For the Brain

May was Mental Health Awareness Month. This month reminds us to take extra time to focus on mental health. Physical activity and a healthy diet can positively impact mental health.

Here are tips on how to build a healthy routine that is right for you:

- Consider including a nutritious diet, exercise, and strategies for good sleep in your healthy routine. Your routine should follow what works for you.
- **Start small:** Pick one thing each week to work on. It could be adding something positive or cutting out an unhealthy habit.
- **Plan ahead:** When life gets hectic, you may be tempted to skip out on your routine. Prepping ahead of time can help set you up for success.
- **Don’t worry if you miss a day!**

For the Body

Physical activity is beneficial for the body and the brain. Staying active can increase energy levels, relieve stress, and improve your mood.

Here are tips if you are adding physical activity to your routine:

- **Build up slowly:** add one 15-minute workout into your week and gradually increase the number of days per week and minutes per workout.
- **Warm up first:** start by stretching to loosen up and help prevent injuries.
- **Split it up:** if you can't fit in a 30 minute workout, split it into shorter sessions throughout the day.
- **Get the whole family moving!**
In the Kitchen

Eating healthy food provides fuel for the brain and the body. Maintaining a healthy diet may also relieve stress. Help your kids build healthy eating habits at a young age to last a lifetime!

Follow this link to visit Good Food Good Move and find recipes and food activities to do with your kids! https://goodfoodgoodmove.yourtexasbenefits.com

Just for Fun!

Good feelings can boost your ability to combat stress, solve problems, think clearly, and even fight disease.

Dedicate some time to having fun with your family and get spirits up.

Follow this link to access online food games for your kids to have fun and learn more: http://www.nourishinteractive.com/kids

Follow this link to watch a video about the benefits of dancing, then have a dance party with the whole family! https://bit.ly/2M3Aj07

Here are tips on how to make eating healthy a part of your routine:

- **Snack smart:** Keeping healthy snacks—like nuts and fruits—on hand can prevent you from reaching for sugary treats when hungry.
- **Focus on breakfast:** Starting the day with a healthy breakfast will get your energy up and your mind focused.
- **Vary your fruits & veggies:** Eat a rainbow of fresh produce to get all the vitamins and minerals your body needs.
- **Find what works for your family:** Start with ingredients your family enjoys and cook meals that incorporate one or two new ingredients at a time.

It's not too late to fill out the 2020 Census online! Go HERE to complete it: https://my2020census.gov/  
*Remember— all responses are confidential and private.*

**Virtual Walk With Friends**

Join our virtual walking group every Monday, Wednesday (in English) & Friday (in Spanish)!

Follow this link to learn more and register to join us!  

**VIRTUAL WALK**

every Monday at 9:30am  every Wednesday at 12pm (PST)

**VIRTUAL WALK IN SPANISH**

every Friday at 12pm (PST)

For more information and resources, please visit www.healthedcouncil.org

The Health Education Council is a nonprofit organization that cultivates health and well-being in underserved communities by leveraging the power of collaboration. Funded by the USDA, SNAP, an equal opportunity provider and employer.