

Stay Healthy this School Year!



Wash Your Hands

This habit can reduce your illnesses, and absences. You will be present for more

time with your friends and activities because you are well. If soap and water are not available use hand sanitizer. Carrying a mini container of hand sanitizer in your pocket or in your backpack is a good way to stay healthy all year.



Eat Breakfast

This is a must for being health and staying healthy. You will be able to think quicker and have more energy to do the things you enjoy. This practice actual increases

your metabolism and keeps you from storing fat after your fast from hours of sleep. It has been proven that students who eat breakfast perform better academically. It also helps your gastrointestinal health by reducing stomach acid and reducing stomachs. Bon Appetite :)



Hydration is the Key

Drinking enough water daily can improve your thinking, physical endurance,vascular

health, while promoting healthy skin and hair. Six to eight four ounce glasses are recommended daily (about 32 ounces a day). Athletes will need to drink more than this while exercising.

Get Enough Sleep

Most of us are so busy that the first way to fit everything in is to skip sleep. Sleep is essential for good brain health and we need this time to re-charge our thinking power. Sleep deprivation can cause inattentiveness, headaches, reduce our infection fighting ability, and slow our reflexes down. Make sure that you are resting properly with enough hours spent sleeping, as your academic performance will improve along with your physical performance.



Exercise Benefits

Exercise not only improves our physical endurance and performance, it also improves our thinking skills. It has been shown that students who are involved in regular exercise perform better academically. It also reduces stress and the way we handle stressful situations. Exercise improves our infection fighting ability, and mental wellness. When illness does strike the illness is usually not as long in duration for those individuals that exercise on a regular basis. Get out and involve yourself in an exercise activity that you enjoy.

