

January Daily Health Announcements



<p>Building Healthy Communities hopes you had a restful and active winter break! Sometimes it can take a few days to get back into the groove of having a schedule again. Take a few quiet moments to close your eyes, breathe deep, and think about how much you enjoyed time with your family and friends.</p>	<p>Feeling back in the groove of the new year yet? A helpful way to get back on track is by making a goal or 2 for your health this new year! Maybe you want to track your activity or the amount of water you drink. Call it your New Year Resolution! Challenge yourself!</p>	<p>Keeping a journal is a great way to track how much physical activity you do! Try it for a day, week or month! You'll be amazed to see how active you can be! Focusing on health is a great New Year resolution!</p>	<p>Although it is getting cold, we still need to make sure we are staying hydrated and drinking water! A creative way to get more liquid is by drinking soup! Soup also helps add veggies to our day! Try adding your own veggies!</p>	<p>It's chilly outside, but that doesn't mean you can't go out to play and get in your 60 minutes of physical activity! Building a snowman, sledding, skating, or walking in the snow are great ways to get active! Put on a hat and gloves and have fun outside!</p>
<p>Did you know Building Healthy Communities has helped kids increase the number of steps they take each day? Up to 700 more steps a day! Taking an extra walk after a meal can help you be more active. Aim for 60 minutes of physical activity a day!</p>	<p>Did you know that the first fruit eaten on the moon was a peach? Peaches are hydrating, contain calcium and have lots of Vitamin C!</p>	<p>Do you choose to take the stairs or the elevator? Try choosing the stairs any time you have the option – it will help you be more active and add more steps into your day!</p>	<p>It's cold this time of year but being active can help you stay warm! Try a winter sport you've never tried before, like skating or skiing. Simply making a snow angel is a fun physical activity break to wake your body up!</p>	<p>Quality sleep is crucial for a healthy and properly working mind and body. Try to get 8 hours or more of restful sleep each night! If you didn't get enough, try taking a short nap for a quick recharge!</p>
<p>It's Martin Luther King Jr. Day! He once said, "Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane." Health is what allows us to do, to accomplish, to socialize, to play, to work and to express! It is of utmost importance in our daily lives!</p>	<p>Did you know around 8% of children and 2% of adults have a food allergy? This occurs when the body's immune system incorrectly assumes a certain food is harmful and attacks it. Common examples of food allergies include reactions to peanuts, gluten and shellfish.</p>	<p>Did you know that some vegetables, like carrots or potatoes, grow under the ground? These are called root vegetables, which have lots of fiber and help keep our gut healthy!</p>	<p>Our heart is the most important muscle of our body! Fatty foods are harmful to our heart, so try to avoid fried foods, and choose lean protein foods, like chicken or fish instead!</p>	<p>Did you know there are thousands of varieties of cheeses? Cheddar, Mozzarella, Swiss and Provolone are just a few! What others can you think of? Cheese has calcium which helps us build strong bones and teeth! See if you can try a cheese soon that you've never tried before!</p>
<p>It's always healthy to try a food you've never tasted! Try to find a vegetable you've never tried, or one you have but in a different color. Variety is healthy for our bodies!</p>	<p>Did you know nuts are part of the protein food group? If you don't like one kind of nut, or are allergic, there are several other types of nuts and nut butters to choose from! All are very healthy for our body <u>and help us</u> build muscle</p>	<p>Did you know beans have protein and fiber in them? Canned beans can be added to soups or salads! Rinsing them off before eating can remove a lot of added salt your body doesn't need!</p>	<p>Did you know you can be active even while you're watching tv? Make a game of it! Try doing jumping jacks, running in place, sit-ups or stretches at each commercial break!</p>	<p>Try switching a greasy, fatty protein food for a lean protein food! Example: a grilled chicken sandwich versus chicken nuggets. This helps your heart stay healthy!</p>

Social media graphics for the month of January can be found [here!](#)