

MLE - News in Health

MyLifeExpert.com Monthly Newsletter

March 2022

Break Away with the Kids for Spring Outdoor Activities



Spring is here, and spring break is just around the corner or already underway. For parents everywhere trying to figure out how to keep their children amused, the answer can be simple: **Get them outside!**

Spring is a great time to watch birds collect materials to build nests or to check out the buds as trees and shrubs begin to bloom and leaf out. It's also a time to see those [early blooms](#) that often lay soft carpets of color across the landscape.

Observation skills are important for school and life, so devise an outdoor scavenger hunt. Make a list of things they might find at a park or in a forest near you. Be specific about the type of tree or the shape of leaf they should find. Or be more general and encourage them to find coniferous trees (those with cones) or deciduous trees (those with flat leaves). With potential wildlife sightings, the hunt could include squirrels, birds, deer, ants or moths. Or have them get up close and personal with a bug.

And help children learn to respect the outdoors by "**collecting**" their finds on a digital camera or drawing them in a journal. Let the found items stay outdoors for others to enjoy.

Nature is a great place to use all your senses. Show children how they can feel the wind on their skin; see the wind move the leaves or branches of a tree; hear the wind through the trees; smell the flowers because the wind is bringing the scent to them. Since wind really doesn't have a certain taste; ask your kids to use their imaginations and tell you what they believe the wind tastes like.

And an added bonus: while they are enjoying the outdoors, so can you.

Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

Move More, Sit Less, Eat a Healthy Diet, Rethink Your Drink, Get Enough Sleep, Be Sun Safe, Brush Your Teeth, Don't Use Tobacco,, Learn Your Health History



How to Sleep Better

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. Learn strategies for getting enough sleep in the [Sleep Deprivation and Deficiency Health Topic](#).

It may help to:

- Spend time outside every day, if possible, and be physically active.
- Avoid nicotine and caffeine.
- Avoid heavy or large meals within a couple hours of bedtime. Also, avoid alcoholic drinks before bed.
- Go to bed and wake up at the same time every day.
- Use the hour before bed for quiet time. Avoid exercise and bright light.
- Take a hot bath or use relaxation techniques before bed.
- Keep your bedroom quiet, cool, and dark.



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National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people every day.

The NHOs in our March roundup help raise awareness about Colorectal Cancer, Kidney Disease, Nutrition, and Tuberculosis.



- **National Colorectal Cancer Awareness Month**
Each March the Prevent Cancer Foundation sponsors National Colorectal Cancer Awareness Month to spread the word about colorectal cancer prevention. Encourage people to get tested for colorectal cancer — and to find out which test they might prefer.
- **National Kidney Month**
The National Kidney Foundation sponsors National Kidney Month in March to promote kidney disease awareness, prevention, and treatment.
- **National Nutrition Month®**
Sponsored by the Academy of Nutrition and Dietetics, National Nutrition Month® is a time to help people develop healthy eating habits. For the latest guidance on healthy eating, check out the Dietary Guidelines for Americans, 2020–2025 — and share the related consumer resources with your community.
- **World Tuberculosis Day**
Every year the World Health Organization sponsors World Tuberculosis Day on March 24 to raise awareness about the health, social, and economic effects of tuberculosis. Share these MyHealthfinder resource on latent tuberculosis to encourage people to talk to their doctor about getting tested.

Together, we can work toward a healthier nation.

LIVE WEBINAR SERIES

Communication Skills in a Virtual World

Date: 03/9/2022 | Time: 1:30 PM to 2:30 PM EST

Join us to discuss tools and strategies for effective virtual communication.

Register: <https://register.gotowebinar.com/register/1588210879185212944>



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