



Bee Well

Thomas County Wellness Newsletter - October 2019

Rethink
Your
Drink



Rethink Your Drink Challenge

With our first activity behind us, it's time for a new challenge! One of the easiest and healthiest things we can do for our bodies is to keep them properly hydrated. You probably learned that our bodies are made up of mostly water (around 60%) but did you know that cartilage, found in joints and the disks of the spine, contains around 80% water and your blood is more than 90% water. It is no wonder then that long-term [dehydration](#) can reduce the joints' shock-absorbing ability, leading to joint pain, and since blood carries oxygen to different parts of your body, dehydration affects brain function leading to thinking and reasoning problems.

Unfortunately, many of us are not properly hydrated.

A 2013 study by the Centers for Disease Control (CDC) reported the following:

- 7 percent of adults reported no daily consumption of drinking water
- 36 percent of adults reported drinking 1-3 cups of drinking water a day
- 35 percent of adults reported drinking 4-7 cups of drinking water a day
- 22 percent of adults reported drinking 8 cups or more a day ([CDC study](#))

In kids, the numbers are even worse. From 2005-2010, U.S. youth drank an average of 15 ounces of water while U.S. adults drank an average of 39 ounces of water on a given day. And adolescents who drink less water tended to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, eat more fast food, and get less physical activity.

So how does all that tie into our next challenge?

From October 21st to November 15th, we will “Rethink Your Drink” and focus on consuming more water each day, as well as choosing healthier drink options. You will:

- Receive weekly emails with tips and strategies for selecting healthier beverages
- Challenge yourself to focus on properly hydrating your body
- Get motivated to cut down on empty calorie drinks full of sugar

Be on the lookout for more information after Fall Break!

Rest & Recover

Speaking of Fall Break (it is next week in case you were not sure!), this is the perfect opportunity to rest and recover from the frantic pace that each new school year brings.

Rest is so important to your overall health and wellbeing, although it is often overlooked. We live in a world centered in productivity, efficiency, and high energy lifestyles. While there is absolutely nothing wrong with any of those things - they are the goals of most educators - it is essential that we take time to rest. Having a well-rested body will keep your mind clear and focused. It will also keep your body feeling good and benefit your overall health. Want to know more about the health benefits of rest, check out these [12 reasons](#) to enjoy your time off...and I hope we all come back saying #12! Happy Fall Break!



Flu Shot = ½ Day Off

While the peak of the flu season usually occurs from December to February, cases of the flu have already been reported this fall and some experts are warning that the 2019-2020 flu



season could be more severe than last year's. The best way to protect yourself, your family, and your kids is to receive the flu vaccination. The Thomas County Health Department will be visiting our school throughout the month to administer vaccines, and all employees who receive the vaccine earn a ½ day off. While it takes about two weeks for the vaccine to take effect, doctors warn that it is better late than never. If you missed the flu clinic at your school, you can still get one (and

earn your ½ day!) through many of the pharmacies here in town. And if you need a reminder of how to evade the flu virus in your school and classroom, check out this poster on the [germiest](#) places to avoid!

Monthly Observances

This October, Thomas County Schools is proud to participate in National Breast Cancer Awareness Month. Our October 25th home football game against Harris County will be a **PINK OUT!** Breast cancer is one of the most common kinds of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.





October 23-31 is Red Ribbon Week and the theme this year is “Send a Message, Stay Drug Free”. There are many great activities that can be incorporated into the school day including the chance to name next year’s [theme](#) and win \$500 worth of Red Ribbon merchandise for next year or win \$1000 and an iPad for your school in the Red Ribbon Photo [Contest](#).

Holiday Trimmings at the YMCA...With the holiday season upon us, many people find it hard to control their weight with all the tempting treats around us. To help avoid the weight gain associated with this time of the year, the Y will be hosting its annual Holiday Trimmings. Participants will weigh in weekly starting with the Friday after Halloween (Nov. 1st) and will continue to track their weight through weekly weigh-ins until after Christmas. Participants who either maintain their weight or lose weight will win a long sleeve T-shirt. This is open to both Y members and non-members, however, non-members will need to pay for their T-shirt. More details to come as we get closer!

Wellness Warrior

Do you ever wonder if small changes add up or if you can really make those big changes, the ones that result in life-altering transformation? If you need a little inspiration to start a healthy habit (or two) or to keep pushing through, then look no further than Thomas County’s own Kristen Holland, our Wellness Warrior this month.

Why did you want to change?

When I started I was at my heaviest weight. I hated the way I looked in the mirror. I was so negative all the time, and really depressed. The moment I decided to make the change was a day I will never forget. I had gone to the doctor because I couldn’t get the panic attacks under control, and the depression was real. I stepped on the scale, like always, and when the weight popped up and read 180, I crumbled. I cried right there. That poor nurse didn’t know what to do. That was the moment I knew something needed to change. I remember thinking, “I am the only parent my kids have, they need a mom who is happy, who’s healthy, who wants to spend time with them.” Because if I am being honest, I was none of those things. I left the doctors and when I got home I got on facebook to contact a friend of mine who I had seen posting about these at home workouts. I signed up that day (May, 9 2018) with Beachbody and haven’t looked back since.



How long did it take to see results?

The first program I ever did was Shift Shop. It was a 3 week program. By the end of the 3 weeks I noticed a HUGE change! My clothes no longer fit and it was the first time I had seen results since high school. I stepped on the scale and was 30 lbs lighter. I made it a point to not weigh myself until the very last day of the program. I didn't want to be fixated on the number the scale read.

What piece of advice do you have for people who think I am too far gone, I can't do this?

I am going to be honest. To the ones who think they're too far gone, who think they can't get into shape, or who think I'm too old for that, is all a load of crap. You are NEVER too far gone, and age is just a number!

There's always a way to make a healthy lifestyle change. It's not an all or nothing adventure either. Start with a small attainable goal and once you reach that one, set another and so forth.

Another piece of advice I would give someone is to not deprive yourself. You can have your cake and eat it too. Don't think for one second that I deprive myself. I still eat pizza and hot wings every Wednesday. If I want Oreos, I eat them. I'm not saying that you can eat it every day and see results but you can still have them in moderation.



Excuses may be easy to use but they won't make success easier. Don't underestimate the strength you have. It only takes one step forward; only then will you see that you have the power to do anything you set your mind to.

What is the best part about your new, healthy lifestyle?

I think the best part about my new healthy lifestyle is the community that comes with Beachbody. I have a tribe of people that range from Alaska to Florida and everywhere in between. It's a support system that I needed, and I make it a point to show up for them daily to be who they need. I absolutely love being a wellness coach! Being able to be apart of others journeys, and to see their transformation first hand is something I can't describe. My hope is to continue to inspire others, even if it's just one person, to make a healthy change in their lives. I know the impact it has had on me and I want to continue to spread the impact to others.

How did your physical transformation affect the rest of your overall health and wellbeing?

The physical transformation and losing 56 lbs was just icing on the cake. My whole life has changed for the better. I have confidence, energy, and a positive outlook on life. I no longer take anxiety/depression medicine, and I have friends who have become family that I would've never met if it weren't for me saying yes to this amazing at home workout system.

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