

Whitnall Health News



Exercise and it's Benefits

By Derek Ross

Exercise plays a very important role in maintaining your overall health. Regular exercise along with good nutrition can help you live a longer, more productive life.

Exercise benefits every part of the body, including the brain. The activity causes the body to release chemicals, called endorphins, that make the body feel good. This can also help people who are sleep deprived or have low self-esteem to feel better physically, emotionally, and socially. They can also get a sense of accomplishment, making them feel less depressed.

Also, exercise helps people lose weight and lower the risk of some diseases. When exercising, the ultimate goal is to burn more calories than you consume. Aerobic exercises are great for burning fat, but strength training is better for building muscle. When you replace muscle with fat, from exercising, your body burns more calories at rest, which is why some people

Are you feeling stressed? Follow this link for advice by Sophia Abad about how to manage stress”

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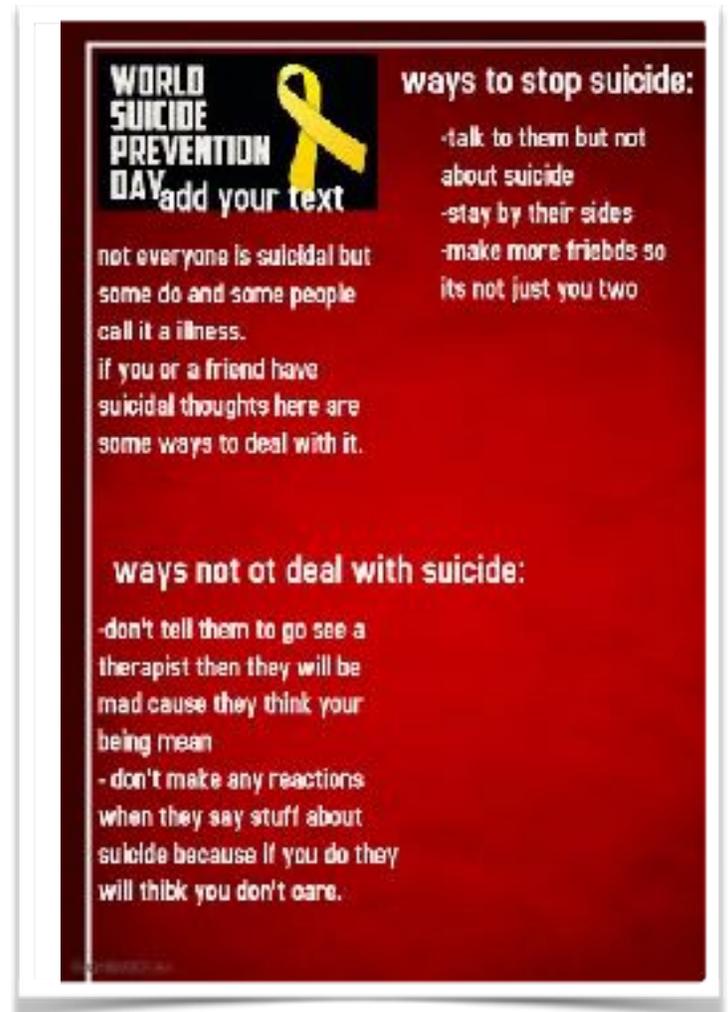
See the graphic on page 2 made by Emery Sexton for information about how you can help someone who might be considering suicide.

can even lose weight overnight. Examples of diseases that exercises can help prevent are obesity, type 2 diabetes, and high blood pressure.

Finally, exercising can make you look better. When exercising, the body is able to burn calories, making you look more physically fit. In addition, when exercising, the body can maintain a healthy weight because of the loss of fat and calories inside the body. In fact, starting to exercise at a young age makes the body more conditioned and can make it easier to exercise in the future because your body is more used to that type of work.

