



ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

HEALTHY MONDAY'S TOOL KIT: NOVEMBER 2024



900 Bloomfield Avenue
Verona, NJ 07044

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WHAT IS THE HEALTHY MONDAY CAMPAIGN?



Even though we are encouraged to stay healthy every day. The healthy Monday campaign is Healthy Monday, a public health initiative that encourages individuals and organizations to commit to healthy behaviors every Monday to help prevent chronic diseases.

From the Essex County, Healthy Monday will focus on children and their parent and providing them with a toolkit every Monday that will focus on a different topics per month that are pertinent to children from K-12.

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as heart disease, cancer, type 2 diabetes, high blood pressure, osteoporosis and obesity.

Welcome to the Essex County Healthy Monday Campaign for the month of November with Exercise being the main topic.

LESSON 01:

THE BENEFITS OF TAKING A WALK / RUN

Running and jogging are fundamental forms of exercise that provide numerous benefits for children, encompassing physical health, mental well-being, and social development. These activities, often seen as simple and accessible, can lay the foundation for a lifelong appreciation of fitness and wellness. Encouraging children to engage in running or jogging can have profound and lasting impacts on their overall development.

One of the most immediate benefits of running and jogging is the improvement in physical health. These activities enhance cardiovascular fitness by strengthening the heart and lungs, which improves the efficiency of the circulatory and respiratory systems. Regular running helps in maintaining a healthy weight by burning calories more effectively than many other activities. This is particularly crucial in combating the growing issue of childhood obesity.

Additionally, running and jogging contribute to muscle and bone strength. The repetitive impact of feet on the ground helps increase bone density, reducing the risk of fractures and osteoporosis in the future. Muscle groups, especially in the legs, core, and back, are engaged and strengthened, promoting overall physical resilience and coordination.

Introducing children to running and jogging at an early age can instill lifelong healthy habits. Regular physical activity becomes a natural part of their routine, promoting a balanced lifestyle that includes fitness, nutrition, and adequate rest. Children learn the value of setting and achieving goals, which can translate into other areas of their lives, such as academics and personal projects.

LESSON 01:

THE BENEFITS OF TAKING A WALK / RUN

To ensure children enjoy running and jogging, it's essential to make the activities fun and engaging. Incorporating games, challenges, and varied routes can keep the experience fresh and exciting. Starting with short distances and gradually increasing the length of runs can help build stamina without causing frustration. Providing proper gear, such as comfortable shoes and weather-appropriate clothing, is also crucial to prevent injuries and ensure comfort.

Safety should always be a priority. Supervising young children, teaching them about road safety, and ensuring they stay hydrated and well-nourished are fundamental aspects of encouraging a healthy running routine.

Running and jogging offer a multitude of benefits that go beyond physical health. They enhance mental and emotional well-being, foster cognitive development, and encourage social interaction and community involvement. By making running and jogging enjoyable and accessible, parents and educators can help children develop a lifelong love for physical activity. This foundation can lead to healthier, happier, and more resilient individuals who value fitness and well-being throughout their lives for physical activity and the outdoors.



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Taking A Walk/Running

Environmental Awareness:

Nature walks can encourage children to use all their senses to observe animals and nature.



Healthy Habits:

Daily walks can help children develop habits that encourage them to get outside and exercise throughout their lives.



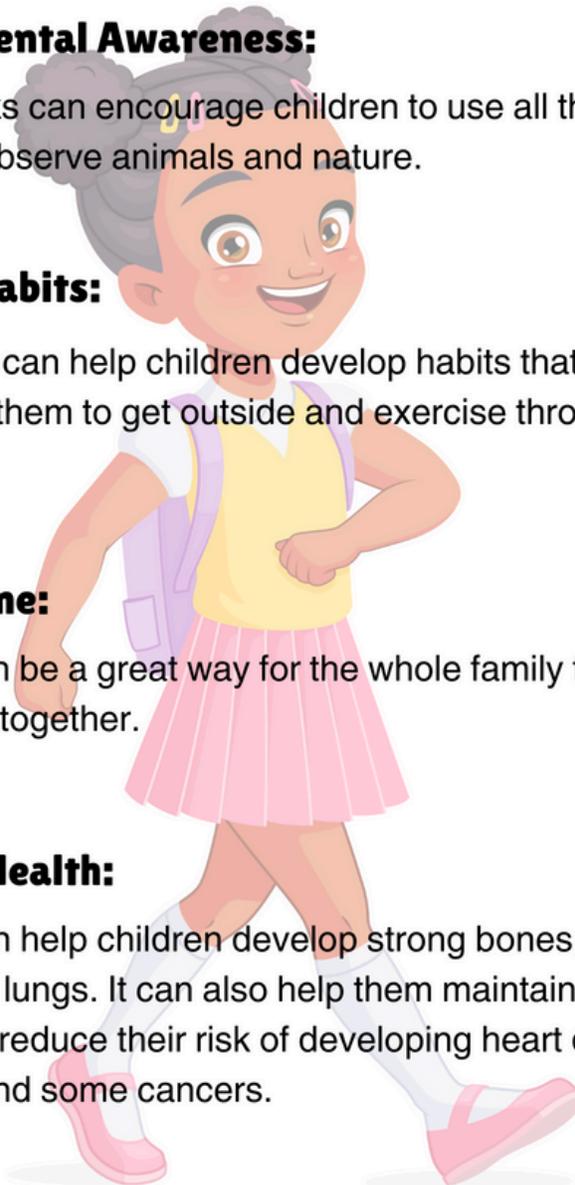
Family Time:

