

# PREVENTION CORNER

September 2020 | Vol.2

The second issue of our Prevention Newsletter explores various aspects of health and wellness in honor of National Childhood Obesity Awareness Month. What does it mean to be good to your body? Your first thought might be eating fruits and vegetables or exercising. Although these activities are very important, there are other goals you can set to support your health and wellness. As we discussed last month, setting goals allows you to reach for the stars. There are many qualities of health and wellness that can affect your overall health. When you set healthy goals, you are envisioning a positive future for yourself. You can start by making today a great day!

*"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."*

*- John F. Kennedy*

Our Prevention Team highlights National Childhood Obesity Awareness Month by sharing tips on how children can make healthy choices, and why it is important for our overall physical and mental health. Visit the Prevention Talks link which can be found in the location and contact info section on page two of the newsletter.



## Lunch Time!

Make sure your lunch \_\_\_\_\_ is filled with  
(**container**)  
nutritious \_\_\_\_\_ food. Do not go to  
(**adjective**)  
the \_\_\_\_\_ food stand across the street from  
(**adjective**)  
the school. The hamburgers they serve are fried  
in \_\_\_\_\_ and are made of \_\_\_\_\_ meat.  
(**noun**) (animal)  
So take a sandwich made of \_\_\_\_\_ or  
(**vegetable**)  
\_\_\_\_\_ it's much healthier! Drink \_\_\_\_\_  
(**vegetable**) (color)  
milk instead of \_\_\_\_\_ colas.  
(**adjective**)

## Healthy Choices

For the month of September, we review ways you can be good to your body, including eating healthy, exercising, and getting enough sleep. By applying the goal setting steps discussed last month, you can identify personal goals in the areas of health and fitness, and as a result create positive effects on your academic success, as well as improve the quality of your social relationships.

### Inside this issue:

- You and Health
- Prevention Talks Series
- Upcoming Events



# BE GOOD TO YOUR BODY

Eating fruits and vegetables and participating physical activity outside are some great ways to be keep your body healthy. Getting enough sleep every night is also very important. While you sleep, your brain recharges and grows, allowing you to learn better the next day at school. Completing homework and listening to the teacher is another healthy choice that you can make. Brushing your teeth everyday and wearing a seatbelt while in the car with your family are both ways you can take care of your body. What is another way you can be good to your body? Not using alcohol, tobacco or drugs. Your brain does not stop developing until you are 25! When you use substances, your brain can stop growing, making it hard to learn new things. Setting healthy goals for yourself can help you do better in school, make your body big and strong, and help you make positive connections with your friends and family. The 95210 guidelines to the right are an easy way to remember goals you should try to meet every day for you to be a healthier you. Get started today!

## 95210 Let's Go!

- 9 hours of sleep
- 5 servings of fruits and vegetables
- 2 hours or less of limited screen time
- 1 hour of physical activity
- 0 sugary beverages and drugs/alcohol



## Upcoming Events

### Parenting Classes:

Parenting Teens: Begins October 15, 2020

Parenting Today: Begins October 20, 2020

*\*Classes are offered weekly for six consecutive weeks on Zoom.*

"I found the Parenting Teens class very helpful. The curriculum provided information in a clear and concise manner that helped me better understand my parenting style and things I can do as a parent to set clear, reasonable expectations, role model, relate and communicate with my children. The presenters did a great job highlighting important aspects of the material and the handouts were very helpful."

-Tonya, participating parent

## LOCATION & CONTACT INFO



Horseshoe Drive Satellite Services | Prevention Services

2806 South Horseshoe Drive, Naples, FL 34104

239.263.4013

Parenting Classes: To register - visit [davidlawrencecenter.org/parentingprograms](https://davidlawrencecenter.org/parentingprograms)

Prevention Talks: <https://davidlawrencecenter.org/prevention-talks/>

Stand Up: <https://davidlawrencecenter.org/stand-up/>

