



MSAD #1 Wellness Newsletter Winter 2010



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

Zumba Fitness

Monday and Wednesday – 3:30-4:30 PM
Pine Street Elementary School
Ends March 31, 2010
Contact: Holly Johnson for more information

Wildcat Challenge III

Ends March 31, 2010

Move and Improve 2010

Register now online at: www.moveandimprove.org
Program dates: February 28, 2010 – May 22, 2010
Contact: Holly Johnson for more information

NOTE: MSAD #1 Wellness information can be found by clicking on the “Wellness News” icon on the First Class Desktop.

Ways To Wellness!

Plan For Health... Start the new year off right. Resolve to boost your well-being by making wise choices to benefit your body and mind. Plan meals and snacks that have good nutrition as a key ingredient. Schedule physical activity and relaxation into your routine, and have health tests as recommended. Even small lifestyle changes can add up to a big difference.

Cherish Your Heart

Treat your heart to trim your risk for heart disease and add to overall wellness. Foods low in sodium, cholesterol, trans fats and saturated fat are the heart-smart way to go. Get on track with aerobic exercise, such as brisk walking or swimming, for at least 30 minutes five or more days a week. Strive to shed any extra pounds and if you smoke, commit to quit.

Wellness Committee Members

Erin Argraves, Monica Bearden, Brian Cronin, Sheila Nemer, Deb Raymond, Marie Waddell, Mary White, and Holly Johnson

10 Winter Skin Care Tips

The cold clear days of winter bring more than just a rosy glow to the cheeks. For many people, they also bring uncomfortable dryness to the skin of the face, hands, and feet. For some, the problem is worse than just a general tight, dry feeling. They get skin so dry it results in flaking, cracking, even eczema.

1. **Seek a Specialist.** Going to an esthetician or dermatologist even once is a good investment. They can analyze skin type, troubleshoot current skin care regimen and give advice on the skin care products you should be using.
 2. **Moisturize More.** As weather conditions change, so should your skin care routine. Find an “ointment” moisturizer that is oil-based, rather than water-based. The oil will create a protective layer on the skin that retains more moisture than a cream or lotion. Choose oils with care. Nonclogging oils are appropriate for the face.
 3. **Slather on the Sunscreen.** Winter sun combined with snow glare can still damage skin.
 4. **Give Your Hands a Hand.** The skin on your hands is thinner than on most parts of the body and has fewer oil glands, making it harder to keep hands moist. Wear gloves when going outside.
 5. **Avoid Wet Gloves and Socks.** Wet socks and gloves can irritate skin and cause itching, cracking, sores, or even a flare-up of eczema.
 6. **Hook Up the Humidifier.** Humidifiers get more moisture in the air, which helps prevent skin from drying out.
 7. **Hydrate for Your Health, Not for Your Skin.** It’s a myth that drinking water helps your skin stay young looking. Water is good for overall health and the skin of someone who is severely dehydrated will benefit from fluids. The average person’s skin does not reflect the amount of water being drunk.
 8. **Grease Up Your Feet.** During the winter feet need stronger stuff than in the summer. Try lotions that contain petroleum jelly or glycerine. Use exfoliants to get the dead skin off periodically. This helps moisturizers sink in faster and deeper.
 9. **Pace the Peels.** If your facial skin is uncomfortably dry, avoid using harsh peels, masks and alcohol-based toners or astringents, all of which can strip vital oil from your skin. Use a cleansing milk or mild foaming cleanser, a toner with no alcohol, and masks that are “deeply hydrating” rather than clay-based, which tends to draw moisture out of the face. And use them a little less often.
 10. **Ban Superhot Baths.** The intense heat of a hot shower or bath breaks down the lipid barriers in the skin, which can lead to a loss of moisture. Warm water is better and staying in it a shorter amount of time. Adding oatmeal or baking soda to a lukewarm bath can help relieve skin that is so dry it has become itchy. Reapplying moisturizer periodically can help.
- If the above techniques do not help, see a dermatologist. A prescription lotion or different treatment may be needed.

www.webmd.com

Attitude

Every day shines when we let our positive attitude show through!