as many as you can do
Variation: Bar hangs—try to hang for 30 seconds
- Bodyweight Squats—8 reps
- Push-Ups—8 reps
Variation: Elevated push-ups using bench
- Broad Jump—8 reps
- Swing Row—8 reps
Using a swing, hold on to the chain position yourself at an angle underneath it. Brace your abs so your body forms a straight line from your head to heels. Pull up until your elbows are bent 90 degrees and slowly release back to starting position.

- Bench or Swing Dips—8 reps
Sitting on a bench, place your hands on either side of you at the edge of the bench. Slowly walk your legs out while holding on to the bench until you are at an angle. Slowly bend at the elbows, letting your body move toward the ground. Once elbows reach a 90 degree angle, push yourself back up to starting position. This can be performed on the seat of a swing for more of a challenge.
- Monkey Bars—once across
- Plank Hold on Swing—Hold for 30-60 seconds

Complete this circuit three times through. Try not to rest between exercises. Once the entire circuit is complete, rest 60-90 seconds before starting over.

Once you have completed all three circuits, finish the workout with three sets of sprints. Sprint 40 yards and rest for 30 seconds before your next sprint.



What you do is much more important than what you say. Be a role model and show your kids that taking care of your body is important!



WorkWELL

What does wellness mean to you?

Become our next Wellness AtoZ Ambassador and make Arizona known as a healthy place to live, work, and play!

Visit www.wellnessatoz.org/wellness-atoz-ambassador to learn more and fill out the application.

What does wellness mean to you?

As a longtime educator, wellness means learning how to take care of your "whole" self—not just the physical but the social and emotional; how we learn to live and learn from the environment; spiritual, or the belief in something greater than me; intellectual/mental; financial health and wellbeing; as well as being content with your job.

How long have you been at Summit School?

This is my 11th year at Summit School, but I have been a health and wellness educator for quite some time!

Do you have a wellness goal?

My personal wellness goal is to never stop learning! There is still so much we do not know about being healthy and about general wellness. With the help of technology, research is uncovering so much more every day!

Which challenges do you face in achieving your goal?

Time—yes, the pace of information is coming at us at light speed, but I would like to have the time to slow down, dissect the research, and then carefully make better choices.

How has your workplace helped you in achieving your goal?

I'm an educator, so I am in the perfect spot to research, question students about their own health, and then learn alongside them! Every day is an adventure!



Kathy Dean,
Physical Education and Wellness Specialist,
Summit School of Ahwatukee



Mason jars are all the rage right now, and why shouldn't they be? They're sustainable, easy to transport, and you can put just about anything inside! Make your life easier and prepare a few of these salads for the week. This Thai Chicken Quinoa Salad is packed with protein and fiber, guaranteed to fill you up and give you energy to power through the second half of your workday!

THAI CHICKEN QUINOA SALAD

- 2 tablespoons peanut dressing (1 tablespoon peanut butter + 1 teaspoon soy sauce + ½ teaspoon honey + 1/8 teaspoon ground ginger + ½ teaspoon apple cider vinegar + 2 tablespoons water, to thin)
- ¼ cup red bell pepper, diced
- 2 tablespoons green onion, chopped
- 1 carrot, shredded
- ½ cup cooked quinoa
- 2 tablespoons cilantro, chopped
- ¼ cup mango, diced
- ¾ cup grilled chicken breast, diced
- 1 cup romaine lettuce, shredded
- 2 tablespoons chopped cashews

DIRECTIONS:

Add all ingredients into a 16oz mason jar in the order in which they're written (i.e. dressing first and greens last). Keep in fridge until ready to enjoy! When ready to eat, simply pour ingredients into a bowl, toss together, and serve.

Recipe and photo courtesy of www.ambitiouskitchen.com.



NUTRITION INFORMATION PER SERVING: Servings: 1-2

Total calories: 577	Fiber: 9g
Protein: 40g	Total Fat: 17g
Carbs: 65g	Sodium: 270mg

WELLCommunity

Help end childhood hunger in our community



Wellness AtoZ Platinum employer, Valley of the Sun United Way leads an incredible program called WeekEnd Hunger Backpacks. Hunger has long-term consequences on a child's growth, development, and overall health. The backpacks provide meals to help Valley youth get nourishing food throughout the weekend so they can come back to school on Monday refreshed and ready to learn.

Contact the United Way to learn how you can help!