



NEWSLETTER

Whole School. Whole Child.

Whole Community.

#01 | January | 2020

Family Fitness

Working-out in the Winter

In New Jersey it gets frosty during the 90 days of winter. 24 days of winter are weekends, 10 are planned holiday closings, and then there are usually an additional 5 weather delays or closings! The chilly temperatures, wet weather, and long holiday breaks often lead to a very sedentary winter for most families.

Though it is tougher to move in the winter we know the physical, mental, and emotional benefits of moving makes it all worth it. Kids who are regularly active have stronger muscles and bones, are less at risk of becoming overweight, and have lower chances of getting type 2 diabetes, high blood pressure, and high cholesterol. Besides the physical health benefits active kids sleep better and are better equipped to handle physical and emotional challenges!



Children (5-12 yrs)

60 MINUTES of moderate to vigorous daily physical activity.



Young People (13-17 yrs)

60 MINUTES of moderate to vigorous daily physical activity.



Adults (18-64 yrs)

2.5 to 5 HOURS of moderate physical activity OR 1.25 to 2.5 HOURS of vigorous physical activity weekly.

*Physical activity recommendations from the American Heart Association

Consider the following to warm up & get active!

Sledding: Check out the best local snow [sledding](#) hills in NJ.

Visit a Roller Rink or Trampoline Park: Get everyone moving and laughing by trying out one of these indoor activities.

Snow Tubing, Skiing & Snowboarding: Visit [Mountain Creek](#) for 167 skiable acres and over 1,00 vertical feet across 4 interconnected peaks.

Yoga, Mini Workouts & Zumba: Hop online or visit [GoNoodle](#)'s free app. to get moving with short interactive activities.

Play in the Snow: Bundle up and head outdoors to make a snowman, ice forts, have a snowball fight or make snow angels.

Hiking: Find the best places and parks to hike in NJ with the interactive trail finder at [nynjtc.org](#).





Good Night, Sleep Tight

Tips for a better night's sleep for the whole family.

Schedule Meals Early

Try to schedule your families meal between 3 to 4 hours before it is time to go to bed. This would be your last meal of the day and would give your body plenty of time to digest before you sleep.

Create a Bedtime Routine for the Whole Family

A soothing routine can help all calm down and fall asleep easier. During wind down time electronics should be put away as the blue wave keeps us awake by telling the brain to wake up and focus on the screen. Parts of a soothing routine might include yoga, reading or listening to an audio book, and emotionally checking in with each other.

Make Bedrooms Comfortable and Cool

Kids and adult sleep best when the temperature is between 59 and 63 degrees and the room has good air flow. Limiting distracting lights also aids in getting a good nights sleep!



As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Julianna](#), [Ashley](#), or [Ally](#) for assistance. We would love to hear from you!

*"Goodnight stars, goodnight air,
goodnight noises everywhere."*

Margaret Wise Brown



WholeLife NJ App

Check out our ["WholeLife NJ"](#) App- your perfect healthy living, one stop shop application providing you resources in the areas of active living, healthy meals, important health topics and parenting tips and tools presented to you on one user-friendly platform! This app is updated weekly with videos, articles, and interactive tools hand selected by The Center for Prevention and Counseling, EmpowerSomerset and AtlantiCare under the New Jersey Department of Health Whole School, Whole Community, Whole Child Initiative to ensure current and useful information right at your fingertips!

