

## Establish a New Daily Practice in Six Steps

Whether it's eating a healthy breakfast, walking or doing a favorite hobby for 15 minutes establishing a daily practice can change the trajectory of your life. Follow these 6 simple steps to start a new daily practice.

1. *Set your intention*– Get very clear about what you are going to do and why. Write down the reasons it nourishes you. The more specific, measurable, attainable, realistic and timebound the intention is the more you are apt to complete it. Share your intention with people that are close to you.

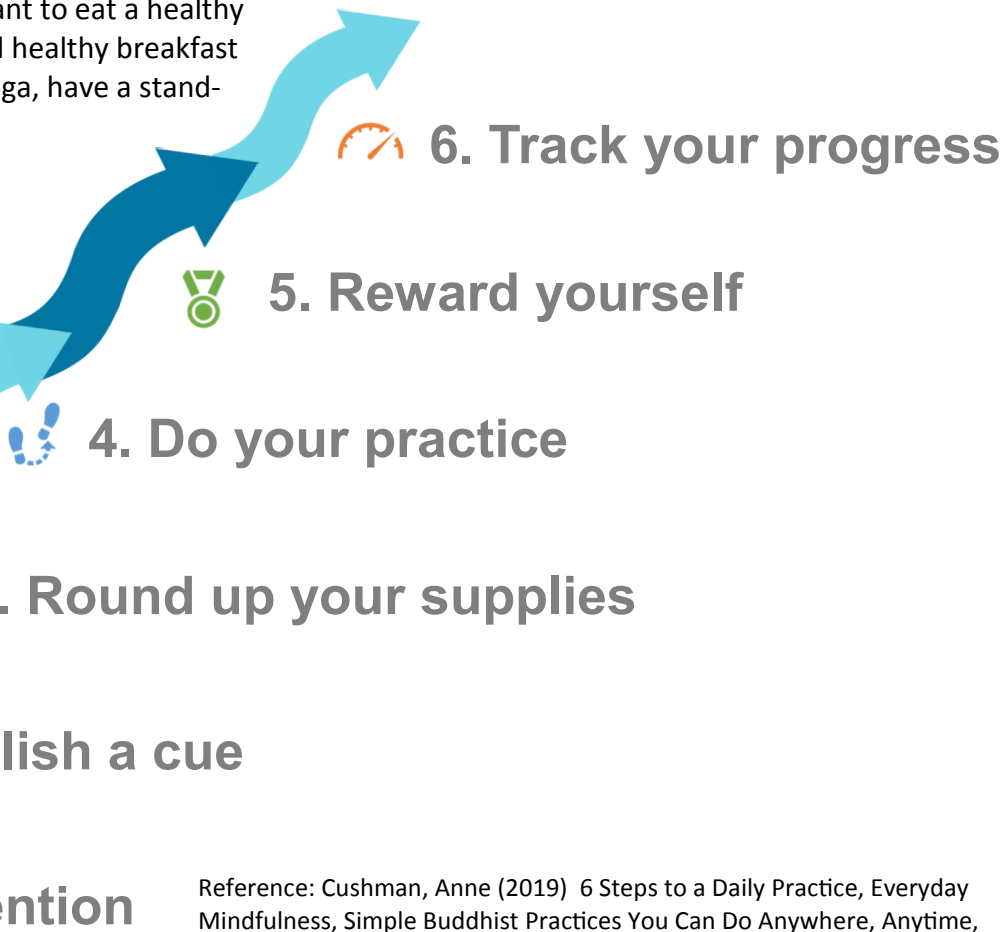
2. *Establish a cue*– A cue is what reminds you to start your practice. It can be a floating cue, such as before I walk into work, I will do a meditation. Or the cue can be a specific time, such as I will walk at 4:30pm. Be sure to build in time for set up and clean up and write it into your calendar and don't book anything in that place.

3. *Round up your supplies*– Make sure you have everything that you need to do your daily practice and find it easily. If you are walking every morning, have your sneakers by your bedside, along with clothes for the walk.

