

Fit Kids of SWOK



National Nutrition Month 2018: Go Further with Food

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and

snacks in advance can also help to reduce food loss and waste. This



year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help

you "Go Further with Food", while saving both nutrients and money.

Key Messages:

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
- Be mindful of portion sizes. Eat and drink the amount that's right for you.
- Continue to use good food safety practices.
- Find activities that you enjoy and be physically active most days of the week.
- Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist.

National Sleep Awareness Week March 11-17: Begin with Sleep!

Yoga isn't just beneficial for improving core strength, flexibility, and stress levels; it can also help you sleep better—especially if you suffer from insomnia. When people who have insomnia perform yoga on a daily basis, they sleep for

longer, fall asleep faster, and return to sleep more quickly if they wake up in the middle of the night.

This benefit can be seen in all sorts of situations where people have trouble sleeping.

If you want to work yoga into your bedtime routine, it's important to do the right kind. Some types of yoga can be energizing which won't help you relax as

well as restorative styles of yoga like hatha and nidra. Here are three poses that are ideal for preparing your body for sleep.

Legs Up the Wall: Lie on the ground on your back and put the back of your legs up a wall (keep your legs straight), so your body is in an L-shaped pose. Relax into the position, hold it for at least 30 seconds and focus on your breathing.

Lying Butterfly: Lie on the ground on your back.

Press the bottoms of your feet against each other and let your knees fall out to the sides. You can put a pillow under your knees if this feels too strenuous.

Corpse Pose: Lie on the ground on your back with legs straight, arms by sides, and palms facing up. Breathe slowly, focusing on your inhales and exhales.



Fit Kids of SWOK

fitkidsofswok@gmail.com

Chairman: Dr. Ben Cooper,
cooperb@ccmhonline.com

Facilitator: Taylor Thompson,
taylort@health.ok.gov

We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

March Monthly Meeting

March 22nd 12pm-1pm
CCMH, Oakwood Conference Rooms 1&2

March Events

- 2-1 3 Mile Thursday
- 2-15 3rd Thursday 3 Mile
- Sat: Family Friendly Hikes 9am
- Wildflower Walks 10am
- Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

Everyone knows someone who uses tobacco. Maybe you want them to give up the habit, but you stay silent because too often the topic is met with resistance, defiance or worse. If they aren't ready yet, how do you help someone stop smoking or dipping? What can you say or do to steer them toward a tobacco-free life?

First of all, no one likes a guilt trip. But in matters of life or death, you naturally want to express your love and your concern for their well-being, so they can be around as long as possible. You could start by telling them that when they quit, time is literally on their side. Even within just a few

minutes of quitting, their body starts to recover. Within days, normal body functions start to return. Within a couple of years, cancer and stroke risks fall to those of a nonsmoker.

3 MONTHS AFTER QUITTING → GET 1 YEAR BACK

5 MONTHS AFTER QUITTING → GET 2 YEARS BACK

8 MONTHS AFTER QUITTING → GET 3 YEARS BACK

13 MONTHS AFTER QUITTING → GET 4 YEARS BACK

...AND SO ON

Even more amazingly, quitting can actually add years to their life. A study

done by the New England Journal of Medicine shows that tobacco users die 10 years earlier than those who are tobacco free. The earlier they quit, the more extra years they can rack up.

Best of all, if they quit before they turn 35, they can avoid premature death caused by tobacco use entirely.

Ask them to think about what they could do with those extra years. Mention things like celebrating more birthdays, holidays with family, meeting grandkids or even great grandkids.