

WELLNESS WEDNESDAY

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

SEPTEMBER 2019

4 September: FEELINGS DAY

Did you know that emotions can affect our overall health? The word “feelings” means “an emotional state or reaction.” All of us have feelings about many things, including how we feel about ourselves and others. It is important that we recognize our thoughts and emotions and become aware of their effect not only on our health, but also our relationships and our surroundings. Today, in order to have the feeling of inter-connectedness to others, choose to feel love, care, playfulness, fondness, awe, tenderness, interest, compassion, sympathy, empathy, gratitude, and serenity!

11 September: YELLOW DAY

Did you know that when it comes to fruits and vegetables, it is often true that the brighter in color a food is, the healthier it is? For example, there are the bright green lettuce leaves that make up your salad; the bright red strawberries that are healthy to munch on throughout the day and, of course, the long list of yellow foods that make up a good portion of our diets. These include bananas, rutabagas (yellow turnips), pumpkins, yellow tomatoes, yellow peppers, sweet potatoes, squash, lemon, yellow apple, yellow figs, yellow watermelon, cantaloupe, persimmons, mangoes, pineapples, yellow pears, yellow cauliflower, and nectarines. Try at least one new, yellow fruit and vegetable!

18 September: BODY BALANCE DAY

We all know the importance of body balance, which is a biological system that enables us to know where our bodies are in the environment and to maintain a desired position. To have normal body balance, our brains require information from the inner ear, other senses (such as sight and touch) and muscle movement. Also, we must have sufficient muscle strength and flexibility in all muscles, including the core muscles in order for us to have good posture, to walk “smoothly,” and to avoid falling. For the best body balance that you can achieve, be sure to move your body more each day by strengthening – and stretching – your muscles!

25 September: CELEBRATING WELLNESS DAY

Today, the Department of Health is holding a Celebrating Wellness Day event in Victoria Park, Hamilton from 2:30 – 6:30 PM. This year, the focus is on Seniors, but the theme is *Healthy Aging Starts Now*. There are many fun, free activities for the whole family! Only food and beverages have a cost. Come and celebrate health with us! Eat some tasty, healthy food; move your body more; and learn more about health and wellness!

