



Wellness Newsletter

— from the school nurse

January is National Staying Healthy Month

Let's start the new year right by embracing a healthier lifestyle. This includes being physically active, maintaining a healthy diet, and taking care of your mental health. Think about what healthier choices can you make this year and make it happen.

Here are a few tips to get you started.

- Read. Read. Read. Reading is a great stress reliever. Reading can reduce cortisol and other unhealthy stress hormone levels.
- Laugh more. Laughter increases blood flow and oxygen intake which keep our heart and muscles energized.
- Drink more water. Water increases energy and relieves fatigue.
- Reduce sitting and sleeping. Yes, these are important but in moderation. Challenge yourself to move more this year.
- Get outdoors. Breathing in fresh air can boost your mood, provide greater clarity to the brain, reduce airborne toxins from the body, and improve the function of every cell in your body.

The secret of change is to focus all of your energy, not on fighting the old, but on building the new.

-Socrates

Make it Happen!

Many people start out the New Year by setting resolutions. Unfortunately, many struggle with seeing those resolutions through. Successful change starts by making clear, specific goals, and then coming up with steps to achieve them.

Helpful tips to achieve your goal.

- Write out your goals and an action plan. List daily, weekly, and monthly goals and/or steps.
- Start a journal to document your journey. Have the first entry be your reason why.
- Create incentives as you reach mini goals.
- Tell others what your goals are. When others know your goals, it can hold you accountable.

Monthly Tip

— boost —

Try to eat 3 vegetables each day.

When snacking on raw vegetables replace dips with mustard which has no calories.

monthly Recipe



RANCH PORK CHOPS WITH GARLIC GREEN BEANS

Serves 4

- 4 boneless pork chops
- 1 tablespoon olive oil
- 1 tablespoon ranch dressing powder
- 1 tablespoon chopped parsley
- salt and pepper to taste
- 1 package green beans
- 1 garlic clove
- 1 tbsp butter
- cooked rice if desired

Preheat a grill (or indoor grill pan) over medium high heat. Drizzle the olive oil over both sides of the pork chops and sprinkle the ranch powder and salt and pepper over the meat.

Grill for 6-8 minutes on each side or until pork is just slightly pink in the middle. Sprinkle with parsley and serve.

While the pork chops are cooking, steam green beans in microwave. Chop garlic clove. Toss hot steamed green beans with butter and garlic. Season with salt and pepper.

Heat rice in microwave.

Serve pork chops with rice and green beans.