

WELLNESS WEDNESDAY

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

FEBRUARY 2020

5 FEBRUARY: BRIGHT SMILE DAY

Let's face it – a bright smile can help improve our self-image, so make sure that your bright smile remains throughout your life! For a healthy smile, you must practice good oral hygiene every day. Brushing after meals, using antimicrobial mouthwash, and flossing at least once per day helps to keep disease-causing bacteria from reproducing in your mouth, and causing bad breath, tooth decay and gum disease. Your good oral and dental hygiene can help you keep your teeth as you get older. ... An unhealthy mouth, especially if you have gum disease, may increase your risk of serious health problems such as heart attack, stroke, and poorly-controlled diabetes.

12 FEBRUARY: LOVELY DAY

With Valentine's Day approaching, you will want to surprise the Lovelies in your life. Think of some healthier snacks you and your kids can eat to celebrate, such as taking some sweet Cuties (small, seedless mandarin oranges), and using a Sharpie marker to write a simple Valentine's Day message (e.g., LOL, Be Mine, Hugs) on each piece of fruit for each friend; or make fruit kebabs (trim any sharp points on skewers). If you choose chocolates, find dark chocolate, which has the daily recommendation of approximately 1 to 2 ounces, or 30-60g. Eating more than that, will mean that you may be consuming too many calories.

19 FEBRUARY: HEALTHY HEART DAY

Living a healthy lifestyle can help us to better manage our heart health. Along with daily physical activity, getting sufficient sleep, drinking water, managing stress levels, eating the following healthy foods can be beneficial: (1) fish high in omega-3s, such as salmon, tuna, mackerel, herring and trout; (2) a handful of healthy almonds or walnuts to satisfy your hunger; (3) blueberries, strawberries, blackberries or raspberries in cereal or yogurt; (4) chia seeds and flaxseeds; (5) red, yellow and orange veggies; and (6) green vegetables. Choose reduced-fat milk and yogurt, lean meats, and skinless poultry, or eat beans and legumes, instead of meat and poultry; and drink plant milks (almond milk, soy milk, rice milk, etc.).

26 FEBRUARY: SAFE RELATIONSHIPS DAY

Safe and healthy relationships should include at least practicing good communication and establishing boundaries. Communication allows you and others to have a deep understanding of each other, and allows you to connect. In a healthy relationship with good communication, we can listen to each other and not criticize one another. In a healthy relationship with boundaries, each person should express what they are and are not comfortable with, when it comes to family and friends, personal space, time, and finances. What can you improve on, in your relationships?

