



Wellness Program Newsletter

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Step into Healthy Habits this Fall!

As the weather changes and there is less daylight, things such as colds, stomach viruses and the flu can arise. But, you CAN stay healthy with these fall tips to keep you feeling your best as you say ‘so long’ to summer!

Health and Wellbeing tips for the Fall Season

- **Get enough vitamin D.** As the days become shorter, natural light can lead to a lack of vitamin D. Try to get outside in the sunlight for 15 minutes per day to get your fill. Research is showing that getting sunlight on our larger surface areas (legs, back, stomach) proves more effective than just our arms or face.
- **Take a brisk walk.** If you tend to be really active in summer months, the cooler fall temps might keep you indoors more. Schedule a couple of quick walks throughout the day (a morning break and at lunchtime, for example) to get fresh air and a bit of exercise. *Aim for at least 2k – 3k steps each time.*
- **Stay hydrated.** Believe it or not, feeling chilly can dehydrate you much like sweating on a hot day can, as your body works hard to stay warm. Track your water intake to be sure you get enough water. ***Hydration Challenge Folks! – You started a healthy habit, keep it up!***
- **Check your calorie intake.** As we naturally stay indoors more, it’s easy to become less active. When we are less active, we need fewer calories. Comfort food is synonymous with cooler temps, yet these dishes can often pack in more calories. Evaluate your input and your output to stay on top of your weight and maintain healthy balance. *You can contact our Nutritionist, Lauren Hogan, at no charge to help formulate a healthy eating plan that’s right for you. **Book here!***
- **Be vigilant about handwashing.** This is a tried-and-true health habit to keep all year round.
- **Schedule any check-ups that you may have missed over the summer.** Staying on top of your wellness visits, as well as any vaccines you might need, is key to staying healthy. *More on Immunizations in our **Good Mental Health** Section below.*

Fall weather doesn’t need to mean you have to accept getting sick. While you might get a cold or a bug, keeping your immune system strong can help you fight it off and make sure your symptoms are minor.

Eating For Your Health

-By Lauren Hogan, RDN



Back to School: Lunch Packing Tips & Tricks



- What foods to pack in lunch boxes
- Information about packing food safely
- How to increase your kiddos' appetite appeal for eating
- How this information can apply to you and your packed work lunches

[Click Here to Read More](#)

If you're looking for free Nutritional support, Lauren is here to help! Contact [me](#) to get started!



Weighing In on Backpack Safety!

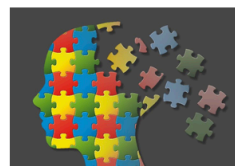
From the BaySport Team

Back to school is here, and one of the most important physical decisions you and your child will make is the selection of a backpack. This tip shares information on why it is so important to choose a backpack that fits correctly and tips on how to help you make the decision.

Check out [this BaySport blog](#) that shares how to choose the right backpack and tips how to help make the decision.

YOUR GOOD MENTAL HEALTH SPACE

"Promise me you'll always remember: you're braver than you believe, and stronger than you seem, and smarter than you think." - Christopher Robin



Healthy Coping Skills to Handle Peer Pressure

DID YOU KNOW?

85% of highschoolers have felt peer pressure. 75% of adolescents have tried alcohol due to peer pressure. 28% of those who gave in to peer pressure did it to improve their social status. 70% of teen smokers began because of peer pressure.

KAISER: You can play an important role by helping the kids in your life (your own children, nieces, nephews, grandchildren) – learn to make good choices when they're being influenced. [Click here to learn more!](#)

UHC: Check out this informative 20-minute recording that focuses on how you can [support Adolescent Mental Health](#).

Additional Resources from Mental Health America

For You:

- [Protecting Your Child Online](#)
- [Help Youth Avoid Social Comparison](#)

For Your Kiddos:

- [Why Compare Myself to Others Online](#)
 - [Find Healthy Online Communities](#)
 - [Do's of Social Media](#)
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