

NURSE NEWS

Stay connected and stay healthy

Cotati Rohnert Park Unified School District



Healthy and Happy Heart

Keeping your heart healthy is one of the best ways to feel your best. Small heart-healthy choices you make every day can have a big impact on living a longer, happier and healthier life. Taking care of your heart can also decrease the risk of developing chronic disease in the future such as Type 2 Diabetes and Cardiovascular disease. Here are some simple things you can do to help your heart stay healthy.

- Be physically active every day for at least 30 minutes (an hour is even better!)
- Eat a healthy balanced diet including fruits and vegetables
- Avoid sugary soft drinks and fruit drinks
- Reach and keep a healthy weight
- Avoid smoking and other tobacco products. Smoking can damage your heart and blood vessels.

Your heart has been working for you since before you were born and will keep working for you your whole life. Give it the love it deserves by taking care of it. [More information from the American Heart Association \(AHA\).](#)

Type 2 Diabetes Mellitus

Type 2 Diabetes Mellitus (T2DM) is a chronic disease commonly diagnosed in middle aged and older adults.

However, due to widespread poor lifestyle habits such as lack of exercise, obesity, and high sugar consumption, T2DM is increasingly found in early teens and even younger children.

The CDC estimates that 1 in 3 children (30%) born after the year 2000 will develop T2DM in their lifetime. Earlier onset of T2DM (e.g. during childhood) leaves a longer lifetime for damage to occur to the body. T2DM affects the way the body uses sugar for energy. Without treatment, T2DM causes sugar to build up in the blood, which can lead to serious health problems such as heart disease, vision problems, and other damage throughout the body. The CA Department of Education provides important information about T2DM including risk factors, symptoms, and treatments. [Click here](#) to read more.



HEALTHY EATING

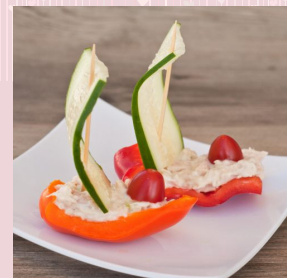
Tuna Boats

Ingredients:

- Ready tuna salad
- Colored bell peppers
- Cucumber
- Cherry tomatoes
- Wooden skewers

Instructions:

- Wash all produce
- Core and cut peppers into 2-inch slices.
- Place open-side up on plate.
- Slice cucumber into thirds and then lengthwise in thin pieces.
- Skewer the bottom and top to make sails
- Fill each pepper slice with tuna and press skewer sail through pepper
- Half the tomatoes and press onto tuna salad.



GET MOVING

It's been reported by the US Dept of Health and Human Services that moderate-to vigorous physical activity is associated with a wide range of health benefits.

It can reduce anxiety and blood pressure and improve quality of sleep.

The AHA recommends:

- Get 150+ minutes per week of moderate-intense activity.
- Get up and move throughout the day.
- Add intensity-get your heart beating faster.
- Add muscle strengthening activity at least twice a week.



Student Services Team: Matt Marshall, Rocky Schuman and Kelly Maul getting their heart rate up.

KEEP CALM AND...

Caring for Yourself

Self-compassion is when we show love, understanding and acceptance to ourselves. It is a way we can think about ourselves and treat ourselves like we would a close friend.

Watch The Reflection in Me.

We can love ourselves by:

- understanding that we are human, just like everyone else
- being honest and open about our thoughts and feelings
- practicing self-kindness: being gentle with yourself, not blaming or criticizing yourself.