

October Daily Health Announcements



<p>Fatty and greasy foods are not healthy for our heart. Cooking our foods differently, like baking potatoes instead of frying, helps keep our heart healthy!</p>	<p>When people think of vitamin C, they often think of colds. Vitamin C does play a role in the immune system, but it has many other roles, like maintaining healthy teeth, gums, and blood vessels</p>	<p>Did you know that honey is made by bees? Consuming honey boosts our immune system and protects us from unhealthy bacteria and viruses. Try using honey instead of white sugar to sweeten your foods and drinks!</p>	<p>Our brains work better when our body has been active. Next time you're struggling to focus, take a 5- minute physical activity break like taking a walk, practicing your jumping jacks, or dancing to get your blood pumping and your brain working!</p>	<p>Did you know household chores such as sweeping, vacuuming, raking leaves and taking out the trash are physical activities? Do some chores at home to get active! Aim for 60 minutes a day!</p>
<p>Clutter can cloud our mind. Take time each day to clear your space and clear your mind so you can refocus.</p>	<p>Did you know there are more than 600 different shapes of pasta worldwide? When choosing pasta as part of your grains group, look for whole grains! Whole grains give us lasting energy and helps us feel full!</p>	<p>Cereal is a very popular breakfast food, but many cereals have more added sugar than our bodies need! Instead, try a smoothie or plain yogurt sweetened with fruit and honey to skip the added sugar!</p>	<p>Our hearts create so much pressure with each pump it could squirt blood 30 feet into the air! Staying active and eating all 5 food groups help us keep our heart healthy!</p>	<p>Did you know your body has lots of water in it? You lose water all throughout the day without even noticing! Aim to drink water throughout the day to stay hydrated, especially after being active!</p>
<p>Try a body scan! Sit quietly in a chair and take 10 slow deep breaths. After, take notice of how your body feels. Slowing down and recognizing the present moment helps us feel better!</p>	<p>Did you know chickens can lay up to 300 eggs per year? The average American eats 280 eggs in a year! Eggs are a part of the protein group, which helps us build strong muscles!</p>	<p>Next time you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable. and can lead to unhealthy weight gain.</p>	<p>Carotenoids are plant pigments responsible for the yellow, orange, and red color in fruits and vegetables. Carotenoids serve as antioxidants, which help heal our body!</p>	<p>We need vitamins to live healthy lives! Without them, our bodies are more susceptible to illness such as the common cold or the flu. We get most our vitamins through eating a variety of fruits and vegetables!</p>
<p>Did you know that avocado has the highest protein and fat content of all fruits? Eating healthy unsaturated fat, like that from an avocado, helps to slow stomach emptying, which keeps you fuller longer and delays the return of hunger!</p>	<p>Playing football or raking leaves are some ways people enjoy being active in the fall. As the weather gets cooler, remember you can still be active outdoors! Aim for 60 minutes a day!</p>	<p>Did you know that only 3 out of 10 kids get enough exercise? We should be getting 60 minutes of physical activity each day! You don't need to do it all at once though! Taking 10- minute activity breaks throughout the day can help us get the exercise we need!</p>	<p>Pumpkins are usually labeled as vegetables, but since they contain seeds, they are actually a fruit! To eat, pumpkin can be baked, roasted, steamed or boiled. Its nutrients can help your immune system, eyesight, heart and skin! Try roasting pumpkin seeds for a healthy protein snack!</p>	<p>Happy Halloween! If you go trick-or- treating, make sure to be safe and take an adult with you. Be mindful of how much candy you eat in one day and consider donating the kinds you don't like!</p>

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