

AUGUST 2023

WELLNESS MATTERS

NATIONAL WELLNESS MONTH



BACK TO SCHOOL WELLNESS

Back to School Healthy Ways to Stay Fit



Eat Breakfast

You may be rushed in the morning, but breakfast helps increase your concentration, energy, and test grades.



Stay Active

Make sure to get at least 60 minutes of physical activity a day to help maintain a healthy weight.



Get Outside

Limit screen time to no more than 2 hours a day to help lower anxiety, attention problems, and risk of obesity.



Drink Water

Drinking water, instead of sugary drinks, helps almost every part of the body work at its maximum ability.



IMPORTANCE OF HYDRATION

If a person becomes dehydrated and cannot sweat enough to cool his or her body, the body's internal temperature may rise to dangerously high levels causing heat exhaustion or heat stroke.

Signs of Dehydration:

- o Headache
- o Nausea
- o Feeling weak and dizzy
- o Tiredness
- o Dry mouth, lips & eyes
- o Feeling confused
- o Muscle cramps



**Hydration is vital to health and wellness.
To prevent dehydration and low levels of electrolytes,
stay hydrated!**

The Roles of ELECTROLYTES



CALCIUM

helps with muscle contractions, nerve signaling, blood clotting, cell division, and forming/maintaining bones and teeth

POTASSIUM

keeps blood pressure levels stable, regulates heart contractions, helps with muscle functions

MAGNESIUM

needed for muscle contractions, proper heart rhythms, nerve functioning, bone-building and strength, reducing anxiety, digestion, and keeping a stable protein-fluid balance

SODIUM

helps maintain fluid balance, needed for muscle contractions, and helps with nerve signaling

CHLORIDE

maintains fluid balance

An electrolyte imbalance is diagnosed when you either have a value higher or lower than the normal ranges below:

CALCIUM 5-5.5 MEQ/L

CHLORIDE 97-107 MEQ/L

POTASSIUM 5-5.3 MEQ/L

MAGNESIUM 1.5-2.5 MEQ/L

SODIUM 136-145 MEQ/L