

Wellness at West

Unity West Elementary School

"A tooth fell out, and left a space .
So big my tongue could touch my
face. And every time I smile, I show
A space where something used to
grow. I miss my tooth as you can
guess, but then I have to brush one
less"

- Author Unknown

February is Dental Health Month

For more information visit the
Champagin County Public Health
Department Website at:
www.cuphd.org/dentalhealth.html

Wellness Team Members

Janet Nelson, Principal
Josh Didier, Assistant Principal

Susanne Gateley, Parent and
School Nurse

Carol Meeker, Head Cook
Jessica Brown, Fifth Grade Teacher

Kristy Duncan, PE Teacher
Tracy Gunderson, Speech Teacher

Sue Payne, Certified Occupational
Therapy Aide
Nikki Hillier, Program Coordinator
Division of Health Promotion

Call 485-3918 or e-mail
nelsonj@unity.k12.il.us,
if you are interested in serving on
the Wellness Team.

Fitness 101 for Adults and Children

Being a part of the fitness industry for more than a decade, I have been asked one question more than any other, "What do I need to do to lose weight?" Well, there's good news and bad news. The good news is there is something you can do to improve your health and most likely lose those extra pounds. The bad news is there is no magical formula that works for every single person out there. This is not an excuse to lose hope; there are some basic exercise principles that if you follow, you will notice a difference in your health and body:

1. Identify the difference between exercise and physical activity.

Physical activity can include anything from gardening, cleaning your house, or taking the stairs instead of the elevator. Physical activity is vitally important. A sedentary lifestyle alone can be a leading cause to a plethora of health issues. You

need to get your body up and moving on a regular basis. This; however, should not be confused with actual exercise. When you do cardiovascular exercise you increase your heart rate and keep it elevated for an extended period of time, perhaps 20 minutes or longer. This forces your heart and lungs to work harder, which takes more energy and allows you to use up stored energy most often in the form of fat.

2. Variety.

Avoiding a monotonous workout is step one. Cross-training, or doing a mixture of cardiovascular and resistance exercises is key. Cardio helps use up fat stores, while resistance training improves bone density, and builds muscle tissue. Muscle tissue "eats" up more calories than fatty tissue. This means your body burns more calories throughout the day whether you're sitting, talking, or working at the computer.

3. Output needs to exceed input.

In order to reduce weight, the energy going out needs to surpass the energy coming in. Simply put, eat less and move more. Also, make sure that what you eat is packed full of nutrients and fiber. Albeit, a diet soda may not have excess calories, it has no health benefit either.

4. Don't be afraid to enjoy it!

Find a way to have fun with your workouts, whether it's finding an exercise buddy or joining a group fitness class. The more you enjoy it, the more likely you are to stick with it, and you need to stick with it to see results!

Article by 5th Grade Teacher
Ms. Brown. Any comments or
questions may be sent to:
brownje@unity.k12.il.us

A Tidbit from the Kitchen

At Unity West Elementary School, we are always looking for ways to improve the quality of our lunch program. We have made certain changes like using low-fat cheeses and low-fat dressings, wheat flour in breads and cookies, making corn-dogs with turkey meat, and offering more fresh fruits and vegetables. Our school lunch program meets

state guidelines for nutrition. These guidelines require that we serve 12 breads a week, 2 servings of fruit or vegetables a day, and 1 serving of protein a day.

Along with trying to add healthier components to our school lunch program, we also have to take into consideration the amount of time

we have to serve, (1.5 hours) and the number of students we have to serve (around 340 a day). Due to these constraints, we have to offer some pre-packaged foods. We will continue to work on improving the quality of our lunch program.

If you have suggestions, please contact Mrs. Nelson at 485-3918.



Fitness Classes

Unity West Elementary School invites parents to join our staff at our strength training classes on the south-side of the gymnasium on Mondays and Thursdays from 3:30-4:00 p.m. Class is instructed by our very own 5th grade teacher, Ms. Brown, for a \$1.50 suggested donation. Ms. Brown has a very extensive fitness background that includes certification through AFAA, a degree in kinesiology, and experience in personal training at Gold's Gym, Mettler

Community Update

Center, and the Refinery. Bring hand weights and an exercise mat or towel.

If you have questions please call Unity West at 485-3918 or e-mail Ms. Brown at: brownje@unity.k12.il.us

Open Invitation

Unity West Elementary School is opening its doors to the community to use its hallways for walking from 3:00-4:00 Monday-Friday. We know that the cold winter months can make it hard to get exercise outside so we are opening our hallways to walking. If you are interested in using the hallways at Unity West, simply check in at the front office. Sign-in as a visitor, and get a visitor tag to wear in school. Come one and come all!

Upcoming Events

In our PE classes we will be doing *Jump Rope for Heart* for our Kindergarten - 3rd grade and *Hoops for Heart* for our 4th - 5th grades. The event will be held February 21st - 22nd.

Lucky Tray Day will be kicking off on January 30th. This is an incentive program that Unity West is working with the Champaign Public Health Department to promote healthy eating.

6 Stay-Healthy Foods

1. **Tomato Juice** - It's rich in vitamin C, which may help ward off or reduce the severity of colds and can inactivate histamine, the substance that makes your nose run. Tomato juice also has beta-carotene, which bumps up production of infection-fighting cells.
2. **Sunflower Seeds** - A quarter-cup has almost a full daily dose of vitamin E, an antioxidant that can help fight colds and respiratory infections, and keep certain immune system cells strong.
3. **Garlic** - This herb revs up the activity of two key immune system cells, the natural killer and T-helper cells.
4. **Yogurt** - Some research shows that yogurt kicks up production of gamma interferon, a compound that your body makes to stop viruses from reproducing.
5. **Steak** - Lean beef is an excellent source of zinc, a nutrient essential for making disease-fighting white blood cells.
6. **Tuna** - It contains omega-3 fatty acids, which increase the activity of white blood cells and reduce inflammation.

Information gathered from the December 4, 2007 edition of Health magazine.

Wellness Library



We now have a Wellness Library in the Main Office at Unity West. We encourage students, parents, and community members to stop by to check out materials. Although the selection is small in size, it does offer a variety of books on the following topics:

⇒ Cookbooks - with healthy recipes, including Jessica

Seinfeld's new cookbook, Deceptively Delicious

⇒ Diet Books

⇒ Health Magazines

Materials may be checked out for two weeks.

Colds and Flu by the #'s

- 200+ cold viruses exist
- 3-8 colds: The number of colds the average child will get a year
- 5 minutes: Length of time germs can live on hands
- 1-2 days: How long cold germs can live on hard surfaces, such as a doorknob or a pen