



The weekly Healthy Kids page provides health tips on nutrition, exercise and more.

Nutrition



Resolve to Eat Right!

Exercise



And...



Nutrition Challenge:

This time of year many people make New Year's resolutions. A resolution is simply a promise you make to yourself of ways that you would like to improve your life in the new year. So for 2020, why not make a resolution to eat healthier? Try adding a healthy new habit every few weeks or so. Here

are a few ideas (from past Healthy Kids features) to get you started.

What are some other tips you've learned?

Learning Standards:

HPE 2, HPE 5, NH 1, NH 5



Another healthy change you can make for yourself with the new year is to be more active. Staying active not only helps keep your heart healthy, but it burns calories, improves your brain functioning and helps you feel better — the more you do!

Some reminders:

> Try to have at least 30

minutes of physical activity each day that increases your heart rate (60 minutes is even better).

> Warm up, stretch and cool down before and after exercising.

> Start off slowly and increase time, distance, and speed as

- New Year's Resolutions
1. Drink at least 8 glasses of water a day.
 2. Eat more fresh fruits and vegetables and less fried foods and sweet snacks.
 3. Eat slowly and stop as soon as you feel full.

you feel stronger.

> Check with your doctor before starting a brand new exercise program.

> Drink lots of water when you're working out.

Discuss some of the ways you can keep active during the cold winter months.

Learning Standards:

HPE 1, HPE 2, HPE 5, NH 1, NH 5

Healthy Snacks

Salsa-Guac

Ingredients:
½ Cup Salsa
2 Ripe Avocados
Chopped Cilantro
1 Tbsp Lime juice
Salt, to taste



Directions: Smash the avocados and combine with the salsa, cilantro, lime juice and salt. Use as a dip for baked tortilla chips.

The new year brings a fresh start. Plan on making 2020 your best year yet! Try letting go of the problems you may have faced last year and look forward to a new year with excitement and hope. Here are a few ways to stay positive.

> Make a list of all of the good things that happened for you in 2019.

> What are some goals you'd like to achieve in 2020?

> Select one or two of those goals and make a list of specific steps you can take to accomplish your new year goals.

> Always remember — you can't change others, you can only change yourself and how you react. So focus on yourself and how you can have a happy 2020!

Learning Standards:

HPE 6, NH 3

Healthcare Careers

Zekia Reed, Paramedic and Crew Leader



Where do you work? I am a paramedic for Abbott EMS.

Where did you go to school? I graduated from Cahokia High School. I then earned a certification in EMT-B from Southwestern Illinois College in Belleville, Illinois, and I received a national paramedic license from IHM Academy of EMS, in St. Louis.

What does a paramedic do? I have the opportunity to save a life multiple times a week and I also fix broken bones. I get to use very interesting equipment on my job; For instance, the cardiac monitor that allows me to look at what the heart is doing and to restart the heart if needed.

Why did you choose this career? I chose this career because I didn't see black women represented in this field and I wanted to break some barriers and become a role model for others. After growing up in a challenging childhood myself, I am able to connect with my young patients who I can relate to.

What is your favorite part of the job you have? I enjoy interacting with people from all walks of life. It brightens my day when I am able to provide more than emergency healthcare, and people thank us for being almost a counselor to calm everyone at the scene.

Learning Standards: HPE6, NH3

Questions or comments? Contact Cathy Sewell csewell@stlamerican.com or 314-289-5422

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