4. *Do your practice*– Plan ahead. If you want to eat a healthy breakfast in the morning, have a standard healthy breakfast item, such as oatmeal. If you are doing yoga, have a standard routine you can fall back on.

5. *Reward yourself*– Have an external reward when establishing a new habit. Watch a silly video after an evening walk. Put a gold star on your calendar after having a healthy breakfast.

6. *Track your progress*– Celebrate your accomplishments by tracking your progress through an app or X's on a calendar. Remember to enjoy the up and downs!



Reference: Cushman, Anne (2019) 6 Steps to a Daily Practice, Everyday Mindfulness, Simple Buddhist Practices You Can Do Anywhere, Anytime, Lion's Roar Special Editions

# Overnight Oatmeal



## Ingredients

- 1 cup uncooked quick or old-fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup non-fat or 1% milk
- 1/2 cup berries, fresh or frozen (or 1 sliced banana)
- 1/2 cup chopped apple

**Materials**-Medium bowl, measuring cups, mixing spoon, knife, container with lid or plastic wrap

**Notes** You can't go wrong with fruit and yogurt combinations, experiment with your favorites! Mason jars work great for grab-and-go breakfasts.

## Steps

1. In a medium bowl, mix oats, yogurt, and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Enjoy cold.

# Gold Choose HEALTH Eatery– Red Newt

Looking for a healthy dish in the New Year? Check out Red Newt Bistro in Hector. Jeremy and his staff work hard to make sure they have healthy dishes available for their customers. They have met the gold star status which means they

- Meet all of the Bronze and Silver level requirements
- Sum of monounsaturated fats and polyunsaturated fats are greater than the total saturated fat content of food
- Fats <25 g
- Restrictions of saturated fats
  - <= 10% of daily calories, kids meal
  - 8g entrée
  - 3g side item.
- Sodium
  - Kids Meal <= 480 mg entrée
  - Kids meal <= 200 mg side item
  - Adult meal <=800mg

- Has one gluten free meal available
- Meets 10% Daily value of
  - Vitamin A-500 IU
  - Vitamin C-6 mg
  - Calcium-100 mg
  - Iron-1.8 mg

The silver dish that Red Newt Bistro serves

- House Salad

The gold dish that Red Newt Bistro serves:

- Caprese Sandwich

To find out more information about the Choose HEALTH program and all participating restaurants, please visit the HEAL Schuyler website.



# Get the right amount of sleep this winter



The amount of sleep you need changes as you age. Children need more sleep than adults. 6 in 10 middle schoolers and 7 in 10 high schoolers don't get enough sleep. 33% of Schuyler County adults sleep less than 7 hours in a 24 hour period. Lack of sleep is linked to several chronic disease and condition including, type 2 diabetes, heart disease, obesity and depression. Sleep is critical to prevent type 2 diabetes, obesity, poor mental health, injuries and attention or behavior problems in kids.

**Infants** aged 4-12 months need **12 to 16** hours of sleep per day hours including naps

**Toddlers** aged 1-2 need **11 to 14** hours of sleep per day hours including naps

**Preschoolers** aged 3-5 need **10 to 13** hours of sleep per day hours including naps

**Kids** aged 6-12 need **9 to 12** hours of sleep per night

**Teens** aged 13-18 need **8 to 10** hours of sleep per night

**Adults** need **7 to 9** hours of sleep per night

## *Tips for Good Sleep*

- \* **Go to bed and get up at the same time each day, including weekends**
- \* **Set a bedtime that is early enough to get the least amount of sleep recommended**
- \* **Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.**
- \* **Keep the bedroom quiet, dark and a comfortable temperature**
- \* **Don't go to bed unless you are sleepy.**
- \* **If you don't fall asleep after 20 minutes, get out of bed.**
- \* **Avoid large meals, caffeine and alcohol. If you are hungry at night, eat a light, healthy snack.**
- \* **Be active during the day to help you fall asleep at night**
- \* **Turn off electronic devices at least 30 minutes before bedtime.**
- \* **Establish a relaxing bedtime routine.**
- \* **Turn the lights out at bedtime**
- \* **Reduce your fluid intake before bedtime.**
- \* **Try cognitive behavioral therapy to address thoughts and behaviors that prevent you from sleeping well.**

