



Wellness Matters



SUMMIT ESC's WELLNESS PROGRAM

Energize, Socialize, Come Alive!

First Quarter 2021 Focus- Getting Healthy

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Healthy Eating

What is a healthy diet?

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood. Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for

every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. See the links below for more information.

[The Fundamentals of Healthy Eating](#)

[How to Enjoy Healthy Eating](#)

[Setting Yourself Up for Success](#)

[Tips for Healthy Eating Without Dieting](#)

*adapted from helpguide.org



Exercise

Why exercise?

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability. Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you.

Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

Exercise can be fun ... and social!

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family. Check out the links below for more information!

*adapted from mayoclinic.org

[Fitness 101](#)

[Tips for Beginners](#)

[Big Tree Fitness Introductory Workout](#)

Passion Will Spark Your Resolutions, Not Pressure

(Elaine Smookler, *Mindful Magazine*)

7 steps to fueling your New Year's resolutions with intention and compassion, instead of nagging.

[Read More](#)



Podcast Playlist: Transform Your New Year's Resolutions Into Habits

(Clare Schneider, *NPR*)

NPR's Life Kit provides a playlist of podcasts that can help you stick to your New Year's

resolutions.

[Read More](#)

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"Moving forward, even slowly, puts your goals within reach."

(Harvard Gazette, Health & Medicine, 2018)



You asked and we delivered!
The Summit Educational Service Center's Wellness Committee Presents....



Who? Any ESC employee who wishes to participate

When? January 19, 2021- March 19, 2021

Where? Virtually

How does it work?

- Sign up by submitting the \$30 buy-in (due January 19, 2021)
- Send initial picture of scale on January 19, 2021
- Send picture of scale each Friday through March 19, 2021
- Weight loss measured in percentage of body weight lost (not number of pounds)
- Top 3 winners split the prize jackpot (1st place-60%, second-place-30%, 3rd place-10%)



The Fine Print

- We are depending upon the HONOR SYSTEM for this challenge since it will be conducted virtually as we do our best to stay safe and healthy during the pandemic.
- Pictures will be sent to our school nurse, Kathleen Colesi, and strict confidentiality will be kept.
(schooln@summitesc.org)
- Payment **must be received** by January 19, 2021 and can be made by cash or check (made to Tracie Collins or Kathleen Colesi). They can be dropped off during business hours or mailed to the ESC:

420 Washington Ave.
Cuyahoga Falls, OH 44221
Attn: Tracie Collins



A New Yoga Class!

Make time to do something healthy for yourself. Join our very own Kristy Lantz as she leads Yoga class. Click [here](#) to access the new video.
Click [here](#) to access all of her videos.

Samantha Robles, School Psychologist at Field Local Schools, is the winner of the prize drawing for the Summit Metro Parks Hiking Spree Challenge!

CONGRATULATIONS!



Calling All Cooks!

We need your healthy recipes! The Summit ESC

Wellness Committee is compiling a Digital Healthy Cookbook filled with **YOUR** favorite healthy recipes. If you would like to contribute, please email your recipe(s) to [Feliesha Wheeler](#) or [Kim Meeker](#).



Everyone who enters a recipe will be entered into a prize drawing!

The cookbook will be launched on Wednesday, April 7, 2021 in celebration of World Health Day. Keep an eye on your email for the link!

[Helpful Websites for Healthy Recipes](#)

- [Forks Over Knives](#)
- [Eating Well](#)
- [Joyful Healthy Eats](#)
- [Real food Real Deals](#)
- [Eating Richly \(kid friendly!\)](#)
- [Cooking Light](#)
- [Delish](#)
- [All Recipes](#)



If you have a favorite recipe website, please share it [here](#).