Fitness can be important to people of all ages, from children to the elderly who want to keep their body in shape. When asked about how important fitness is to him, fellow classmate Matthew Fedewa replied, "Fitness is very important to me, because I want to stay in shape throughout my lifetime". This goes along with certain characteristics of those who choose to put forth the effort to exercise and maintain a healthy body. One characteristic is determination. This might be the most important trait of all because to be determined, you must want to put the time and effort into whatever you may be doing. Another characteristic is patience. We all know the expression, "Rome wasn't built in a day", but the same can be said about our day-to-day fitness. It is going to take some time, but before you know it, the results will come.

In order to maintain a healthy body, one must eat healthy, as well. An important nutrient to receive every day is carbohydrates. Carbohydrates are the main source of energy found in everyday foods. One tip would be to reduce as many fats as possible, like not putting butter on bread, or not putting sour cream on a baked potato. Also, when eating out, pay attention to calorie counts, as restaurant portions tend to be quite large. Finally, stay hydrated. Water is the #1 nutrient that we need in our body. Without it, we wouldn't be able to carry out waste or transport other nutrients around the body.



Exercise impacts us more than just physically. It can make us feel stronger in our emotional and social health, as well. Social health refers to how well we get along with others. A good way to increase your social health could be by going to work out at the gym with a group of friends, all knowing that you want to get more in shape. Challenging one another to try and do one more rep, or bike 30 more seconds can really have a long lasting impact if they continue to do that every time they go to the gym. This can impact your amount of social health because you are also having fun with others. Emotional health refers to how well you feel about yourself. Like mentioned above, if someone has low self-esteem, but continually exercises daily, they will feel better because of their results and accomplishments.

So start small, be consistent, and before you know it, you'll be looking and feeling better in no time!

Maintaining Environmental Health

By Emi Suttner

Environmental health is preventing illness and injuries and advocating good health by being aware of the hazards in your environment. With good environmental health, one can lower their risk of disease and improve their overall well being. One choice that you can make to improve environmental health is using less gasoline by riding a bike, walking, or using public transportation. Some more choices that you can make is to eat clean foods like fruits and vegetables, avoiding processed foods, and recycling.

With poor environmental health, exposure to hazardous substances around you and in your food can cause you to become ill. Such as air pollution, which can lead to long term damage in the respiratory system. Fire and electrical hazards can also cause serious burns and shocks.

Drug Prevention

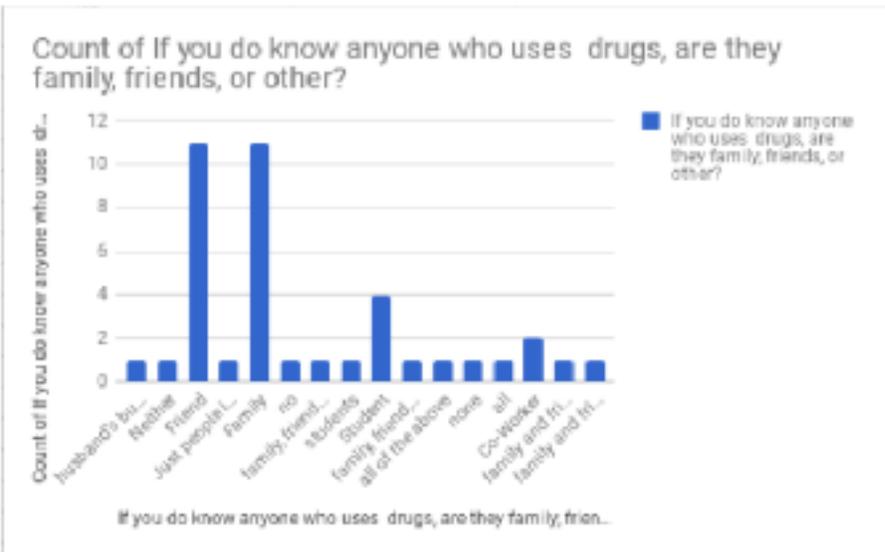
By Steven Gilbertson

Drug prevention programs are designed to provide the education and support necessary to diminish drug dependency in communities, schools and the workplace. This gives people a learning experience of how drugs affect the person in any way.

