

HEALTHY ENSEMBLE

In this issue: Basic Tips for a Healthier Life



What you'll find in this newsletter is short-but-sweet: tips for a healthier, happier, ensemble!

I will send one out twice per school year for students, staff, and families! Feedback graciously accepted and invited!

Email me with questions, concerns, feedback:

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MEAL PLANNING:

Many athletes and fitness enthusiasts dedicate a portion of their Sundays to planning out (purchasing/preparing/packing) their healthy lunches and dinners for the upcoming week. This is smart. Might take some time on the weekend, but saves oodles of it during the week when many of us are busiest! If you've already bought, cooked, and organized into containers, then you'll easily pack up your snacks and lunch for your day on-the-go which will prevent you from getting hungry and binging. It'll save you cash because you won't buy lunch out, and most importantly, you'll eat the healthy one you brought and avoid unhealthy impulses. There is less worry at dinnertime as well, and healthier choices are made all the way around. Consider starting this as a your new ritual. It is a secret to success.



Make a colorful palette of a plate!!

Varied, deep, colors on your plate (think the orange in sweet potatoes, the red in tomatoes, the yellow in peppers, dark leafy, greens) each hold different health benefits. So think about painting your plate with lots of colors for optimum health!

YOUR KITCHEN!

When getting home from the grocery store, the majority of your foods, if buying healthy choices, are going to be filling your refrigerator (milks, yogurts, greens, etc) and on your counter tops (ripening fruits and veggies). Very little will go into your cabinets unless you are baking something special that week. Go give yours a look. Other than nuts, etc, most things that are in your cabinets are processed foods high in fat, carbs, and chemicals for preservation.

WHERE DO YOU PARK YOUR CAR?

Where do you park your car when working, or going to the mall, to a movie, and so on? You know the drill - park it far and hoof it. For TAPA employees, if you park in the garage - park on the highest floor **and take the stairs!**



OK here's an even bigger challenge! You're parking on the roof!? AND, hopefully, you've packed your lunch!? Leave it in the car (in a small cooler to keep it cold) and walk out to get it at lunchtime....using the stairs of course! This will double your steps!

EXERCISE TIDBIT!

Even though it's recommended to get a good 30 minutes of cardio 5



days per week (that is, exercise that makes you sweaty and gets your heart pumping faster) - if this is too difficult for you to fit into some of your days, it is OK to get 10 minutes at 3 different times of the day, so this could be on the way to school, on your lunch break, after work - whatever works for you. It adds up!

SUN SAFETY!



This is Bob. Bob doesn't use sunscreen. Don't be like Bob. Remember to buy a new bottle of #30 or higher for this reason. Reapply as according to directions. And always after swimming or sweating. Sunglasses as well! Skin is the largest organ in the body - protect it!

VARIOUS DIETS:

People hear and get confused by a lot of different names of diets these days. The word "diet" for many, indicates a weight loss diet, when really a diet is just a person's chosen way of eating. Some have allergies, ethical preferences, personal tastes, and health goals that motivate them to eat the way they do. It is wise to try and understand different ways of life and eating in order to help support others in their choices. Some definitions of just a few, at a glance -

Vegetarian - excludes meat as well as fish, and meat by-products.

Pescetarian - excludes meat, but fish and seafood is OK.

Lacto-ovo vegetarian - no meats but eggs and milk products are OK. (some eat eggs and no milk, some eat milk and no eggs)

Vegan - absolutely no meat products whatsoever, strictly avoids any food that contains even a trace of meat or fish by-product, including honey.

Gluten-free - A diet which avoids the protein, gluten, which is found in barley, rye and wheat.

Paleo - "Caveman" die - if you couldn't hunt or gather it, a paleo-eater wouldn't eat it: includes meats, fish, nuts, leafy greens, regional veggies, and seeds.



PET PAGE



Many of our families include pets and are a major source of our happiness, and in turn, our health. Keeping them healthy is not only best for their comfort, but also for ours, as well as our wallets! Don't forget prevention going into the summer. 3 tips ahead:

1. Don't make them wait in the car. It can take minutes - yes, MINUTES - for a pet to develop heat stroke and suffocate in a car. Most people don't realize how hot it gets in parked cars. On a 78 degree day, for instance, temperatures in a car can reach 90 degrees in the shade and top 160 degrees if parked directly in the sun. Do them a favor and leave them at home if you have errands to run.

2. Exercise them early in the mornings when it's coolest, and stay on top of their water bowls, as they suddenly start to go through more than you're used to in cooler months.

3. Flea and tick prevention are important all year round, but be sure to check them daily and remove a tick or treat fleas as necessary. Stay vigilant, you'll both be happy that you did!