

Healthy Lifestyles

January 2013

Happy New Year to everyone! Each January many of us start the new year with a set of goals or resolutions to become healthier or to help do something that we just didn't quite get done last year. For some it could be to lose those few extra pounds, for others it could be to just eat healthier and get more exercise in general so they are in better shape overall. This makes it a great time of year to introduce people to Healthy Lifestyles who aren't already involved.

January is National Eye Care Month, and February is just around the corner with National Children's Dental Health Month and American Heart Month. There are so many aspects to living healthy that there is no shortage of information on the internet. In this newsletter are some of the articles I have found and hope you find useful.

I enjoyed meeting those of you who attended our roundtable discussion in December!

Happy New Year!

*Donna Smith
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January – National Eye Care Month

<https://www.preventblindness.org>



Each year, Prevent Blindness America reaches out to millions of Americans with news and information about preventing vision loss from eye disease and injury. People are often surprised by one message in particular: taking care of your vision also means taking care of your health.

Now, more than ever, this message bears repeating. As we take care of our health, we also need to think about our eyes and the precious gift of sight. Choices we make for ourselves and our children can have a significant effect on vision for a lifetime. By making sure we and our children wear proper U.V. protection whenever playing or working outside in the sun, we may prevent or delay the onset of cataract later in life. By making sure we wear proper safety eyewear when playing sports, when working with power tools or chemicals or doing yard-work, we can avoid permanent loss of vision from eye injury. By promoting exercise and good nutrition for ourselves and our families, we can help prevent or manage diabetes and avoid vision loss from diabetic eye disease.

As we age, we also need to think about the need for regular professional eye care. Particularly for Americans ages 40 and older, a regular exam by an eye doctor can help detect potentially serious eye conditions before they cause loss of vision. We recognize, however, that in the difficult economic times many Americans have faced, it is often a significant financial challenge for families to make eye care a priority.

Prevent Blindness America has moved ambitiously to confront emerging threats to our vision health. We've launched new educational campaigns such as "Live Right, Save Sight!" we've expanded advocacy efforts, such as Eyes On Capitol Hill, that increase awareness among legislators in Washington, D.C. of vision care as a public health issue. We've advanced the cause of children's eye health through the meticulous work of our National Center for Children's Vision and Eye Health. We've built successful partnerships with vision care leaders such as VSP and Luxottica to distribute vouchers to families in need for adult and children's eye care.

And of course, you have made these efforts possible. The support of our many individual donors, corporate sponsors and institutional partners has extended our organizational reach and impacted the lives, and the vision health, of so many families throughout our nation. We thank you for this generous and important commitment to a lifetime of good vision and good health for all Americans.

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PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

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The information on Prevent Blindness America® is directly from their website. The website contains a lot of great information with .pdf downloadable fact sheets. There is information for both children and adults on preventing eye injuries, vision care, protecting your eyes from the sun, common eye myths and more. I had some trouble trying to get the drop down menus to open when I clicked directly on the arrows...a hint—put your mouse cursor directly to the right of the arrow and then click.

City of San Antonio Calendar of Events

Each month the city publishes a calendar with events taking place during that month. To find something that you might be interested in you can locate the calendar at:

<http://www.sanantonio.gov/commpa/CityCalendar.aspx>

There are activities at several different areas around town and a little bit of something for everyone! Be sure to check back each month for new events!



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Common Eye Myths

www.preventblindness.org

It's important to separate fact from fiction, especially when the topic is eyesight. Knowing how to take good care of your eyes is the first step to protecting your sight for a lifetime.

Myth: Failure to use proper glasses will hurt your eyes.

Fact: This statement does have some truth for a small number of people. Some children have eye problems that can be corrected, and it is important that they wear their glasses. While corrective glasses or contacts are needed to improve eyesight, using your eyes with or without glasses will not damage them further.

Myth: Reading in dim light can damage your eyes.

Fact: Reading in dim light can cause eye fatigue, but it will not hurt your eyes.

Myth: Eating carrots will improve your vision.



Fact: While it is true that carrots are high in Vitamin A, which is an essential vitamin for sight, only a small amount is necessary for good vision.

Myth: There's nothing you can do about preventing sight loss.

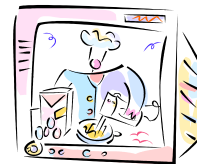
Fact: Regular eye exams and proper safety eyewear can save your sight.

Myth: An eye exam is only necessary if you're having problems.

Fact: Everyone should follow a proper eye health program that includes a regular eye exam, whether or not they're having any noticeable signs of problems.

Myth: Watching television for too long or sitting too close can damage your eyes.

Fact: There is no evidence to suggest that watching television for too long or sitting too close can damage your eyes. Young children often sit close to the television screen because they have a greater ability to focus on objects closer to their eyes than adults do. Due to this, children hold their reading material close as well. However, as they grow older, these habits usually change. If not, this may be a sign of myopia (nearsightedness). To detect possible eye problems, children should have regular eye exams.



3 Keys to Making Healthy Resolution You Can Keep

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While it's easy to make New Year's resolutions such as "lose weight" or "exercise more," it can be hard to keep them. To craft successful resolutions, make sure they are:

1. Specific
2. Attainable (doable)
3. Forgiving (less than perfect)

For example, "be more physically active" is a great resolution. But it's not specific.

