

Fall 2020

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County

FALL INTO FAMILY FITNESS

Welcome to Healthy Carroll Families for Fall 2020.

Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living. We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials may also be downloaded for free from our website,

HealthyCarroll.org.

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families. We look forward to hearing from you.

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The beautiful autumn days and cool fall air provides plenty of opportunity for your family to pull on some layers and be physically active together outside! With both the temperature change and social distancing, you may have to get creative with your fitness activities this year. See the list below for some fun fall ideas that are sure to get your family up and active!

Raking leaves- If you have a yard with many trees, turn a chore into family fun. Raking leaves is a great cardio exercise and will help you get your steps in. The kids will also love jumping into the piles!

Walks and bike rides- Taking a walk or bike ride around your neighborhood after dinner can be a great way to catch up with your family. It also gets everyone physically active while enjoying the fall sights and smells.

Corn maze- Corn mazes are a fun way to get some exercise with your family. Set aside a few hours one weekend and visit your local maze. You will be able to spend quality time with your family, while also getting your steps in!

Hiking- Hiking provides a great opportunity to enjoy the fall foliage while staying active. If you have younger children, choose a shorter trail and take your time. Have your children look for different plants and animals along the way!

Active TV time- Challenge family members to see who can do the most push-up's, sit-up's, or jumping jacks during commercial breaks. Fall is also a great time to jump on the treadmill and watch TV as you walk!



Source: <https://intermountainhealthcare.org/blogs/topics/live-well/2017/10/8-creative-ways-to-stay-active-with-your-family-this-fall/>

SELF-CARE TIPS!



Fall is associated with back to school time for most families. Stress is heightened with distant learning, and the uncertainties that exist in our world today. It is important to understand that to be able to take care of the people you love; you must first take care of yourself. Self-care is vital to our well-being and allows us to be the best version of ourselves for our family and friends. Follow the self-care tips below, so you can maintain your physical and mental well-being this fall:

- Take fifteen minutes every day for yourself. Try choosing a consistent time each day such as right when you wake up or before you go to bed to do something you find relaxing. This can be anything from reading a book or writing in a journal, to watching silly videos on YouTube.
- Get outside! With the season change comes cool temperatures and beautiful scenery giving you even more incentive to get outdoors. Try taking a walk or even eating dinner outdoors on your porch. Outdoor activities are great for getting some sunshine in and help to reduce the risks for seasonal affective disorder.
- Make small, healthy dietary changes. Set small goals like drinking more water each day, swapping a dessert for fruit, or eating one new vegetable per week. Small dietary changes can add up to help your overall health.
- Make high-quality sleep a priority. Try going to sleep at the same time every night, scale back on device usage at least one hour before bed, and keep your bedroom dark to promote better sleep.
- Try positive reflection. Taking time to reflect on your day is great for your emotional well-being. Try writing down at least one good thing you did or that happened each day.

Source: <https://centerforliving.org/blog/5-best-self-care-tips-this-fall/>

CREATE A PERSONAL SPACE



Space is an invaluable resource. Working from home, taking care of loved ones, and distance learning require spaces previously used for other activities. Creating a personal space for yourself during the day is vital to your well-being and allows you to recharge and reset.

Decide where everyone will be working or learning from home. Setting up a routine with allocated spaces can help with work efficiency and provides less distractions. A well-lit place in your dining room or a corner of your home that could fit a small table, are easy ways to define a space if available. Consider these tips when creating your own “quiet corner”:

- Define your space. Make sure your space matches your needs.
- Name your space. Label it and make sure everyone knows it’s yours!
- Use the sun if possible. Vitamin D helps reduce depression and fight disease. Find a place near a window, or even a bench outside to call your own.
- Don’t feel guilty! Creating space from loved ones allows you to be your best self.

Source: <https://www.healthiergeneration.org/app/resources/471> ; <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Working-and-Learning-from-Home-COVID-19.aspx> ; <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html>

SLEEP AND SCREEN TIME



Sleep plays an extremely important role in our health and wellness. Consistent bedtime routines can help improve concentration, attitude, sharpness, and memory in both children and adults. Now more than ever, there is an unprecedented need for screen time due to distance learning, working remotely and communication. The increase in screen time demands means that it's even more vital that we create a healthy balance between our devices and our well-being.

While it's true that the overuse of devices can negatively impact our daily sleeping patterns, technology can also aid in improving our sleep routines as well. The following list includes tips that The Alliance for a Healthier Generation and the U.S. Soccer Foundation created to encourage both children and adults to find a healthy balance between screen time and bedtime:



- Make time for movement-based screen breaks. Incorporating physical activity into your daily routine helps reduce stress and improves sleep quality.
- Use your phone, tablet, or watches "Bedtime Reminders" and alarm clocks to help you stick to a nightly routine.
- Set daily limits for social media and news. Some of these apps have built in accountability features that will alert you when your time is almost up for the day.
- Replace nightly news and social media scrolling with a meditation app, podcast, or book! Making the easy switch will help reduce stress and create a more peaceful mindset.
- Power down your devices an hour or two before bedtime. Get the whole family on board to improve everyone's sleep quality!
- Set electronic devices away from where you sleep. This will reduce the urge to check your messages or social media when you can't sleep.

Source: <https://www.healthiergeneration.org/articles/strike-a-healthy-balance-between-sleep-screentime?fbclid=IwAR2pwpLfsyxztoJekFgqIpbP72NdJU66H3YF8QyANnfG5w1NYd6qIXHoT5M>

APPLE CINNAMON CRUNCH OVERNIGHT OATS THE PERFECT GRAB-AND-GO MEAL!

Ingredients:

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup milk (or apple cider)
- 1/2 cup diced apple
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 tablespoon granola (for topping)

Cooking Instructions: Add Quaker® Oats to your container of choice, pour in milk, and add in diced apple. Sweeten by topping with honey and cinnamon before refrigerating overnight. Top with granola in the morning. Let steep for at least 8 hours in a refrigerator 40° F or colder. Best to eat within 24 hours. Rise, shine, and enjoy!



Source: <https://www.quakeroats.com/cooking-and-recipes/apple-cinnamon-crunch-overnight-oats>

WALK MARYLAND DAY



Join Us!

Virtual Walk

OCTOBER 7, 2020

"Walk Towards Wellness"



MARYLAND
Department of Health

Co-sponsored by:

Maryland Department of Health
Maryland Department of Aging
University of Maryland Extension
Maryland Department of



The Partnership
for a Healthier Carroll County

Share your photos on social media!
#WalkMarylandDay & #WalkCarroll

WALK CARROLL DAY HALLOWEEN WALK



**BREW A POTION FOR GOOD HEALTH
AND VIRTUALLY WALK WITH US ON**

OCTOBER 31, 2020

Use the hashtag **#WalkCarrollDay** and **#CHExpo2020** and tag us in your pictures on social media.



The Partnership
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 **CARROLL
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CARE BRAVELY