



# FAMILY NEWSLETTER

The Health Education Council wants to provide your family with some information to help you remain happy and healthy while staying home.

## This Issue's Features:

**For the Body, For the Brain,  
In the Kitchen, Just for Fun!**

## For the Body

The **Immune System** is a part of the body that keeps us healthy and helps us get better when we are sick. Staying physically active is an important way to keep this system as strong as possible.



Follow this link to learn how to build your own circuit workout at home:

- <https://bit.ly/AHA-en-circuit-workout>

**More information about maintaining regular physical activity:**

- **Try to find 30 minutes each day to set aside for any kind of exercise.**
- This can include a variety of cardio exercises done at home such as:
  - doing chores actively
  - working in the garden
  - stretching
  - going for a bike ride or walk
- Try out some simple exercises to continue strengthening muscle while working out at home.

## For the Brain

Improving mental health can also boost the Immune System. Keeping stress under control can help prevent the body from getting sick more often and heal more quickly when we are sick. There are healthy habits you can try daily to relax.

Follow this link to learn how to combat stress with daily habits:

- <https://bit.ly/AHA-healthy-habits>



**Here are tips to reduce stress:**

- **Get enough sleep:** Adults need 7-9 hours each night to restore the body and brain. Try to set and keep specific bedtimes and wake-up times and stick to a consistent schedule as much as possible.
- **Get enough exercise:** Regular physical activity can improve quality of life and relieve stress. You may notice a "feel good" sensation after your workout and see an improvement in overall well-being over time.
- **Take short breaks during the day to breathe, stretch, or take a walk.**

# In the Kitchen

Eating healthy food provides the necessary **nutrients** that our bodies need to work properly. These include all the different **vitamins** and **minerals** that are necessary to keep our Immune System strong.

Follow this link to learn more about building a healthy diet:

- <https://bit.ly/AHA-clean-eating>.



# Just for Fun!

Taking time each day to relax and unwind is a helpful way to relieve stress over time. Even laughter can be an effective tool against stress.

**Set aside time daily to do activities you or your family enjoys.**

Follow this link to find outdoor activity ideas to try at home!

[https://bit.ly/Activity\\_walk](https://bit.ly/Activity_walk)



Follow this link to watch a video and learn about gratitude meditation and practice with your kids!

<https://bit.ly/gratitude-vid>

**More information about nutrients, vitamins, and minerals:**

- **Proteins:** All foods made from meat, poultry, beans and peas, eggs, nuts, and seeds are considered protein foods. Our bodies need protein for muscles to remain strong.
- **Grains:** Bread, pasta, oatmeal, cereal, and tortillas are examples of grain foods. Grain foods provide our bodies the energy they need every day.
- **Vitamins and minerals** are important nutrients and together they help the body remain healthy. Vitamin C helps the Immune System stay strong, and is found in foods like: peppers, berries, broccoli, tomatoes, and strawberries.

 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 at noon every Wednesday

(in English) & Friday (in Spanish)!

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

<https://healthdcouncil.org/mindful/virtual-walk-with-friends-group.html>

  
**VIRTUAL WALK**  
every wednesday at 12pm

**VIRTUAL WALK IN SPANISH**  
every friday at 12pm

Join us on the Zoom app!

For more information and resources, please visit [www.healthdcouncil.org](http://www.healthdcouncil.org)