

CROSSROADS TO HEALTH

"Beloved, I hope you are prospering in every respect and are in good health,
just as your soul is prospering." 3 John 1:2

Back to School for Grown-Ups

Although adults typically think of the New Year as beginning on January first, students also recognize late August/early September as the season for starting over.

You may not be headed back to school, but the end of summer still offers many opportunities for hitting the reset button on healthy habits.

Consider some of these "back to school" activities as ways to focus on a healthier you!

Buy a notebook.

Spiral bound notebooks go on sale for as low as 10 cents during this time of year. Perfect time to start a food journal to record what you eat, or an exercise journal to help you see small steps yielding big results.

Consider compiling a notebook of your favorite recipes as a gift for someone special this Christmas.

Has your doctor suggested you keep tabs on your blood sugar or blood pressure? Recording those numbers in a notebook will help you and your doctor discover patterns that can help you to make positive changes.

Notebooks can also be used for your spiritual health. Record a few prayer requests each day, and see how often God remembers to answer them even when you've forgotten the request. Don't forget to add in a few thank yous for His faithfulness.

Treat yourself to a new lunchbox.

Picking out a new lunchbox is one of the most exciting decisions a young student gets to make! Will it be Pokemon, this year? Or a sports hero? Or your favorite princess? Lunch boxes aren't just for kids, though.

If you eat lunch at work, considering packing a few days a week. It will save you money and allow you to make healthier choices.

Do you live alone and have trouble inspiring yourself to cook and eat? At dinnertime, pack an extra portion for tomorrow's lunch. Enjoy your meal on the front porch, or outdoors with a friend

on a day with nice weather. If you picnic near the church, stop by the Adoration chapel and thank Jesus for another day.

Trying to watch your weight? Measuring portions into small containers makes it easier to make healthy food decisions when you are stressed or short on time. You can even store your snacks for the day in a lunchbox, ensuring that you have the correct portion size and that no one eats your favorites before you get to them.

Schedule a physical.

You may not need a physical to participate in team sports any more, but it's still a good idea to check in annually with your doctor. Your physician can help you assess changes in your body and set goals for the year ahead.

Don't forget to ask about a **flu shot!** The parish is making that extra easy, this year. You can get your flu shot at the Parish Health Fair on September 11th. Be sure to pre-register so that your insurance company will cover the cost.

Rethink your bedtime.

Getting enough sleep isn't only important for doing well at school. Not getting enough sleep is linked to increased risk of obesity, heart disease, kidney disease, high blood pressure, diabetes and stroke. You can read more about it here: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>

Get excited about learning something new.

The Parish Health Fair is on September 10th. In addition to getting a flu shot, and participating in screenings, you'll have a chance to gather information about topics related to health, wellness and safety!