

Bulldog Health News

Artesia Public Schools •

'It's the most wonderful time of the year' •

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Don't Let Cooler Temperatures Derail Your Workout Plan



If you find it harder to keep up with your workout program as the temperatures drop, you're not alone. Every year, many Americans find it increasingly difficult to remain committed to their plan as the holidays, shorter days and less-than-ideal weather create obstacles. Whether you're a gym-goer or outdoor exerciser, there are simple ways you can overcome the winter obstacles and stay on track with your workout plan. **Acclimate to colder weather by warming up inside.** If you're an outdoor exerciser, try doing your warmup inside. By doing so, you'll raise your body temperature and already be warm before you step outside.

Prep for your next day the night before. If you're an early morning gym-goer, try getting everything you need for the next day together the night before. This way, all you need to do when your alarm goes off is get up, get dressed and go to the gym. **Have a backup plan.** Even the most dedicated exercisers will lose their motivation. That's why it's essential to have a backup workout plan that you can do at home. It doesn't have to be lengthy, doing something is better than doing nothing at all. Aim to have three or four full body workouts ready for when you need them.

Three Ways to Fight Holiday Stress

Holiday stress plagues many Americans every year. Top holiday stressors include staying on a budget, managing multiple commitments, and finding the perfect gift. Use these three tips to help keep holiday stress at bay this year.

1. Create your budget now. If you're stressed about how your holiday spending will impact you after the holidays are over, you're not alone. Remember, the sentiment of a gift is much more important than the cost. Set a realistic budget and do not go over it.

2. Shop early. Sometimes, you can get great deals on presents even before the holiday season. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out.

3. Don't overcommit yourself. Are you planning on hosting a holiday dinner? Are there any holiday parties you must attend? Do you have to pick up loved ones from the airport? Making a list of your commitments will help you plan your time and help you avoid over-booking yourself.





This One Thing You Use All the Time May be Covered with Flu Bacteria

With peak flu season approaching quickly, you know how important it is to constantly wash your hands and disinfect shared spaces, but there's probably one thing you've been neglecting to disinfect: *your cell phone*.

Researchers from the University of Arizona found that cell phones carried 10 times more bacteria than most toilet seats. And what's even more alarming is the fact that cell phones are the perfect vehicle for spreading germs to other people.

That's why it's so important to take the proper steps, like disinfecting your phone daily, using hand sanitizer and practicing good hygiene habits, to keep your phone germ-free this flu season.

Importance of Relaxing Over the Break

Navigating the days leading up to winter break is important, but so is making sure you take the time to enjoy your time away from the classroom. You might be tempted to use the time to grade papers and plan for the post-holiday return to school but try not to work during your break. Taking time to be alone and to enjoy your loved ones is a great way to recharge your own batteries and gear up for the rest of the school year. Not sure how to relax during winter break? Try one of these tips:

1. Read a Book

No, we're not talking about the latest issue of the American Educational Research Journal. We're talking an actual book, such as a novel, poetry, or biography. Besides giving your mind a break from thinking about your students, reading is restful. It gives you a reason to sit still and focus on just one thing. And, depending on what you're reading, it can also expand your horizons and teach you something you didn't know!

2. Don't Work the Whole Time

Don't grade papers, don't check your email, don't plan a lesson. Focus on yourself and time with your family. Make an early New Year's resolution — resolve to spend at least one week of your break without touching anything in your school bag. We all know teachers will grade something during the break! But rest first.

3. Don't Overschedule Activities

It's tempting to schedule a slew of lunch dates with friends, family get-togethers and all the doctors' appointments you don't have time for during the school day. But be careful! Before you know it, you'll be just as busy as you are when school is in session, and you'll be anxious to get back to school just to get a break.

Merry Christmas & Happy New Year!

The Best Gift

Deep down inside we know that the best gifts don't come from catalogs or shopping malls. They don't come in brightly colored packages or fancy envelopes and they're not hiding in a closet for you to open on Christmas morning. The best gifts come from the heart. They come when we look at each other, REALLY look at each other and say: "You mean a lot to me or I'm so glad you're a part of my life." A gift like that will never go out of style or be forgotten or returned for a different size. A gift like that can make someone's day, change someone's life, or even save a life.



A Big Thank YOU!

Thank you for being such wonderful teachers, exemplary role models, and caring people. Thank you for knowing your subjects and sharing your knowledge. Thank you for showing acceptance, approval and appreciation. Thank you for not being afraid to treat students like real people. These are all gifts that are so important to a student's development and that your students will always remember, just as they will always remember you. Words of encouragement, a little respect, simple gestures of kindness from a teacher promote the perfect climate for students to study, learn and grow. I salute the good work you've done. I appreciate the people you are, and I thank you for your positive influence. Every community needs people like you. Artesia Public Schools is blessed to have each of you! Your contributions are immeasurable.