

November Daily Health Announcements



<p>Sleep is very important for our bodies to recharge. To fall asleep easier at night, it is best to be active throughout the day and to avoid screen time before going to bed!</p>	<p>Did you know that breakfast is the most important meal of the day? It helps us get through the day and helps us to learn better! Try to include at least 3 food groups in your breakfast!</p>	<p>Did you know you can choose a dessert that is healthy? Try enjoying fruit after dinner instead of cookies, cake or candy! Over time, your body will learn to crave healthier options!</p>	<p>Did you know the average American eats 10 pounds of cereal a year? When you choose cereal as part of your grain food group, look for kinds that are low in added sugar!</p>	<p>Did you know that when we listen to music, our heartbeat can sync to the rhythm? Cool! Dancing is a great activity to get our heart beating and blood pumping!</p>
<p>Cucumbers are 96% water! Eating vegetables each day like cucumbers are a great way to help us stay hydrated! You can even flavor a glass of water with cucumber slices!</p>	<p>Did you know that breakfast is the most important meal of the day? It helps us get through the day and helps us to learn better! Try to include at least 3 food groups in your breakfast!</p>	<p>Almost 10,000 different kinds of apples? Crazy! If you were to eat an apple a day, it would take 27 years to try them all! They come in many colors, and variety keeps us healthy!</p>	<p>When we have good posture, we are using our muscles to sit or stand upright with our shoulders back! This helps keep our muscles healthy. Remember to be mindful of how you carry yourself through good posture!</p>	<p>Did you know popcorn is a healthy whole grain snack? It is especially healthy if you air-pop your own and add your own seasonings, like a sprinkle of parmesan cheese!</p>
<p>Did you know a cow produces an average of 6 gallons of milk every day? Remember to eat your dairy foods, like milk, cheese and yogurt, to build strong muscles, teeth and bones!</p>	<p>Did you know melons are in the same gourd family as squashes and cucumbers? Snacking on fruits and vegetables is a great way to get to your goal of 3 or 4 servings a day and they help hydrate us!</p>	<p>Portions refer to the amount you choose to put on your plate. For example, you might have a 6-ounce steak. That is equal to 6 servings from the protein group - that's a big portion size and may be too much!</p>	<p>Did you know your brain is sometimes more active when you're asleep than when you're awake? Getting quality sleep is important for our brains to re-energize for the next day!</p>	<p>Thanksgiving is getting close! Try and help with chores around the house, like cleaning or cooking, as a way to help your family and be active at home!</p>
<p>With Thanksgiving coming up, take a few moments to sit quietly and think of 3 things about your body and health that you are grateful for!</p>	<p>Dairy makes a delicious and healthy snack! Dairy helps grow our muscles, bones and teeth! Try a cheese stick or low-fat yogurt as a snack!</p>	<p>Thanksgiving is here! Be mindful of how you create your plate. Aim to include all 5 food groups and to stop when you are feeling full!</p>	<p>Have you heard the saying that turkey makes you sleepy? Turkey has tryptophan, which helps to create a feeling of well-being and relaxation. Tryptophan is also found in other poultry and meat, cheese, yogurt, fish, and eggs! Have a happy and relaxing Thanksgiving</p>	<p>Thanksgiving Holiday</p>

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