What Did My Survey Test?

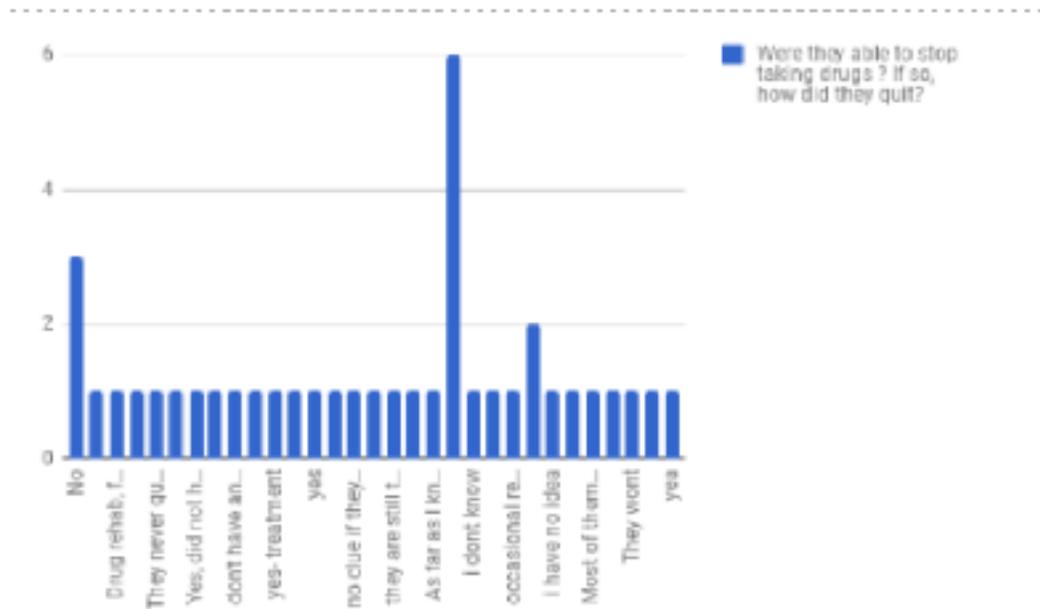
My survey tested how many people know someone with a drug problem and how many of them got a DPP to help them overcome their problem.

Statistics



When I surveyed people, you can see that a lot of people knew others who have taken drugs. If you look at the graph then you can see that a lot of people know a friend or a family member that has

used drugs. Some people know students and co-workers that have taken drugs. There are other people like a husband and a family friend, but drugs are more common in friends and family than students and coworkers



This is a graph about how many of those people went to get help and if any of them got “cured”. A lot of people have seen these people get help. But if you look at the graph, you can see some people said that these people never got or even tried to get help. This is one of the main problems we see. People abuse drugs and we want to help them, but we never do. This problem leads to drug abuse and soon a drug overdose. Some people put that these people have sought help, but later on they go right back onto the drugs.

What Can We Do To Help People Get into A Drug Program?

You might think, “I can’t help my friends and, I can't make them stop”, but you can. You can have a great impact on someone's life and you can help them stop. There are a lot of different ways a person can get help or even stop a drug problem.

Family Based Drug Programs- This is when the program only includes family members. The prevention of drug abuse should start inside the family unit as early as possible. Parental supervision and involvement are critical in adolescents. Parents can’t just educate their children, they also have to enforce rules and monitor their child’s activities.

Community Based Drug Programs- Communities that make an effort to come together to fight against drugs are sure to make an impact in the prevention of drug abuse. There are many places to establish these prevention programs including schools, churches and community based clubs. Mostly these programs are in elementary schools to tell kids not to take or use drugs early on and prevent this of happening.

