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| Health and Wellness Newsletter |
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Ashley Ridge High School



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| Get Fit and Stay Fit, Foxes!In the Community:**Summerville YMCA*** 140 S Cedar St, Summerville, SC

**Pivotal Fitness*** 1645 Old Trolley Rd, Summerville, SC

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Home of the Swamp Foxes!

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| **Exercise Tips:**1. Keep reasonable expectations for yourself.
2. Start out exercising with a friend or create a group.
3. Exercise at the same time of day so working out becomes a part of your everyday life.
4. Choose fun activities to being with and don’t tired yourself out.
5. Sometimes music can help keep you focused while exercising.
6. Don’t get upset if you need to pause, set your own tempo.
7. Wear comfortable shoes and clothing.
8. Try and work exercise into your day (taking the stairs, walking at the mall, etc.)
9. Start off with simple workouts to ease into a routine.
10. Keep a record of your activities and reward yourself when you succeed.
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## Eating Tips:

1. Read the food labels. They provide nutrients that we sometimes overlook.
2. Aim to cook at home more often. You have more control over what you eat at home.
3. Instead of frying foods, try to roast or grill food to keep some of the nutrients in.
4. Plan out one or two weeks of healthy meals for breakfast, lunch and dinner. Take a few minutes over the weekend to go through your favorite healthy recipes and map out your meal plan.
5. Healthy food can be more expensive, so look out for coupons and deals.
6. Buy fresh fruits and vegetables in season.
7. Cook over the weekend and store food if the school week is crazy.
8. Visit the local farmer’s market
9. Just because you’re eating healthy doesn’t mean you can’t eat out. Ask the waiter about better options on the menu.
10. Healthy changes do not happen overnight, so take your time.

# How to Handle the Stress



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| In the CommunitySummerville’s Farmer Market* Summerville opens their farmer’s market every Saturday from March- December. They have great options for fruits and vegetables.

Earth Fare:* 1101 N Main Street, Summerville, SC
* Has a variety of option for great foods
* True natural and organic food
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## Stress is an extremely common thing for all high school students.

1. Find a way to reach daily relaxation.
2. Make sure you are getting enough sleep for the busy week ahead. Your body needs more rest than you think.
3. Talk with your family and friend about what you are feeling.
4. Taking showers at night are better for people who have stress on a regular occasion.
5. Involve yourself in regular physical activity.
6. Try not to worry about things you can’t change.
7. Engage in positive self-talk to boost yourself up.
8. Try doing calming things like drawing reading, etc.
9. If you find yourself stressing out, focus on your breathing or change your focus to something else.
10. Try and give up bad eating habits, you may surprise yourself.