WELLNESS WEDNESDAY

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

HEALTHY SCHOOLS

JANUARY 2020

1 JANUARY: NEW DAY

Today, is a new day in the New Year! What plans do you have for the year? Make realistic goals and check your progress towards them every two or three months. Are you moving in the right direction? Do you need to change a goal? The main thing to do is be kind to yourself. Look at the glass as being half-full and try not to think of setbacks as failures…look at them as stepping stones towards improvement and success!

8 JANUARY: SAVE MONEY DAY

Research has proved that people who exercise regularly can save thousands of dollars on medical treatments over their life span. As workouts improve the immune system, people who exercise daily would experience minimal sickness and thus, can save more on their medical bills. Exercising on a daily basis can help to reduce chances of heart attacks, strokes and respiratory infections. A fitness program can reduce fatigue, improve concentration, and treat insomnia; thereby leading to more productivity and thus, boost income for numerous people and businesses.

15 JANUARY: THE IMPORTANCE OF SLEEP DAY

Lack of sleep has been linked to blood sugar imbalances, higher stress levels, obesity, mental health problems, infertility and immune problems, and many other less serious issues. Did you know that nature has so many benefits, and just going outside for a few minutes a day can be great for your health? Just 20-30 minutes of outside time shortly after waking up can help balance circadian rhythms (your body's 24-hour "clock") and improve hormone levels. Adults need

22 JANUARY: AEROBIC EXERCISE DAY

Brisk walking, running, swimming, cycling, playing tennis and jumping rope are the types of heart-pumping aerobic exercise that doctors have in mind when they recommend at least 150 minutes per week of moderate activity for adults (e.g., 5 days of 30 mins. of exercise). From now on, try to move with more speed and effort for most your workout!

29 JANUARY: HELPFUL DAY

Helping others takes the selfishness in our lives and replaces it with selflessness. It gives us a sense of self-worth and make us feel good about ourselves. Helping others is beneficial not only to you, but to the people you help. One act of kindness turns into countless acts of kindness. Find opportunities to help others today – and as often as possible!