

# WELLNESS WEDNESDAY

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

## **OCTOBER 2019**

### **2 October: RESPECT DAY**

Respect is a positive view that you form of how someone is living their life. How can you gain someone's respect? (1) Respect yourself because respect comes first from within; (2) Give respect to get respect and respect those around you; (3) Maintain your integrity, because it's the cornerstone of earned respect; (4) Keep your promises, as we don't respect anyone for making a promise, only for keeping it; (5) Acknowledge others and people will respect you; (6) Be inspiring, as the ones who gain the most respect are usually the ones who inspire others to do great things; and (7) Always be on time, as it shows respect for others.

### **9 October: MENTAL HEALTH AWARENESS DAY**

Mental disorders are among the leading causes of disability and ill-health around the world, affecting one in five people around the world. Do you feel that your mental health could use some improvement? If so, you may need at least one of the following: psychotherapy, case management, hospitalization, support groups, and complementary and alternative medicine. Maintaining a healthy lifestyle may also help you to improve your mental health.

### **16 October: HANDWASHING DAY**

Did you know that handwashing can help to prevent illness? It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

### **23 October: STRONG BONE DAY**

Did you know that bone density is a measurement of the amount of calcium and other minerals found in your bones? Both osteopenia (low bone mass) and osteoporosis (brittle bones) are conditions characterized by low bone density. So what can you do to make your bones healthier? Eating lots of vitamin C-filled vegetables stimulates the production of bone-forming cells; performing strength-training and weight-bearing exercises for children, increases the amount of bone created during the years of peak bone growth, and it may also help protect against bone loss in younger and older men and women; eating enough protein, as about 50% of bone is made of protein; and eating high-calcium foods throughout the day, which may help preserve bone mass during weight loss.

### **30 October: DRUPES DAY**

Did you know that Drupes or Stone Fruit is one of six categories of fruit? Drupes are fruits that contain a single seed, or pit, surrounded by juicy flesh. Examples of drupes are peaches, cherries, plums, nectarines, and apricots. So, have a drupe or two today!

