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SIGNS OF A fad diet

Fad diets and pills don't work. You may lose weight quickly, but it's hard to keep it off. This causes a "yo-yo" effect that could harm your health and your confidence.

Beware! Look for these signs of a fad diet:

- Claims of fast, amazing weight loss
- Hard-to-believe testimonials
- Strict rules of avoiding certain foods
- A claim that the diet works for everyone

Talk to your doctor about safe, healthy ways to lose weight.

Source: U.S. Department of Veterans Affairs

Building resilience: *How you can do it*

Life throws unexpected things at everyone. This can be everyday things, like spilling coffee on your shirt before a meeting. Or it can be major things, like a scary health diagnosis or the death of a loved one.

One thing is certain: We can't control many of these challenges. But they don't have to define who you are. You can learn how to deal with them in healthy ways and bounce back. In other words, you learn to be resilient.



WHAT IS RESILIENCE?

Resilience doesn't mean your life will be easy. And it definitely doesn't mean you should pretend everything is great all the time.

To be resilient, you will have to experience some challenges. And when those challenges happen, you learn actions and thoughts that help you rebuild your life.

Being resilient takes practice. It's like learning to play an instrument or building muscles with exercise. The more you do it, the better and easier it gets.

RESILIENCE HAS FOUR MAIN PARTS:

1. Connection
2. Wellness
3. Healthy thinking
4. Meaning



CONNECTION

Put your relationships first. Time with friends or family members helps you mentally and physically. Everyone needs to be alone sometimes, but don't isolate yourself when bad things happen. Use the power of community to get back on your feet. Join a support group or call a friend regularly. And consider using one of the many video chat options if you're avoiding group activities outside of your household.

WELLNESS

Healthy habits will help you be more resilient. Exercise, get enough sleep and eat healthy foods. Try prayer, mindfulness or yoga. These things give your body and mind strength to deal with challenges. Avoid alcohol, drugs or risky behaviors.

HEALTHY THOUGHTS

How you think affects how you feel. Accept that changes happen in life and that some are out of your control. Hope for a better future and find ways to make it better each day. Learn from past mistakes. Accept that worry doesn't help.

MEANING

Help others or volunteer. Acknowledge your feelings during hard times. Then ask yourself what you can do about the problem. When hard things happen, ask yourself how you can grow and become a better person.

How much exercise kids need

Being inactive isn't good for children's health. Kids can have health problems related to being inactive, such as:

- Sleep problems
- Type 2 diabetes
- Excess weight
- High blood cholesterol

HOW MUCH EXERCISE IS ENOUGH?

Preschool children should be active throughout the day. School aged children should get at least one hour of moderate to intense activity every day.

Some exercise is better than none. If your child isn't active now, start with a few minutes of exercise each day. Gradually increase the time and intensity of their exercise as they get more fit.

WHAT IS 'MODERATE TO INTENSE ACTIVITY' FOR CHILDREN?

When your child is doing moderate to intense activity, their heartbeat will speed up. They will breathe much harder than normal.

This type of activity can be walking or biking at a brisk pace. It can also be more intense, like jumping on a trampoline or swimming. Whatever your child likes to do, encourage them to do it every day!

KNOW THE TYPES OF EXERCISE

Exercise doesn't have to be the same thing all the time. Try to encourage your child to do all three types throughout each week:

Aerobic exercise

Anything that speeds up your child's heart rate. It can include:

- Brisk walking
- Bike riding
- Swimming
- Running
- Dancing
- Playing games that require running and throwing

Muscle-strengthening exercise

These exercises build up muscles, which is important for lifelong fitness. Examples include:

- Climbing
- Push-ups
- Lunges
- Yoga
- Resistance bands
- Hand-held weights

Bone-strengthening

This puts pressure on bones. Pressure from exercise helps the bones rebuild and stay strong. Exercises include:

- Jumping
- Running
- Skipping
- Sports that require running and stopping, like basketball or soccer

Source: Centers for Disease Control and Prevention



Use breathing to lower stress

What do you do to relax? Many people sit down with their smartphones or in front of a TV. But these things may not actually help you de-stress. They could make you even more stressed, especially if you're watching the news or social media.

To fight stress, you need to engage the body's ability to relax. Your body has a natural way to decrease heart rate, blood pressure and muscle tension. This helps you cope with stress in healthy ways. It can decrease anxiety, too. And it only involves slow, deep breathing and some focus.



TIME TO BREATHE

Take a few minutes each day to do this exercise. You may find it makes a huge difference in your stress levels!

- Lie down or sit in a comfortable chair.
- Close your eyes and put one hand on your belly.
- Think about your breathing. Is it fast or slow? Does your hand move up and down when you breathe in and out?
- Slowly bring more air into your lungs. Allow your belly to inflate like a balloon as you breathe in.
- Let the air out gently, letting your belly flatten back down.

Do this for about five minutes to start. Then, increase to 10 minutes or more as you can. Try to do it every day. You're worth the few minutes it takes to release stress and feel better.

Source: U.S. Department of Veterans Affairs