



HEALTH ROCKS!

Slippery Rock Wellness News

Nutrition

SPECIAL POINTS OF INTEREST:

Nutrition Education

Social and Emotional Wellness

Physical Activity

Nurses Corner

Ahhhh-Chew!!!

Cold and flu season is almost upon us! One of the best ways to fight against the sniffles is to eat your way to a healthy immune system. By consuming foods that are high in Vitamin C, Zinc, and antioxidants, you help to protect yourself against viruses and infections. Boosting your intake of blueberries, citrus fruits, nuts, salmon, yogurt and brightly colored vegetables will enhance your body's natural defense mechanism so you can power your way through the season.

Simple Ways to Enjoy a Nutrient Boost

Use thinly sliced vegetables in a wrap with hummus

Keep fresh fruit on the counter so it's "in sight, in mind"

Choose grilled salmon with a sprinkle of chopped walnuts on top

Top pizza with vegetables instead of extra cheese and pepperoni

Combine Greek yogurt and frozen fruit for a quick smoothie (you can hide frozen broccoli in it too!)

Swap out a baked potato for a baked sweet potato

Don't forget to hydrate throughout the day

For more ideas visit www.fruitsandveggiesmorematters.org

Amy S. Raabe MS RDN LDN

Physical Activity

GREEN (OR WHITE) EXERCISE

It is no secret that physical activity can reduce our risk of many diseases, strengthen our bones and muscles, help with weight management and even improve our mental health. However, did you know that when we get our daily physical activity outside, the benefits of physical activity and being in nature have a synergistic effect?

Green exercise, exercise in natural environments, provides both physical and psychological health benefits. When exercising outside we have an opportunity to use muscle groups we may not typically use during inside exercise. We also receive a vitamin D boost along with a reduction in stress levels. Even as little as five minutes of green exercise can boost self-esteem and mood!

As the weather turns cooler and our green spaces turn to white, do not let that keep you from receiving the benefits of 'green exercise.' Snowboarding, skiing, snowshoeing and hiking are just a few ways to be active outdoors in the winter. You can find more outdoor activity ideas as well as tips for staying safe by visiting WebMD.com (10 Ways to Burn Calories Outdoors This Winter/Exercise Safely When It's Frightful Outside)

You could also join us for our **4th annual Dashing Through the Rock on December 8th**. Bring the entire family to participate in the morning activities! Visit the district's wellness website to get more information and register for the event.

World Kindness Day is November 13th
Let's Make EVERYDAY Kindness Day!!!



Do You Know About Our Acts of Kindness ?

Moraine Elementary encourage students to fill out "Hero Hollers" whenever they see another student demonstrate the character trait of the month; however, students will often submit a Hero Holler when someone is kind to them.

At Area, the theme is "Kindness Truly Changes Everything". Each month, each class will pair up with another class from a different grade level and work together to reach out in kindness toward one another and their community at large.

World Kindness Day- Nov. 13th! #RockItWithKindness

Wellness

E-Cigarettes and other Vaping Products

Would you recognize an e-cigarette if you saw it? Not all e-cigarettes look alike, and vaping is easy to hide. Electronic nicotine devices can look like a pen, a computer memory stick, a car key fob or even an asthma inhaler. Instead of inhaling tobacco smoke from a cigarette, e-cigarette users inhale vapor from liquid "e-juice" that has been heated with a battery-powered coil. This is called vaping. The juice is flavored and usually contains nicotine and other chemicals. E-cigarettes are unhealthy and addictive. They're also wildly popular among kids. E-cigarettes are the most commonly used tobacco product among youths. New research estimates that about 3 million adolescents vape.

Here's what you should know about teen vaping trends:

- Kids might use different words to talk about e-cigarettes and vaping.** For example, "Juuling" is a popular word to describe using a brand of e-cigarette. About one in four kids who use e-cigarettes also tries "dripping." Instead of using a mouthpiece to vape, they drip the liquid directly onto a heat coil. This makes the vapor thicker and stronger.
- Kids can order "e-juice" on the internet.** The legal age to buy e-cigarettes is 18 years, but online stores don't always ask for proof of age.
- E-cigarette juices are sold in flavors like fruit, candy, coffee and chocolate.** Most have the addictive ingredient nicotine. The more kids vape, the more hooked they become.
- Kids who vape just once are more likely to try other types of tobacco.** Their developing brains make it easier for them to get hooked, according to a recent study.
- E-cigarettes may not help people quit using tobacco.** Some adults use e-cigarettes when they want to stop smoking tobacco cigarettes. While a recent report found e-cigarettes are "less toxic" than cigarettes, most people who use e-cigarettes do not quit using cigarettes.

Learn more about e-cigarettes and nicotine.

- [Get the Facts Vaping Products](#)
- [E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General](#)
- [Information on Electronic Cigarettes](#) – Centers for Disease Control and Prevention (CDC)

Learn more about how the tobacco and vaping industries target kids.

- [Tobacco Industry Tactics](#)
- Adapted from AAP News (Copyright © 2018 American Academy of Pediatrics)



Upcoming Events

Dec. 8, 2018
Dashing Through the Rock

April 24, 2019
Wellness Across the Spectrum



Resources