



The Wellness Watch

promoting healthy lifestyles

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5 Ways to Avoid the Back-to-School Plague

The CDC reports that elementary school kids will get 8-12 colds or flu each school year. That's nothing to sneeze at. Schools are a playground for germs. Where are the germs lurking? You may be surprised to find out it's not the bathrooms. Those get cleaned. The number one most germiest spot in a school is a drinking fountain. What can you do to protect your children and your family? Use these guidelines to train kids to protect themselves against germs:

1. Let the water run a little bit before taking a drink out of a drinking fountain, and be sure not to put your mouth directly on the fountain. Or, better yet bring a water bottle and keep it to yourself.
2. Kids need their rest. Children need 10-11 hours of sleep each night. Without enough sleep their immune system dips and they're more likely to get sick.
3. Exercise. Aim for 60 minutes of play time a day, even on cold days. Remember to bundle up and dress for the weather—just don't let it keep kids indoors.
4. Eat right too for the fight. To boost your child's immune system and fight cold and flu season, make sure to offer plenty of vitamin C. Juice is not the best source due to high concentrations of sugar. The best way to get enough C is to eat a wide range of fruits and vegetables.
5. Wash for 20 seconds. Hand sanitizers are popular, but nothing works as well as washing with soap and water. Teach kids to sing "Happy Birthday" twice while scrubbing all surfaces of their hands and wrists before rinsing.

Are you Sabotaging Your Workout?

Check in on these 5 ways people often undermine their own efforts to stay fit:

1. Do you warm up? Not warming up sets you up for muscle tears or other injuries which is likely to set you back while you recover.
2. Are you eating enough? If you're not taking in the nutrients necessary to respond to your training the body breaks down muscle as fuel.
3. Are you texting during workouts? Texting is likely to result in longer breaks, allowing your metabolism to return to a resting state and reduce the amount of impact you can get out of your workout.
4. Are you training opposing muscle groups? For example, do you do quads and hamstrings? Biceps and triceps? For instance, follow a bench press with a row. If you're not training opposing muscle groups, you put yourself at risk for imbalances which can lead to overuse injuries.

Tech Corner

Drugs.com



When you need reliable information about a certain medication, all you need to do is check your phone! For the ultimate guide in everything medication-related, check out the Drugs.com app. It's free!

Ratings: 4.5 out of 5 for iPhone and Android.

15 Healthy Snacks for Kids

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
3. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
4. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
5. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges too!
7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
8. Apple Pie Oatmeal: Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
9. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
10. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
11. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
12. Sprinkle grated Parmesan cheese on hot popcorn.
13. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
14. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
15. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.



Source: American Academy of Nutrition and Dietetics

Featured Book for Young Readers Ages 10 and Up

***The New York Times* bestseller that's changing America's diet is now perfect for younger readers.**

"What's for dinner?" seemed like a simple question—until journalist and supermarket detective Michael Pollan delved behind the scenes. From fast food and big organic to small farms, and old-fashioned hunting and gathering, this young readers' adaptation of Pollan's famous food-chain exploration encourages kids to consider the personal and global health implications of their food choices.

In a smart, compelling format with updated facts, plenty of photos, graphs, and visuals, as well as a new afterword and back matter, *The Omnivore's Dilemma* serves up a bold message to the generation that needs it most: It's time to take charge of our national eating habits—and it starts with you!