Interactive Drug Programs- Interactive programs are more effective at reducing, preventing or delaying adolescent drug use for all substances combined and for each substance individually like tobacco, alcohol and marijuana. Interactive Programs also are more effective than any other non interactive drug program. This also gives kids and even adults a chance to see what happens to the body when drugs are taken.

Suicide prevention

By Taylor DeVeau

Today many people are committing suicide, in every year, over 1 million people take their life. This has a big effect on a lot of people. Students should not be taking their own life because of a tragedy that happened. If you’re experiencing any depression or suicidal thoughts, you should definitely get help immediately and/or contact someone as soon as possible. Some warning signs will include: talking about suicide or death in general/ a lot, talking about “going away”, talking about great guilt or shame, feeling unbearable pain using alcohol or drugs more often, acting anxious or agitated, changing eating and/or sleeping habits, giving away important possessions, withdrawing from family and friends, showing rage or talking about seeking revenge, and displaying extreme mood swings, suddenly changing from very sad to very calm or happy

Anyone who is experiencing any of these warning signs or many of them, should be seeking for help. Some places you could go to are listed below. If you know of someone who is considering suicide, seek help from one of these professionals: therapist, psychotherapist, doctor, psychologist, or psychiatrist

Suicide is usually caused by depression, mental disorder, or a substance abuse disorder. Suicide may also be caused by, chronic pain, a prior suicide attempt, a family history of a mental disorder or substance abuse, and also a family history of suicide. The more this keeps happening the more people will think that committing suicide is okay. We don't want people thinking that committing suicide is okay, that's why if you see someone in trouble make sure get help for them right away. More than 4,400 teens are dying every year due to suicide and over 100 attempts everyday. Researchers have also found that there is about on average 123 suicides per day. Many Americans are taking their life when they shouldn't be. Bullying takes on a major toll of suicide. Teens who are bullied in school are the ones to more likely end up committing suicide. Not only is bullying in school bad, teens are also being bullied online everyday. Social media has a big impact on teens and when you, or anyone for that matter, is being bullied this will cause major depression and sadness for the person who is being bullied. Things like this should be stopped and instead of putting others down we all should be kind and caring to each other. Whitman High School and Walter Johnson High School are two examples of schools that lost some students due to social media. Both schools even started posting hearts on snapchat for the loss of each student. All and all, suicide can be preventable and we should make sure it doesn't happen to anyone. If you know anyone with any of the symptoms mentioned earlier, make sure to call this number 1-800-273-8255 and seek help for them right away.

STRESS MANAGEMENT

MOLLY HERZOG

April 20, 2018

WHAT IS STRESS?

The definition of stress includes that stress is a state of mental or emotional tension based on uncertain circumstances. Teens usually experience stress through their social life, sports, family, school and a lot of pressure. It's normal to experience stress, especially as a teenager, it just depends on how you handle these situations. On the other hand, adults usually struggle with pressure of their jobs, their children, love life, and money. This is all very common, but stress is also difficult to cope with it.

HOW CAN YOU MANAGE STRESS?

When dealing with stress, there's many ways to relax yourself and get into a "chill zone." Many people do what they love, such as sports to get your mind off of it, yoga or meditation to find inner peace. Stress is a mental thought, you can control it and how you handle. Even you can find peace and relaxation in some way.

WAYS TO AVOID STRESS

You cannot always avoid stress, but you can try to avoid stressful situations. The first step is knowing your own coping strategies. Try tracking your stress to record stressful events, your response to them, and how you cope it.

After you know what is causing your stress, try making some changes in your life that will help you avoid stressful situations.

IF YOU NEED MORE HELP.

Stress can be hard to deal with on your own. It's okay to seek help if you need it. Talk with your doctor about the stress you're feeling and dealing with and how it affects you. A

licensed counselor or other health professionals can help you find ways to reduce stress symptoms. He/she can also help you think about ways to minimize stress in your life.

Check out this graphic created by Molly Herzog for some great ways to deal with stress.