Do you get enough Sleep-Retrieved 11/27/2019

<https://bit.ly/2EauXvP>

Healthy Sleep Habits– Retrieved 11/27/2019

<https://bit.ly/2LHKR4X>

How much sleep Do I Need? Retrieved 11/27/2019 <https://bit.ly/34caGRh>

Sleep and Health Among Adults in New York, Retrieved 11/27/2019, <https://bit.ly/2rtFIXE>

# Finding Inspiration for Indoor Physical Activities

by Elizabeth Watson



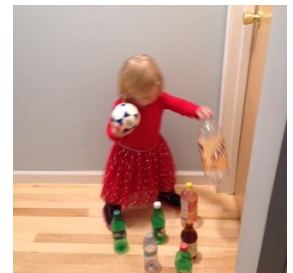
Recently, I have been inspired by our local citizens to find space for my family to be physical active this winter without the ice, cold and darkness. Two residents that submitted their picture into HEAL's photo contest last year, Richard and Betty Scuteri found a way to walk every day. They walk at Walmart for an hour, year round unless there is a winter storm and a travel advisory. They are well known by cashiers and I have seen them walking around the store. Also on a recent visit to Jefferson Village, I was inspired by the community residents that got together to play Wii bowling. Most of these citizens have been diagnosed at points in their life with a form of cardiovascular disease, stroke, heart attack or diabetes and know the importance of being physical active to stay healthy.

This inspired me to take my family to the Watkins Glen indoor track after dinner so we could be active. It was fun occasion to be out running, walking and racing as a family. We are also looking forward to using the WG indoor pool this winter. I know many families enjoy taking their grandkids and kids swimming in the evenings. I have also met adults at the early morning lap swimming before their work day begins. A family member just told me about a great deal they got on a membership on a gym that they will be using this winter and there membership will be covered by their Health Insurance. A couple of my friends have done Tai Chi and Qi Gong over the winter last year as well.

I am motivated by the community to start up my exercise videos series again this January. My three year old really likes Denise Austin's Fit Kids DVD from the Watkins Glen Library, we were able to do a few of the activities as a family last year. Although, I prefer my Beach Body videos, my co-workers have told me about other exercise videos. I try to keep in mind when looking at videos, they have a combination of endurance cardio, stretching, strength and balance exercises to reduce boredom, cut risk of injury and give more benefits. While researching this article I found from our partners at the U of R Center for Community Health and Prevention, is to pair exercise with a movie or TV show. For example, if the kids watch a TV show, they have to do 5 jumping jacks, squats or toe touches every time a characters name is mentioned.

I don't always have time to go places to be physical active, so our family tries to integrate a sense of fun with chores. We have a playlist for a family dance party which breaks out when we do dishes or make dinner. The three year old uses the flashlight for microphone, strobe light and spotlight. We also have gone bowling, down the hallway a couple times during dinner prep.

This year I'm looking forward to integrating some more family games from Lifestyle Counselor, Jennifer Lee's U of R Center for Community Health and Prevention, the lava game, having an indoor Family Olympics and Simon Says. If all my attempts fail to get physical active this winter, I will go back to walking around the house reading a book. If you have some great ideas for indoor physical activity that you do in Schuyler County, let HEAL Schuyler know at [scph@co.schuyler.ny.us](mailto:scph@co.schuyler.ny.us) with the Email Subject: Indoor Physical Activity in Schuyler.



**For more info on the games mentioned from U of R check out this link: <https://bit.ly/35SP1rR>**

# Helping Kids Cope with Stress

by Kristina Hawes and reference contributions from Schuyler Mental Health Services.



Everyone experiences stress. Whether you are experiencing a life-changing event or are just overwhelmed with balancing work, kids, sports, household chores, etc.,

stress happens and not all stress is bad. Feeling a moderate amount of pressure to do well can encourage a better performance in a game, on a project, or on a test. However, when stress lasts for a long time or is very intense, effects can be negative, resulting in trouble sleeping, depression and susceptibility to illness. Not just adults deal with stress, kids do, too.

