

FALL TOWARD HEALTHY HABITS >>>>

RETURN-TO-SCHOOL HEALTHY CHECKLIST FOR PARENTS

With summer winding down, now's the time to regroup and revisit the healthy routines we need to start the school year off right.



- ✓ Get your children back on a consistent schedule for meals, mornings and bedtime. Turn electronics off one hour before bed and make sure kids get enough sleep.
- ✓ Complete physical or well-child visits, especially if students play sports.
- ✓ Ensure immunizations are up to date.
- ✓ Understand the school's policy regarding medication, including the rules for kids carrying their medications, either prescribed or over-the-counter. Complete any required medication forms.
- ✓ Check, verify and update emergency contact information.



FIVE TIPS FOR A RETURN TO HEALTHY ROUTINES

1

Stay organized
with a day planner
(bonus: use this for
meal planning)

2

Start the day with
a healthy breakfast

3

Pack lunches and
snacks the night
before

4

Pace yourself and
avoid over-scheduling
(plan your downtime)

5

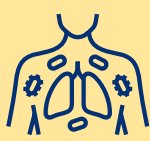
Consistency is
key – don't give up!

PROGRAM ANNOUNCEMENT! COPD is now a qualifying condition for the TakeControl program.

Chronic Obstructive Pulmonary Disease (COPD) refers to lung diseases like emphysema and chronic bronchitis that make it hard to breathe. As COPD gets worse, the shortness of breath can make it harder to remain active. If you have a hard time catching your breath during normal activities, along with any of the other symptoms below, it's important to let your provider know right away.



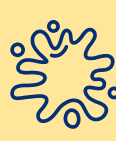
Chronic cough



Frequent respiratory
infections



Fatigue



Excess mucus



Blueness of lips or
fingernail beds



Wheezing

IS PHYSICAL ACTIVITY THE SAME AS EXERCISE? >>>>

What counts as exercise? Physical activity is any bodily movement that contributes to daily energy expenditure whereas exercise is planned, structured, and repetitive movement. Anything that gets you moving counts as physical activity — even active chores, like yard work or vacuuming!

Adults need a mix of physical activity to stay healthy

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least
150 minutes a week



AND

Muscle-strengthening activity
Activities that make your muscles work harder than usual.

at least
2 days a week



If you can't manage 150 minutes this week, do what you can!

Even 5 minutes of activity has real health benefits.

Tips for increasing your activity:

- Talk with your health care provider to determine any barriers or activities you may need to avoid
- Take inventory of the activities you like (running, walking, swimming, dancing, weightlifting, biking, hiking, sports, etc.)
- Assess your current fitness level and where you want to be
- Be realistic and patient with yourself
- Plan ahead to make time for exercise

WHY IS SLEEP SO IMPORTANT? >>>>

Sleep is as important for good health as diet and exercise. Good sleep helps us with muscle repair, memory consolidation, hormone regulation, appetite, concentration and making decisions. Sleep also reduces inflammation and stress hormones in the body. This helps with immune system and chronic condition flare ups and improves weight management.

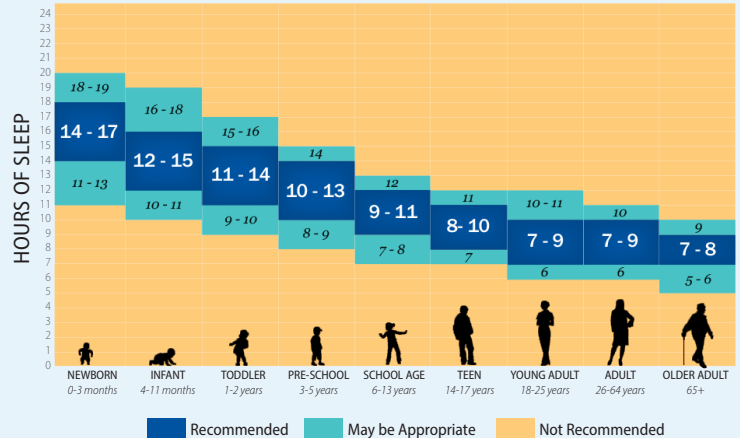
What Happens When You Sleep?

- Levels of cortisol (stress hormone) dip at bedtime and increase throughout the night to promote alertness in the morning
- Sleep contributes to a healthy immune system
- Sleep balances appetite by regulating levels of gut hormones

Healthy Sleep Tips:

- Stick to a sleep schedule of the same bedtime and wake up time, even on weekends
- Practice a relaxing bedtime ritual that helps you wind down
- If you have trouble sleeping, avoid naps, especially in the afternoon
- Exercise daily
- Make your room dark and cool (~65°F)

SLEEP DURATION RECOMMENDATIONS



Get the sleep you need to perform your work safely with these helpful tips! Scan the QR code at the bottom of the page to download the worksheet.



MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center —meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact a TakeControl educator to learn more about becoming an **active** member.

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QuadMed
TAKECONTROL>>>>
CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.