# YOU'RE GETTING WARM.

One of the best ways to avoid getting hurt – playing a sport, in gym class, running, or working out – is to stretch out really good first and start off slowly before you go all out. Why? A good warm up literally "gets the blood flowing"! When you're sitting, very little blood flows to your muscles. After 10 minutes of active stretching, blood flow to the muscles increases dramatically, muscle temperature goes up, and more oxygen is available to your muscles. The result? Less risk of injury AND your muscles work more efficiently so you perform better, too!

## the big number

# 5

Five minutes is the bare minimum amount of time for an effective warm up before exercise. Ten minutes is better.

# EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

## WELLNESS IS A WAY OF LIFE!™

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"YOU'RE GETTING WARM"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### CAULIFLOWER

A diet that regularly includes foods that are rich in sulfur – like broccoli, brussels sprouts, cabbage, onions, garlic, and cauliflower – helps promote healthy connective tissue and increase flexibility! Try using shredded cauliflower instead of rice with a stir fry!

## PLAY HARDER

The most effective stretching routines include both traditional "static" stretching, where you hold a stretch for a period of time, and "dynamic" stretching, which is active, controlled movement like knee raises, leg swings, or lunges.

## LEARN EASIER

Your brain needs a "warm up" to face the day, too! To get your brain ready, make sure to get a good night's sleep, re-hydrate with a glass or two of water after you wake up, and eat a balanced, healthy breakfast. You'll be refreshed, refueled, and ready to focus!

## LIVE HEALTHIER

OK, so you've warmed up and you've exercised, so it's time to sit down, right? Not quite yet! To make sure your effort has the best effect, it's important to cool down properly, too. Just five post-workout minutes of light cardio and stretching can help increase flexibility and range of motion for the next day and beyond!

***Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, the added emphasis on vegetables, fruits, and whole grains on our menus has helped increase the fiber content of our meals.***

***This newsletter is provided as a wellness resource by Rush-Henrietta Food Services Department.***