Walking can be a great way for the whole family to spend time together.



Physical Health:

Walking can help children develop strong bones, muscles, hearts, and lungs. It can also help them maintain a healthy weight and reduce their risk of developing heart disease, diabetes, and some cancers.





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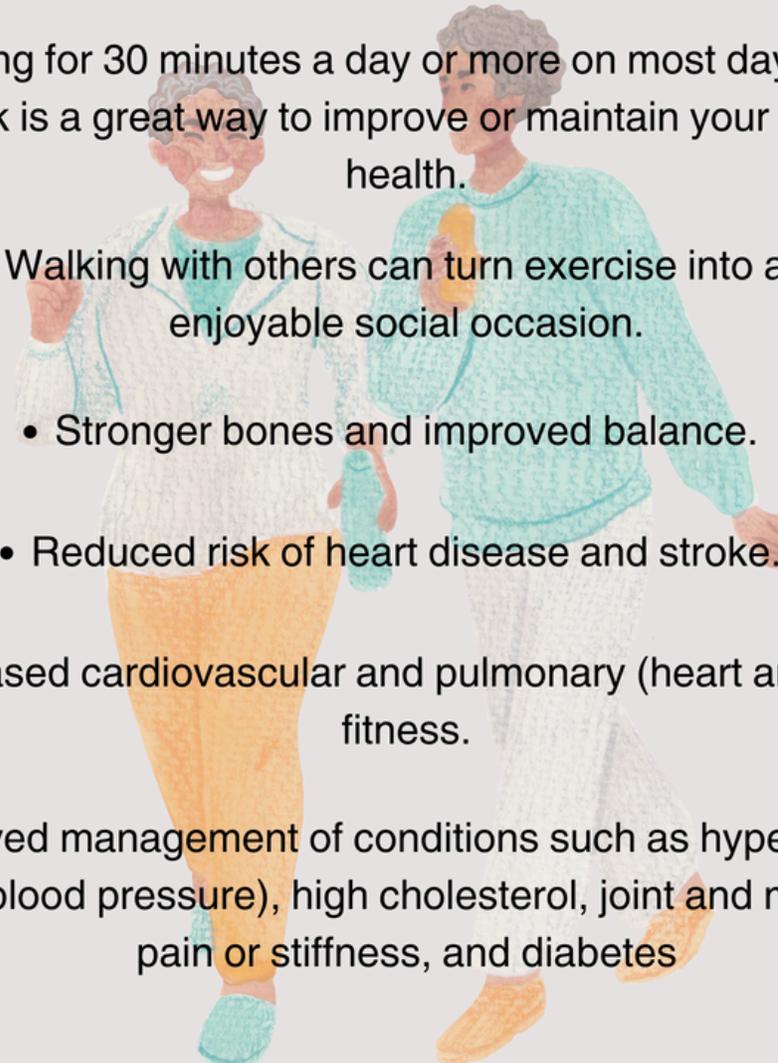


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Benefits of Taking a Walk / Running

- Walking for 30 minutes a day or more on most days of the week is a great way to improve or maintain your overall health.
- Walking with others can turn exercise into an enjoyable social occasion.
 - Stronger bones and improved balance.
 - Reduced risk of heart disease and stroke.
- Increased cardiovascular and pulmonary (heart and lung) fitness.
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes



LESSON 02: BENEFITS OF STAYING ACTIVE

Staying active is crucial for children ages 5 through 12, and it offers a wide range of benefits, including:

1. **Physical Health:** Regular activity helps maintain a healthy weight, strengthens bones and muscles, and promotes cardiovascular health.
2. **Improved Motor Skills:** Physical activities enhance coordination, balance, and overall motor skills, aiding in daily tasks and sports.
3. **Social Skills:** Group activities foster teamwork, cooperation, and communication, helping children build friendships and social networks.
4. **Mental Health:** Exercise can reduce symptoms of anxiety and depression, improve mood, and boost overall emotional well-being.
5. **Cognitive Development:** Staying active promotes better concentration, memory, and academic performance, as physical activity increases blood flow to the brain.
6. **Self-Esteem:** Achieving physical goals boosts confidence and self-esteem, encouraging a positive body image.
7. **Healthy Habits:** Encouraging an active lifestyle at a young age helps instill lifelong habits that can lead to better health outcomes in adulthood.
8. **Stress Relief:** Physical activity is a great way for children to release pent-up energy and cope with stress.
9. **Creativity and Imagination:** Engaging in active play stimulates creativity and imaginative thinking.
10. **Routine and Structure:** Regular physical activity can provide a sense of routine and structure, beneficial for emotional regulation.

