

WELLNESS WEDNESDAY

**EVERY WEDNESDAY, PRACTICE A HEALTHY HABIT
AT SCHOOL, HOME AND WORK!**

NOVEMBER 2019

6 November: 3 DAY

Aim to accumulate at least 6,000 steps, which equals approx. 3 miles. So, how can you accomplish this? Set reminders to walk on a phone app; buy a pedometer, fitness tracker, or use a phone app; increase incidental walking by walking up stairs, instead of taking the elevator, or parking a distance from your destination; and *make it fun!* Increase the number of days that you walk to at least 5 each week and you will start to see some improvements, such as: better heart health, improved mental health, weight/inches loss, improved bone strength, healthy blood pressure and blood glucose (sugar), healthy stress levels, improved immune system. For outdoor walks, don't forget to take some water, healthy tidbits, sunscreen, and a sunhat!

13 November: TAKE CONTROL OF YOUR BLOOD SUGAR DAY

It is time to take control of your blood sugar! Changing your lifestyle and sticking to it could be a big step toward diabetes prevention and control — and it's never too late to start. Consider these tips: Every day, get more physical activity; eat plenty of fiber and whole grains; drink up to 8, 8 oz. glasses of water; maintain a healthy weight; and skip fad diets, just making healthier food choices as you make variety and portion control parts of your healthy-eating plan.

20 November: UNIVERSAL CHILDREN'S DAY

United Nations Universal Children's Day was established in 1954 and is celebrated on November 20th each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. We can inform children of their rights according to the *Declaration of the Rights of the Child* and the *Convention on the Rights of the Child*. Talk with our children about the differences between themselves and others and explain the idea of "rights". In Bermuda where the rights of children are generally well-respected, we can draw attention to situations in countries where this is not the case.

27 November: APPRECIATION DAY

Appreciation is a noun with synonyms such as valuing someone, showing respect, cherishing and treasuring someone, showing admiration and gratitude, having special regard for someone, holding someone in high esteem, being thankful and grateful, having a high opinion of someone, being understanding and aware of someone's feelings, showing sensitivity and sympathy to someone, and giving praise for someone's efforts. Today, find opportunities to show at least three people your appreciation.