Your child might be stressed from:

- Overscheduling;
- Bullying or teasing;
- Academic pressures or testing;
- Social media and adult content exposure;
- Divorce, deployment or an illness in the family;
- You, the parent are stressed.

So first, take a breath! Here are some things to look for to identify if your child is experiencing stress:

- Irritability/moodiness;
- Changes in school performance
- Not wanting to participate in activities they like;
- Frequent stomach aches/headaches or trips to the school nurse;
- Change in sleep;
- Change in appetite.

Again, not all stress is bad! If your child has a stressful week (midterms are coming!), but things calm down the next week... that's normal. You cannot completely prevent stress in your child, but you can help to make things a bit less stressful.

1. **Talk to your kids.** Make sure you all put away your

devices to talk about your day and really listen.

2. **Take a break!** Try to take some time every day for downtime... for both you and your kids. Let everyone just wind down and relax doing what they want to do.
3. **Name it.** If your child is stressed, get them to say it clearly. 'I'm worried.' 'I'm anxious/overwhelmed.' Once your child can identify when they are stressed, they can start to deal with it sooner, before it becomes severe, by taking deep breaths, meditating, tensing and releasing muscles, etc.
4. **Stick to a routine,** or as much of a routine as you can. Try to make certain things consistent, like a bedtime routine.
5. **Keep mornings calm.** Your morning routine sets up your entire day. Keep things calm by having your kids set out their clothes the night before, pack backpacks and set them in the same location each evening, etc.
6. **Play with your kids!** Pull out a board game. Turn on some music and demonstrate the Running Man while your kids teach you to Floss. Whatever you do, do it together!
7. **Encourage sleep** for you and your child.
8. **Take time for you.** Kids can pick up on a parent's stress, so make sure you deal with yours before you can help with theirs.

While stress is normal, no one reacts to a certain situation in the same way. If two students receive a poor grade on a test, one student might use the stress to do focused study time for the next test. The other student might study more, panicking that they don't understand the content well enough, worrying so much about the next test that they lose their appetite and can't sleep. This causes even worse grades and more stress! You know your child best. If stress comes and goes, using the above tips can help. If stress seems to be very severe in your child and doesn't go away, talk to your child's doctor. Stress does happen to everyone, and learning how to deal with that stress during childhood will help throughout a lifetime.

Reference: 7 tips for Helping Your Child Manage Stress, Retrieved 12/3/2019, <https://bit.ly/2LMpwHE>

10 Reasons Your Child Might be Stressed, Retrieved 12/3/2019, <https://wb.md/2LKARgg>

Relaxation, Stress & Sleep, Retrieved 4/19/2017

<http://dartmouth.edu/healthed/relax>

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# Upcoming HEAL Schuyler Activities and Events

- **First Day Hike**-January 1 10:00 AM Catharine Valley Trail Fairgrounds Lane
- **Mobile Library Program**- 1/3, 1/17, 1/31 2/14, 2/28, 3/13, 3/27 at Silver Spoon Café in Montour Falls at 11 AM
- **New Years Community Celebration**- 1/4 4:30pm-8PM Painted Bar Stables
- **HEAL Schuyler Committee Meeting**- 1/6/2019-9:00AM Montour Falls Human Service Complex
- **Medicare 101**- 1/13 at 3pm- Human Service Complex Rm 115 RSVP (607) 535-7108
- **Harlem Wizards Game**-1/15—6:30PM Odessa Montour Junior Senior High School
- **Intro to Drawing Class**-1/22 -2/26 Adults 1-3PM Students 3:30-5PM Montour Falls Library
- **Fourth Friday Concert Series, Silver Lining**- 1/24- 6:00PM Montour Falls Library
- **Cornell New York Mushroom Workshop**- 1/25/2020- 9:00AM-12:00PM Human Service Complex
- **American Heart Month**-February
- **Turning 65 Class**- 2/7 at 2pm Silver Spoon Café RSVP (607) 535-7108
- **Watkins Glen PTO Ties and Tiara's Dance**-Feb 8
- **HEAL Schuyler Committee Meeting**- 2/3-9:00AM Montour Falls Human Service Complex
- **Schuyler Equine Conference 2020**- 2/15- 9AM-5:30 PM-Watkins Glen Community Center
- **Adult Cardiopulmonary Resuscitation/AED & First Aid Training**- 2/16 - 10 AM – 4 PM Exercise Enterprise
- **Winter Windsor Chair Class**-2/17-2/21 4:30pm Chicone Cabinetmakers
- **The Queen of Hearts Annual Fundraiser 2020**-2/22/2020 6:00PM-11PM, WG Community Center
- **Fourth Friday Concert Series, Strange Heavy**- 2/28- 6:00PM Montour Falls Library