Encouraging a variety of activities can keep children engaged and help them reap these benefits!

LESSON 02: BENEFITS OF STAYING ACTIVE

Staying active is incredibly beneficial for adolescents aged 12 through 18. Here are some key advantages:

- 1. Physical Health:** Regular activity helps maintain a healthy weight, strengthens bones and muscles, and supports cardiovascular health.
- 2. Mental Well-Being:** Exercise can reduce symptoms of anxiety and depression, enhance mood, and promote overall emotional stability.
- 3. Social Connections:** Participating in sports or group activities fosters teamwork, communication, and friendships, helping to build a strong social network.
- 4. Cognitive Benefits:** Physical activity improves concentration, memory, and academic performance by increasing blood flow to the brain.
- 5. Self-Confidence:** Achieving fitness goals and mastering new skills can boost self-esteem and body image, promoting a positive self-view.
- 6. Stress Management:** Exercise is an effective way to relieve stress and tension, providing an outlet for emotional and physical release.
- 7. Healthy Habits:** Developing a routine of physical activity encourages lifelong habits that contribute to better health in adulthood.

LESSON 02: BENEFITS OF STAYING ACTIVE

8. Leadership and Discipline: Participation in team sports or organized activities can teach important life skills like leadership, discipline, and time management.

9. Increased Energy: Regular physical activity boosts energy levels, helping adolescents stay active and engaged in their daily lives.

10. Creativity and Problem-Solving: Engaging in physical activities can stimulate creative thinking and improve problem-solving skills.

Encouraging a variety of physical activities can help adolescents find what they enjoy most, making it easier to stay active throughout their lives!



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LET'S GET ACTIVE!

Here's why it is important to stay active during the day!



Activities can sprinkle happiness on your day!



Activities can strengthen your heart and body



Activities can bring nighttime ZZZs



Activities can strengthen your mind!



Public Health
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LET'S GET ACTIVE!



Here is the importance of maintaining activity throughout the day.



Engaging in activities can help strengthen your mind.

Engaging in various activities can infuse joy into your day.



Activities can strengthen your heart and body



Activities can promote restful sleep during the night.



LESSON 03: PRACTICING YOGA

Practicing yoga can be a deeply rewarding experience, offering benefits for your physical, mental, and emotional well-being. If you're new to yoga, it can be helpful to understand the basic principles, equipment, and techniques involved.

Prepare Your Space and Equipment

- Find a Quiet Space: Choose a quiet, comfortable space where you won't be disturbed. Ensure there's enough room to move freely in all directions.
- Yoga Mat: Invest in a good quality yoga mat that provides cushioning and grip.
- Comfortable Clothing: Wear comfortable, stretchy clothes that allow you to move easily.

Start with a Simple Routine

Create a simple routine that incorporates a warm-up, a series of poses, and a cool-down:

- **Warm-Up:** Begin with gentle stretches and movements to prepare your body.
- **Asana Practice:** Perform a sequence of poses, starting with standing poses, moving to seated and supine poses, and finishing with inversions or backbends if comfortable.
- **Cool-Down:** End with relaxing poses like Forward Bend or Reclining Bound Angle Pose.
- **Final Relaxation:** Always finish with a few minutes of lying flat on your back, to allow your body and mind to integrate the benefits of the practice.

LESSON 3: PRACTICING YOGA

Incorporate Mindfulness and Meditation

Mindfulness and meditation are integral parts of yoga:

- **Mindfulness:** Stay present and aware during your practice. Focus on your breath, body sensations, and movements.
- **Meditation:** Include a few minutes of meditation at the beginning or end of your practice. Sit comfortably, close your eyes, and focus on your breath or a mantra.

Practice Regularly

Consistency is key to experiencing the benefits of yoga:

- **Set a Schedule:** Decide on a regular time for your yoga practice. Even 15-20 minutes a day can make a difference.
- **Listen to Your Body:** Respect your body's limits and avoid pushing into pain. Yoga is about finding balance and comfort in each pose.
- **Stay Committed:** Be patient and stay committed to your practice. The benefits of yoga unfold over time with regular practice.

Practicing yoga can be a transformative experience, enhancing your physical health, mental clarity, and emotional balance. By starting with the basics and gradually building your practice, you can enjoy the numerous benefits that yoga offers. Remember to approach your practice with patience, openness, and a sense of curiosity.



