

Hello again and welcome back to the SHS Wellness Column!

It's that time of year....you can see it people's eyes...the stress of the holidays is slowly creeping up and you feel like it's about to pounce on you, go to attack and take over your life! Maybe you are still cool as a cucumber and you have already put in place strategies to stay sane through it all but if you haven't, let this be a friendly, loving reminder.

We have previously discussed how our lives depend on the function of the IMMUNE SYSTEM and we have touched on some of the vital behaviors that will facilitate this and make us stronger;

We have discussed MOVEMENT and how daily exercise in some form not only charges our brain and make us feel better over all but also helps enhance blood flow and lymph flow which helps with the detox process of our body. It also helps to reduce inflammation and oxygenate our tissues. All this helps reduce STRESS in our body

We talked about HYDRATION and how drinking adequate amounts of water can improve your resistance tremendously and keep your energy high.

Another way to get stronger and feel better is to get adequate SLEEP each night. It's when we sleep that we repair damaged cells and remember that your children's bones grow almost exclusively while sleeping at night. They need enough hours to develop normally and you do too!

We also discussed the life suppressing effect SUGAR has on our immune system and how this substance should be kept at a minimum in our diet. Sugar lowers our resistance to infection in countless ways and is an addictive substance to boot!

With the upcoming month of high demand and increased stress it is vital to stick to as many good habits as possible in order to mitigate the stress and stay strong. Here are some vital behaviors that will help you feel better and heal better throughout the holidays;

- Keep your water bottle filled and with you at all times and sip on it throughout the day. Remember the rule of best practice; drink $\frac{1}{2}$ your body weight in ounces each day for ultimate performance. Make it a challenge in your family and see who does the best job each day. You'll be surprised how much better you feel (and heal) committing to this habit and your kids will too!
- If you can't make it to the gym each day, commit to a power walk for 15-30 min each day. Walk at a good clip until you are huffing and puffing and get your heart rate up. Through in some pushups and lunges to build strength and endurance.
- Look at a typical day and commit to cutting your sugar intake by 50 %. Get your taste buds used to less sugar by cutting down on the sweetener in your coffee, reduce sugary

snacks and can the soda (regular and diet)! Sugar is everywhere so learn to read labels. To cut down on sugar cravings, add protein and health fats and as many veggies as you can manage.

- Commit to 8 hours of sleep/ night. This may not be realistic each night but make it your goal. You heal when you sleep, reset your hormones and rest your brain for the next day's demands. If you are trying to lose weight and/or maintain a healthy weight, you will not be able to unless you get adequate sleep.

This is all a review of previously covered topics but so important that it needs to be said again and again. If you just focus on these four, you and your family will improve your health and wellbeing tremendously. As a result you will be stronger, feel less stress and be happier all away around. This is particularly crucial this time of year as the demands on us increase.

“WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE THEN IS NOT AN ACT BUT A HABIT”

Have a very Happy and Healthy Thanksgiving everyone and Gobble, Gobble (all your vegetables)!!!!

In health,

The Wellness Committee