*Coming Soon in 2020 at Montour Falls Library-American Sign Language, Workforce Development and Havana Art Series 2020*



Please submit articles and HEAL Schuyler events to [scph@co.schuyler.ny.us](mailto:scph@co.schuyler.ny.us).

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# Upcoming HEAL Schuyler Activities and Events

- **National Nutrition Month**- March
- **HEAL Schuyler Committee Meeting**- 3/2-9:00AM Montour Falls Human Service Complex
- **Girls on the Run** at Odessa Montour Hanlon Elementary starts in March
- **Bradford PTO Roller Skating Party**– 3/6 6-8PM Bradford School Blue Gym.
- **Bradford Spring Musical- Aladdin Jr.** 3/6, 3/7– 7PM-9PM Bradford School Gold Gym
- **Watkins Glen PTO Superhero Dance**– March 14
- **The Wizard of Oz Musical**– March 20 at 7 PM, March 21 2PM and 7 PM– Odessa Montour HS auditorium.
- **Diabetes Alert Day**- March 26
- **Fourth Friday Concert Series, Se Leigheas**– 3/27– 6:00PM Montour Falls Library
- **Watkins Glen Senior Play**– March 27 and 28, 7:30PM, March 29th 2:30PM

*Look for in 2020– Music Series on History of instruments in Finger Lakes at Hector Library*

## Reoccurring Events through the Winter

- **Fitness Center at Odessa Montour School** reopens Jan 6, Monday-Thursday 5:30pm-8:00pm
- **Fitness Center at Watkins Glen HS** Mon-Fri 6:00am-7:15am and 5:00pm-9:00pm, Sat & Sun 8:30am-12:30pm
- **Watkins Glen HS Pool Schedule** Starting January 6 2019, Early AM Adult Lap Swim M,W,F 6:00 - 7:00 AM, Evening Family Swim M, W 7:30-9:00 PM
- **Indoor Track at Watkins Glen HS**- Mon-Fri 6AM-7:15AM, 5PM-9PM, Sat-Sun 8:30AM-12:30PM
- **Yoga for your Health**- Tuesday and Thursday 8am- Montour Falls Library
- **Bone Builders Classes** Montour Falls, Tyrone, Hector, Dundee. Please call Susan Larson at (607) 535-2050 or email Sue at [susan.larson@dor.org](mailto:susan.larson@dor.org) if interested.
- **Family Play and Resource Center**—is open Tuesday– Friday 9AM-2PM– Human Services Complex
- **Story times**-Tuesday and Thursday at 10AM, Wednesday 9AM– Montour Falls Library
- **Story hour**– Thursday at 11AM and Saturday at 10AM– Watkins Glen Library
- **Preschool Story hour**-Tuesday 10AM Dutton S. Peterson Memorial Library in Odessa
- **Story hour**– 3rd Saturday of the month– 10AM-12PM, EB Pert Memorial Library-Hector



Please submit articles and HEAL Schuyler events to [scph@co.schuyler.ny.us](mailto:scph@co.schuyler.ny.us).

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To the HEAL Schuyler member:

HEAL Schuyler  
106 S. Perry St  
Watkins Glen, NY 14891

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**Our mission is: “To Reduce the rate of adult obesity in Schuyler County to less than the NYS average of 25% (2012-2013) ”**

