



Regular exercise has been shown to **help guard the mind against depression.** But how can exercise -- which is a physical activity -- have an effect on mood -- which is a state of mind? Scientists have long known that **exercise releases "endorphins,"** chemicals that trigger positive feelings and even euphoria. And now a recent study has shown that **exercise also helps to cleanse the body of a substance called "kyurenine,"** which accumulates in the bloodstream when we experience stress and causes inflammation in the brain and negative mood. So exercise isn't just good for your body. **It protects your mind in many ways, too.**

the big number

20x3

If you're starting from scratch, begin with moderate exercise for 20 minutes 3 times a week, and work up to 30 minutes x 5 times.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

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WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"STATE OF MIND"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

TURMERIC

This bold spice, used in many curries and other Asian and Indian dishes, has amazing anti-inflammatory properties that can help prevent and lessen symptoms of depression. The active ingredient in turmeric ("curcumin") boosts health in many other ways, too.



LIVE HEALTHIER

Exercise makes you happy! Have fun with it. Here are some easy ways to get your 20-30 minutes in:

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|----------|-----------|-----------|
| Biking | Jogging | Aerobics |
| Swimming | Walking | Yard Work |
| Dancing | Gardening | Yoga |

Try to exercise with friends or family, choose activities you enjoy, start slow, and make exercise a priority!



LEARN EASIER



Depression and other mood disorders can affect concentration, decision-making, and many other thought processes. Awareness, prevention, and treatment of potential depression are important for learners of all ages.

PLAY HARDER

Little kids can't get enough of bouncing -- on a sofa, a bed, the ground -- and it turns out they're not just blowing off steam. Young or old, bouncing oxygenates your brain and gets a quick dose of positive-mood endorphins flowing. You don't even have to jump -- just go up and down quickly by bending your knees for a minute.



First things First



BREAKFAST @SCHOOL



Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last three school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

Please note that if your family qualifies for a free or reduced-price lunch, you automatically qualify for breakfast, as well.



DON'T GET!

Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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