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Let's Try **YOGA!**



Tree Pose

**Yoga can help your body
become more flexible and
stronger.**

**It can also help you relax
and sleep better!**



Warrior 2 Pose



Try these poses next time you workout!



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Time for **YOGA!**

Below are some ways Yoga can help our bodies!



Cobra Pose

Improved Flexability: This reduces the risk of injury and improves your physical capabilities!



Hero Pose



Easy Pose

Increased Strength: Each pose has the ability to strengthen various parts of your body



Tree Pose

Lowers Stress: Deep breathing and meditation can help lower stress and promote relaxation.



Warrior Pose 2

Better Quality of Sleep: Yoga improves your quality of sleep making you well rested and ready for the day.



Seated Twist Pose

Try these poses during your next workout!

LESSON 04: WHAT TO DO BEFORE AND EXERCISING ?

Before and after a workout, there are several important steps to ensure you maximize the benefits and minimize the risk of injury. Here's a thorough guide:

Before Working Out

1. Hydrate:

- Drink water throughout the day and about 16-20 ounces of water 1-2 hours before your workout.

2. Eat a Light Snack:

- Consume a balanced snack 30-60 minutes before exercising, such as a banana, yogurt, or a small serving of nuts. This provides energy without causing discomfort.

3. Warm Up:

- Engage in 5-10 minutes of light cardio (e.g., jogging, brisk walking) to increase your heart rate and blood flow to your muscles.
- Incorporate dynamic stretching (e.g., leg swings, arm circles) to prepare your muscles for more intense activity.

4. Set Goals:

- Decide what you want to achieve during your workout, whether it's improving endurance, building strength, or enhancing flexibility.

5. Check Your Gear:

- Ensure you have appropriate footwear, comfortable clothing, and any necessary equipment.

LESSON 4: WHAT TO DO BEFORE AND AFTER EXERCISING?

During the Workout

1. **Stay Hydrated:**

- Sip water throughout your workout to stay hydrated, especially during longer sessions or in hot environments.

2. **Listen to Your Body:**

- Pay attention to how you feel. If you experience pain, dizziness, or shortness of breath, stop and assess the situation.

3. **Maintain Proper Form:**

- Focus on correct technique to prevent injury and get the most benefit from each exercise.

After Working Out

1. **Cool Down:**

- Spend 5-10 minutes gradually reducing your intensity with light cardio (e.g., walking) to help your heart rate return to normal.

2. **Stretch:**

- Perform static stretches, holding each for 15-30 seconds, to improve flexibility and reduce muscle soreness.

3. **Rehydrate:**

- Drink water or a sports drink to replenish fluids lost through sweat.

4. **Eat a Post-Workout Snack:**

- Consume a snack or meal with protein and carbohydrates within 30-60 minutes to aid muscle recovery. Examples include a protein shake, a turkey sandwich, or Greek yogurt with fruit.

5. **Rest and Recover:**

- Allow your body time to recover, especially after intense workouts. Ensure you get adequate sleep and consider light activities like walking or yoga on rest days.

6. **Track Your Progress:**

- Keep a workout journal or use a fitness app to log your exercises, sets, reps, and how you feel. This helps track improvement and adjust your routine as needed.



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What to do Before and After Exercising ?

Warm Up:

Light activities such as jogging in place, jumping jacks, or skipping rope for a few minutes.



Stretch:

Encourage gentle stretching after the warm-up. Focus on major muscle groups like legs, arms, and back.



Hydration:

Ensure children drink water before exercising to stay hydrated, especially if they'll be engaging in vigorous physical activity.



Cool down:

After physical activity, encourage children to cool down with gentle movements, such as walking or slow jogging for a few minutes.

Stretching:

Encourage gentle stretching after exercise to maintain flexibility and prevent muscle tightness.

Rest and Recovery:

Ensure children have adequate time for rest and recovery between exercise sessions.



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What to do Before and After Exercising ?

Before Working Out:

Warm-up:

Spend 5-10 minutes doing light aerobic activity like jogging, cycling, or jumping jacks to increase blood flow to your muscles and raise your body temperature.

Hydrate:

Drink water before exercising to stay hydrated. Dehydration can decrease performance and increase the risk of muscle cramps and fatigue.

Dress appropriately:

Wear comfortable, breathable clothing and proper footwear for your chosen activity.



After Working Out:

Cool down:

Spend 5-10 minutes doing light aerobic activity or stretching to gradually bring your heart rate and breathing back to normal.

Hydrate:

Drink plenty of water to replace fluids lost through sweat during exercise.

Stretch:

Perform static stretches targeting the major muscle groups to improve flexibility and reduce the risk of injury. Hold each stretch for 15-30 seconds without bouncing.



RESOURCES

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