

TCTC Health News

Trumbull Career & Technical Center

528 Educational Highway
Warren Ohio 44483
330.847.0503
www.tctchome.com
Enrolled Enlisted Employed

Why Drink Water?

www.webmd.com

Water is essential for a healthy body and mind. When our water intake does not equal our output we become dehydrated. Although other fluids help keep our body hydrated, water is often the best source of liquid because it has zero calories, no sugar or artificial ingredients and is readily available.



Some added benefits for consuming water:

- * it can help control calories
- * It helps energize muscles
- * Helps keep skin looking good and hydrated
- * Maintains balance of body fluids
- * helps your kidneys rid your body of toxins.

Start by drinking water with every meal or snack, and keep a bottle of water with you in your car.

What is Health?

According to the World Health Organization (WHO) the definition of ‘health’ which was defined in 1948 is: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Health is usually divided into physical and mental health but both work in conjunction with each other and are part of a persons overall well being.

To have good physical health a person needs regular physical activity (exercise), good nutrition and adequate rest. To have good mental health which often refers to a persons emotional well-being, a person needs to interact with others in a safe, friendly environment. This may include being on a team, in a club, volunteering, or other social activities.



Biking and interacting with peers is good for physical and mental health

With good health you are more likely to have energy and motivation to seek out activities that challenge you and make you happy. You become less stressed and may be more confident and satisfied with decision making.

With a new understanding of what HEALTH is, what can you do to enhance your health physically and mentally as a student?

Excellent question! That’s what this informational letter is all about. TCTC staff are here to give you some suggestions on how to start or further your path toward good mental and physical health. We will share some good eating habits, activities to get you moving and give you resources for further help and encouragement.

Easy Ways to Keep Germs at Bay

Wash Your Hands

Clean hands help ward off germs and help you remain healthy. Are you washing properly? Use clean water and work soap into a lather. Wash for 20 seconds or longer, that’s singing Happy Birthday. Rinse off

soap under clean water then air dry or use a clean towel to dry your hands.

Clean your phone

Did you know that most cell phones contain 10 times more harmful bacteria than that public toilet seats? To

limit the spread of diseases from phones or other objects, like remote controls, try not to share them, or wipe them down with an antibacterial wipe. While sprays can damage the equipment, a gentle wipe should do the trick.

(grams)	Teaspoons of sugar
Snickers (52.7)	6.75
Milky Way (58)	8.75
Butterfinger (60)	7
Hershey's Milk Chocolate (43)	6
Twix (50.7)	6
M&M's packet (47.9)	7.5
Coca Cola (1 can)	8.25
Red Bull (1 can)	6.9
Sprite (1 can)	8.25
Mountain Dew 1 can	11.5
Cheerios (100)	1
Corn Flakes (100)	2.4
Fruit Loops (100)	10.5
Raisin Bran (100)	7.75
Rice Krispies (100)	2.5
Cocoa Puffs (100)	9.25
Shredded Wheat (100)	0.1
Bananas (100)	3
Apples (100)	2.6
Grapes (100)	4
Strawberries (100)	1.3
Blueberries (100)	1.7
Donut (jam)	3.5
Fruit pie (1 med. portion)	3.5
1 Chocolate Chip Muffin	4.75
Ice cream (1 scoop)	3

Videos on sugar content in foods, how sugar affects the brain and how to eliminate your sugar addiction.

<https://youtu.be/hWzeSbCwwjU>

<https://youtu.be/IEXBxjQREo>

<https://youtu.be/BWG13TIO00A>

How Much Sugar is in Your Food and Drink?

Written by Joseph Nordqvist

In our modern and fast-paced lives, it can be difficult to keep a healthy balance of nutrients in our food. Sugar is one of these nutrients, and the cells in our body would die without it. Consuming too much

sugar, however, raises the risk of poor dental health, obesity, and type 2 diabetes.

To keep control of sugar levels, it helps to know just how much sugar there is in the food we eat. The Ameri-

can Heart Association (AHA) say that added sugars, e.g. glucose, fructose, and sucrose, "contribute zero nutrients" and are just empty calories "that can lead to extra pounds, or even obesity, thereby reducing heart health."

A single teaspoon of sugar is around 4 grams. The World Health Organization (WHO) recommends that our daily sugar consumption should equate to just 6 teaspoons of sugar. Being aware of the existing and added sugar contents of



the foods and drinks we consume is vital to our health because so many products have sugar added to them.

Full article can be found: <http://www.medicalnewstoday.com/articles/262978.php>

TEENS AND SLEEP (by National Sleep Foundation)

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful — even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you will perform poorly. When you do not get enough sleep, you are more likely to have an accident, injury and/or illness.

Sleep is vital to your well-being, as important as the air you breathe, the water

you drink and the food you eat. It can even help you to [eat better and manage the stress](#) of being a teen.

Teens need about 8 to 10 hours of sleep each night to function best.

Teens tend to have irregular sleep patterns across the week — they typically stay up late and [sleep in late on the weekends](#) which can affect their biological clocks and hurt the quality of their sleep.

Make your room a sleep

haven. Keep it cool, quiet and dark. Don't consume caffeine close to bedtime so avoid coffee, tea, soda/pop and chocolate late in the day. Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. Don't eat, drink or exercise within a few hours of your bedtime. Try to avoid the TV, computer and phone an hour before you go to bed.

Most teens need 8-10 hours of sleep a night. How much sleep are you getting?

New DAYS Resolution

Instead of making and breaking a New Year's Resolution, try a "New Day's Resolution". **Pick one day to do something healthy.** Small steps can make a difference.

Nutrition

I pledge to drink 8 glasses of water (64 ounces)

Mental Health

I pledge one less hour of screen time

Physical Activity

I pledge to park farther away to get more steps in