



MSAD #1 Wellness News April 2009



Wellness Programs

Massage Therapy

Where: PIHS Health Services Office
Contact Amanda Blade, LMT, at 939-5430
Contact Danielle Soucy, LMT, at 314-0810

Personal Fitness Trainer

Contact Marie Waddell, Certified Fitness Trainer
Phone: 227-3610 or 764-8120
Email: marie.waddell@sad1.org

Fitness Center

Mon.-Fri. 5:00-7:30 AM
2:45-7:00 PM
Saturday 7:00-10:00 AM
Sunday Closed
Vacations 7:00-10:00 AM
Holidays Closed

Move and Improve 2009

Wildcat Challenge!

We are pleased to announce the results of our 10-week challenge!

55 staff participated and 656 pounds were lost!

Wildcat Challenge II has 83 Participants!

Move and Improve 2009!

Over 90 staff have registered for Move and Improve 2009!

Week 3 winners are:

Sheila Nemer	\$50.00
Sue Richards	navy blue backpack
Renee Eager	shoulder bag
Bill Guerrette	royal blue backpack
Paula Dyer	pen and coin/key pouch
Laurie Berry	mini backpack

Prescription Drug Abuse – On the Rise!

Every day, 2500 kids age 12-17 try a painkiller for the first time.

Prescription drugs are the drugs of choice for 12 and 13 year olds.

Teens abuse prescription drugs more than any illicit street drug except marijuana.

What you can do:

- ✓ *Safeguard* all drugs at home. Monitor quantities and control access.
- ✓ *Set clear rules* for teens about all drug use and always follow the medical provider's advice and dosages.
- ✓ *Be a good role model* by following the same rules with your own medicines.
- ✓ *Properly conceal and dispose* of old or unused medicines.
- ✓ *Ask friends and family* to safeguard their prescription drugs as well.

www.theantidrug.com

It's Time for a Great American Screen Wean!

Adopting and maintaining a physically active lifestyle can be challenging. An obstacle to being more physically active is the amount of sedentary time spent in front of a screen – television, computer, video games, DVDs, etc.

The 2005 Dietary Guidelines for Americans recommend that children participate in at least 60 minutes of physical activity a day. Excessive time in front of a screen is cutting into time for physical activity. Health experts warn that excessive sedentary behavior disrupts one's energy balance, making it easier to gain weight.

On average each day, 8-18-year-olds spend:

- Almost 4 hours watching TV, DVDs, and prerecorded shows
- Just over 1 hour on a computer
- About 50 minutes playing video games

Among 8-18-year-olds:

- 2/3rds have TVs in their bedrooms
- 2/3rds own video game players
- 1/3 have computers in their bedrooms

Children and teens with TVs in their rooms spend 1 ½ hours or more a day watching TV than their peers without TVs in their rooms.

Parents and caregivers must set the example for children by their participation in regular physical activity, as well by setting expectations for screen time.

Among 8-18-year-olds:

- 53% said their parents do not have rules about TV watching
- 46% said they do have rules, but only 20% said the rules are regularly enforced

Children for whom TV rules are enforced report 2 hours less daily media exposure than those children without supervision.

Health experts recommend no more than 2 hours screen time per day that is not school-related, such as watching documentaries, researching or typing a paper. It is very important that parents and caregivers discuss screen time with their children and set a daily allowance of time.

Follow these simple tips:

- Remove the TV from your child's bedroom
- Sign a family agreement to restrict screen time to 2 hours or less per day
- Encourage each family member to keep a screen time log
- Allow each family member to choose ways to be physically active together

Jennifer Kerr, MS, RD

For more information on National TV Turnoff Week check out the following websites!

www.turnoffyourtv.com

www.tvturnoff.com

www.screentime.org

www.cmch.tv

Wellness Committee

Erin Argraves, Lori Bates, Brian Cronin, Holly Johnson, Sheila Nemer, Deb Raymond, Marie Waddell, Mary White.