

# In Top Form!

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body!



## APRIL IS STRESS AWARENESS MONTH



### TOP 10 STRESS BUSTERS:

1. SMILE
2. EXERCISE
3. GET ENOUGH REST AND SLEEP
4. POSITIVE THINKING
5. REACH OUT TO OTHERS
6. ACHIEVE A GOOD WORK-LIFE BALANCE
7. RELAXATION
8. EAT A HEALTHY DIET
9. HUGGING
10. SEEK PROFESSIONAL HELP IF NEEDED

For the 16th consecutive year, April has been designated

**"Stress Awareness Month"**. During this thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic. Sponsored by The Health Resource Network, a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society. In addition to sponsoring Stress Awareness Month, the organization also sponsors National Stress Awareness Day, held every April 16—the day after income taxes are due!



## April 21-27 TV-Turnoff Week

**Wean the Screen!** Cut down on daily screen time and replace TV and computer time with active time. **Try these ideas:**

- Replace video games with active games or brisk walks with the whole family.
- Move to a music CD, an exercise video, or a dance tape.
- Have a contest with your kids; see who can do the most jumping jacks during a commercial break.
- Take activity breaks while watching TV or when using the computer. Do abdominal exercises, pedal an exercise bike, or lift hand weights.



## Did You Know?

Physical activity is not only good for your child's body—it's also good for his or her state of mind. Research shows that active kids have higher self-esteem, lower anxiety, and less stress. Plus, they behave better in class, concentrate more, and retain more information. These are all reasons to encourage your youngster to get up to an hour of activity a day. For tips and resources to help children 8 to 13 years old maintain a healthy weight, visit <http://wecan.nhlbi.nih.gov> or call 1-866-35We Can.



## EARTH DAY

In 1970 twenty million people celebrated the first "Earth Day". Since then we've made remarkable progress in protecting human health and safeguarding the natural environment, however we still need to educate our children and our communities to make an impact. There are simple ways to inform children and others about Earth Day, such as: How to recycle, planting trees, conserving energy, reuse items for other needs such as packing materials or grocery bags for crafts, shopping wisely to save resources, and cleaning up to beautify your town. For more information, ideas, and activities visit <http://holidays.kaboose.com/earthday-activities.html> on the web. **EVERY SINGLE EFFORT MAKES A DIFFERENCE!**

Even small changes made by our children help keep the World **cleaner** and **greener**.