"Walk 5 miles every day" is specific and measurable. But it may not be doable if you're just starting out.

"Walk 30 minutes every day." This resolution is specific and it's more doable. But what happens if you're held up at work one day and there's a thunderstorm during your walking time another day? Thus this resolution is not forgiving.

"Walk 30 minutes, 3 or more days each week." This resolution is specific, doable, and forgiving. In short, it's just right!

Your health can benefit by adding even 10 minutes at a time of moderate-intensity aerobic activity per week. For major health benefits, adults should aim for at least 150 minutes (2.5 hours) of moderate-intensity aerobic activity or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity each week, as recommended by the ["2008 Physical Activity Guidelines for Americans."](#)

*Article from National Heart Lung and Blood Institute*

## Smoking and Your Heart: The Benefits of Quitting



Cigarette smoking causes about 1 in every 5 deaths in the United States each year. It's the main preventable cause of death and illness in the United States. Smoking harms nearly every organ in your body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones, bladder, and digestive organs.

The health benefits of quitting are numerous and immediate:

- Heart disease risk associated with smoking begins to decrease soon after you quit and continues to decrease over time. Your risk is cut in half 1 year after quitting.
- If you have not developed heart disease within 15 years of quitting, your risk is nearly the same as the risk in someone who has never smoked.
- Deaths from heart disease are reduced by one-third in people who quit smoking compared with people who continue smoking.
- People who smoke and already have heart disease lower their risk of sudden cardiac death, second heart attacks, and death from other chronic diseases by as much as half if they quit smoking.

[Learn more about the benefits of quitting smoking.](#)

[Explore strategies to quit smoking.](#)

*Article from National Heart Lung and Blood Institute*

### Diabetic Diet:

If you have [diabetes](#), your body cannot make or properly use insulin. This leads to high blood glucose, or sugar, levels in your blood. Healthy eating helps keep your blood sugar in your target range. It is a critical part of managing your diabetes, because controlling your blood sugar can prevent the [complications of diabetes](#).

A registered dietitian can help make an eating plan just for you. It should take into account your weight, medicines, lifestyle, and other health problems you have.

Healthy diabetic eating includes

- Limiting foods that are high in sugar
- Eating smaller portions, spread out over the day
- Being careful about when and how many carbohydrates you eat
- Eating a variety of whole-grain foods, fruits and vegetables every day
- Eating less fat
- Limiting your use of alcohol
- Using less salt

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases  
<http://www.nlm.nih.gov/medlineplus/diabeticdiet.html>*

*This website also has meal planning in English and Spanish, recipes and much more.*

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# Healthy Lifestyles

January 2013

## The Mayor's Fitness Council Healthy Schools Summit

January 18, 2013  
7:30am – 12:30pm

Register for FREE [HERE!](#)

**LEARN** how San Antonio schools and parents are supporting healthy kids.  
**HEAR** from national and state leaders in the area of child wellness.  
**IGNITE** your desire to help our kids be the healthiest in the state!

This is a free event and is being held at Northside Activity Center!



**Mayor's Fitness Council**  
City of San Antonio

Did you know that San Antonio has a website dedicated to being fit? Go to [www.fitcitysa.com](http://www.fitcitysa.com) and find out about healthy eating, physical activity and events in our city!

**SAN ANTONIO MAYOR'S FITNESS COUNCIL  
HEALTHY SCHOOLS SUMMIT**  
JANUARY 18TH, 2013  
7:30AM-12:30PM  
NORTHSIDE ACTIVITY CENTER  
7001 CULEBRA ROAD, SAN ANTONIO TX 78238

**LEARN** how San Antonio schools and parents are supporting healthy kids.  
**HEAR** from national and state leaders in the area of child wellness.  
**IGNITE** your desire to help our kids be the healthiest in the state!

**SPEAKERS INCLUDE**  
Mayor Julian Castro  
Margo Wootan Washington, DC; *Weight of the Nation*  
Dr. Mary Longloy; *A Principal's Success in Healthy Fundraising*  
Principal Jeffrey Davenport; *Fostering a Healthy Campus*  
Dana Minney; *Engaging Parents, Students and Communities*

**TOPICS**  
Healthy Fundraising | School Nutrition | Physical Activity | Wellness Policies |  
Children's Health | Student Ambassadors | Mayor Recognition

**OPEN TO**  
Parents | Teachers | Administrators | Nurses | SHACS | Wellness Champions  
Registered Dieticians | Community Organizations |

**SPACE IS LIMITED!**  
Breakfast sponsored by Dairy MAX and light lunch provided by NISD.  
RSVP AND REGISTER HERE: [HTTP://HEALTHYSCHOOLSUMMIT.EVENTBRITE.COM](http://HEALTHYSCHOOLSUMMIT.EVENTBRITE.COM)  
FOR INFO CONTACT: JEREMY BEER | 210-207-5377 | [JEREMY.BEER@SANANTONIO.GOV](mailto:JEREMY.BEER@SANANTONIO.GOV)

  
Mayor's Fitness Council



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