



WIC BIZ

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You know you need physical activity to stay healthy. But did you know it can help you feel better right away?

Physical activity can;

Improve Sleep

Reduce Stress

Help you Focus

Boost your Brain

How much physical activity do we need?

Adults should try to get 150 minutes a week (about 21 minutes a day) of moderate to intense activity (anything that gets your heart beating faster). At least 2 times a week do activities that make your muscles work harder than usual.

Anything that gets you moving counts. It could be walking the dog, shoveling snow, or dancing.

Kids between 6-17 need at least an hour a day. It doesn't need to be all at once, it can be spread out throughout the day.

Kids glued to the TV? Find exercises they can do during commercial breaks.

Preschoolers: Adults should encourage kids this age to have at least a couple hours of active play daily. Active play throughout the day improves growth and development at this age.

One Small Thing Can Change a Lot!

Even small changes in how you eat and how much physical activity you get can make a big difference over time. If you don't have enough time to commit to the physical activity times recommended, make an effort to move more and sit less during the day.

Instead of a new year resolution, try making weekly resolutions. They are easier to keep.

Source: <https://health.gov/paguidelines/second-edition/>

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HEALTHY MOM, HEALTHY FAMILY

If you are a mom, dad, or caretaker, your life probably revolves around your children. It is a 24/7 job with no weekends off or sick days. You take care of them. You make sure they are safe, healthy, and eating right but do you do the same for yourself? How do you stay healthy and happy while taking care of others? Listed below are a few tips to keep you healthy, too!

√**Eat Right**– Have healthy food available and ready to eat. For example, cut up vegetables and have them in little baggies in the fridge for a quick snack with hummus or dip. Limit the amount of junk food in the house. It is tempting to go for junk food when you are hungry and in a rush.

√**Be active** – It's so important for both your mental and physical healthy. Be active with the kids or on your own. Getting outside is great but if it is not possible you can check sites like YouTube for free workout videos.

√**De-stress**– Take time to laugh, breathe, and unwind. Watch videos that make you laugh. Play music that makes your happy. Make time to talk to family or friends. Stretch your muscles or try meditating.

Meditation

Monday

**Free Class by
NAMI at
Plattsburgh
Library (2nd
floor) on
Monday's at 2
PM.**



This stretch can help relieve tension in the head, neck and shoulders that can occur from breastfeeding and carrying a new baby.

Separate your feet hips width distance apart and fold your stomach over your legs. Soften your knees. Interlace your hands at your lower back lift the arms and wrap your hands over your head toward the floor in front of you. If you cannot easily interlace your hands, grab a towel between your hands. Take deep breaths in and out.

Did you know?

Recent research has shown that being physically active during your pregnancy can decrease the risk of postpartum depression. Discuss with your OBGYN first to see what is safe for you.

<https://health.gov/paguidelines/second-edition/10things/>