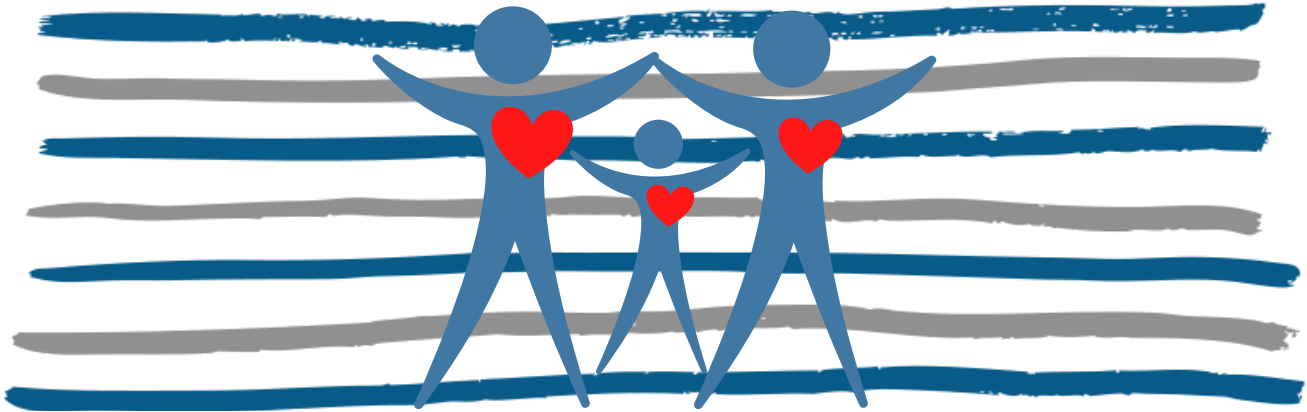


# TOOMBS WELLNESS

Toombs County Schools



## NUTRITION TIPS

### Healthy Eating Tips

We often turn to diets as a way to "eat healthy." Many diets eliminate individual foods and whole food groups, but did you know that roughly 90% of people who diet do not maintain their diet?

One reason diets don't work is because avoiding foods or eliminating certain eating behaviors is not sustainable over a long period of time. Avoiding favorite foods may actually encourage temptation!

Eating healthy is more about creating positive connections with food and eating. Foods such as fresh fruits and vegetables, whole grains, legumes, and lean meats are healthy because of the nutrients they provide to our bodies. Try adding, not eliminating, more of these foods to your meals!

- Listen to your body - eat when you're hungry and stop when you're satisfied.
- Eat at regular times.
- Plan healthy snacks.
- Eat a variety of vegetables and fruit at every meal.
- Eat whole grains more often.
- Include legumes more often.
- Don't be afraid of fat. Choose olive oil and canola oil more often.

*Food is Fuel!*



### Harvest of the Month 2021-2022 Calendar



<b>JULY</b> Peaches  Celebrate <b>OKRA</b>	<b>AUGUST</b> Watermelon  Celebrate <b>PEANUTS</b>	<b>SEPTEMBER</b> Apples  Celebrate <b>CITRUS</b>
<b>OCTOBER</b> Squash (SUMMER, WINTER, PUMPKIN)  Celebrate <b>OKRA</b>	<b>NOVEMBER</b> Sweet Potatoes  Celebrate <b>CITRUS</b>	<b>DECEMBER</b> Lettuce  Celebrate <b>CITRUS</b>
<b>JANUARY</b> Greens (COLLARD, MUSTARD, TURNIP)  Celebrate <b>CHICKEN</b>	<b>FEBRUARY</b> Cruciferous Vegetables (CABBAGE, BROCCOLI, CAULIFLOWER)  Celebrate <b>MILK</b>	<b>MARCH</b> Root Vegetables (CARROTS, BEETS, RADISHES)  Celebrate <b>MILK</b>
<b>APRIL</b> Strawberries  Celebrate <b>CHICKEN</b>	<b>MAY</b> Blueberries  Celebrate <b>VIDALIA ONIONS</b>	<b>JUNE</b> Tomatoes  Celebrate <b>VIDALIA ONIONS</b>

Georgia's Harvest of the Month campaign highlights items sourced locally and offers the opportunity to educate students about nutrition and agriculture. Visit [gafarmtoschool.org](http://gafarmtoschool.org) for resources and information. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

the GREATEST  
WEALTH  
is HEALTH.

## MENTAL HEALTH & WELL BEING

### Stress Management

Stress is a part of every student's life, even more so during intense challenges such as a pandemic, racial discrimination, and life transitions. But uncontrolled stress can cause serious health problems, including mental health issues and trauma. Use these healthy tips to help cope with pressure.

#### HEALTHY TIPS TO HELP YOU COPE



**MOVE YOUR BODY:** Regular aerobic exercise, like running, activates a response that helps your body cope with emotional stress.



**MEDITATE:** Meditation and deep breathing exercises can help you decrease blood pressure and improve symptoms of anxiety and depression.



**TAKE A TIME-OUT:** Stepping away from distractions, such as social media and texting, may be stressful at first, but with practice it can help you relax.



**DO ONE THING AT A TIME:** If you feel overwhelmed with multitasking, try to tackle one challenge at a time.



**GET SUPPORT:** If you are stressed, ask for help from your family, friends, or a professional, such as a doctor or school counselor.



**RELAXING DURING A TEST:** If you experience stress during a test, you may feel your mind "go blank." This happens because norepinephrine—a stress hormone—may temporarily disrupt brain circuits that are used to recall memories.

*School mental health supports and services must be a critical component of any educational system on par with high quality academic instruction.*

## PHYSICAL ACTIVITY

GET MOVING! INSIDE OR OUT!

Physical activity is a key component for a healthy lifestyle. Staying active helps improve the academic performance of students by getting the brain ready to learn and retaining information easier. Exercise also controls the emotional and physical feelings of stress and anxiety. Whether you're inside or outside, stay active and try some of these fun, entertaining ideas for physical activity!

- Create a scavenger hunt
- Go for a family walk: shoot for 30 minutes
- Have a hula hoop contest
- Go on an indoor adventure: pillow forts or indoor campsites
- Have a family field day
- Get back to basics: Hopscotch, Duck-duck-goose, Obstacle courses, Musical chairs
- Try kids yoga
- Help with chores: try a cleaning race
- Have a memory dance game or play freeze dance

## SPELL YOUR NAME WORKOUT

Create a unique routine using your full name.

<b>A</b> 10 Jump Squats	<b>N</b> 30 Crunches
<b>B</b> 25 Crunches	<b>O</b> 15 Plank Jacks
<b>C</b> 10 Burpees	<b>P</b> 10 Star Jumps
<b>D</b> 1-Minute Plank	<b>Q</b> 15 Burpees
<b>E</b> 20 Push-Ups	<b>R</b> 30-Second Side Planks
<b>F</b> 15 Jumping Jacks	<b>S</b> 15 High Knees
<b>G</b> 20 Lunges (10 Each Leg)	<b>T</b> 30 Lunges (15 Each Leg)
<b>H</b> 10 Full Sit-Ups	<b>U</b> 20 Jump Squats
<b>I</b> 1-Minute Wall Sit	<b>V</b> 30 Bicycles
<b>J</b> 20 Oblique Crunches	<b>W</b> 30-Second Wall Sit
<b>K</b> 12 Star Jumps	<b>X</b> 20 Squats
<b>L</b> 15 Sumo Squats	<b>Y</b> 15 Push-Ups
<b>M</b> 15 Tricep Dips	<b>Z</b> 20 Tricep Dips