

# WELLNESS FOR LIFE



## FEBRUARY 2020 BUSINESS BUZZ

### Winter Depression

It's that time of the year when the weather decides to make things difficult on our lives. It is a lot darker and a lot colder during this time. People may feel tired and isolated due to being indoors more often. Here are some examples to help you with your depression:

1. Talk to a doctor, your EAP (Employee Assistance Program), a therapist, a friend, family or someone you can trust.
2. Get out of the house more and stay active. Be physically active, visit the Y, go somewhere you've never been or travel.

### Flexibility

Flexibility is a huge part of being physically active. It gives you the ability to keep proper posture and joint motion! With poor flexibility comes a lot of problems such as low back pain, joint pain and all around increased risk for injury for daily activities. Here are some ways to help you maintain or gain flexibility. Exercise and stretching is key. Always warm up before working out. Dynamic Stretching- the movement of muscles to increase blood flow and loosening up muscle fibers for better performance during your workout. Example-lunges, arm hugs, shoulder and hip circles.

Static Stretching- holding a stretch beyond the normal limit for a few seconds or even minutes which is more effective after exercise and will prevent soreness and maintain flexibility. Example- hurdler stretch, right arm across body stretch, and any other tension on muscles stretch. Roll out your muscles with a foam roller as well to help with soreness and staying flexible.

### Importance of Breakfast

Breakfast is a huge part of the diet as it helps start off your day by giving you the fuel that you need for your daily activities, work, and exercise. With the right food for your breakfast, you can gain your essential vitamins, minerals, and other nutrients for a healthy body and life. A healthy breakfast consists of a variety of foods that range from carbohydrates for energy, protein for muscle coordination, and fiber for healthy digestion.

1. Carbohydrates- oats, fruit and yogurts.
2. Proteins- eggs, lean meats and peanut butter.
3. Fibers- wheat bran, oatmeal, whole grains breads and avocados.

## FEBRUARY EVENTS

Saturday February 8th  
Cupid Splash  
11:00 AM-1:00 PM

Monday February 10th  
No 4 year old PRESCHOOL  
3 year old make up day

Wednesday February 12th and Thursday the 13th  
2:30 Dismissal PRE-12

Friday February 14th  
NO SCHOOL PRE K-12

Sunday February 16th  
Sectional Swim meet  
7:00 AM-5:00 PM

Monday February 17th and Tuesday February 18th  
NO SCHOOL PRE-12

Friday February 21st  
MS Dance  
8:00 PM-10:00 PM

Saturday February 22nd  
Kids Night Out

Sunday February 29th  
Y Dance Company Tigerettes Spring Showcase