

Deer Valley Wellness

Healthy Minds, Healthy Bodies

Volume 5 Issue 4: Summer 2020

Congratulations DVUSD Family!

We just completed a school year so completely different than any other year previously experienced. Every single member of our school district made some sort of adjustment to what we thought the end of the school year would be.

We changed how we interacted, how we communicated, how we learned, how we taught, how we spent our time, and how we completed our jobs.

And we did it well!



We should all feel very proud of ourselves and the commitment we gave to make the most out of a difficult situation. Brian Tracy, a self-development and motivational speaker said, “the true test of leadership is how well you function in a crisis.”

Deer Valley proved how well they function in a crisis these last few months. From meals and technology support to virtual meetings and classes to whatever it took to maintain our day to day lives. We made it! Good job! Welcome to summer!



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Go Outside!

Outdoor recreation benefits our health and overall well-being much more than most realize. Japan has even made “forest bathing” or nature immersion an important part of their national health program!

Here are just four of the health benefits provided by spending time outdoors:

1. Stress Relief

Cortisol, a stress hormone, lowers after time spent outside, and those lower levels stick around for the next few days.

2. Increase Focus

Time spent outside can increase productivity,

concentration, and creativity with longer periods outdoors providing even more benefits.

3. Mental Clarity

Physical responses such as blood pressure, heart rate, and cortisol levels all decrease with outdoor time. This helps produce feelings of calm, which in turn can boost moods and lessen the impact of anxiety and depression.

4. Weight Management

The outdoors provide all sorts of opportunity for a healthy lifestyle, including a variety of exercise options. Try something new! You just might love it!

Sydney Sprouse. (2018, February 26). 10 Reasons Why Being Outside is Important. Retrieved from <https://askthescientists.com/outdoors/>

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Click on the chef's hat for more **Food, Nutrition, and Wellness** information!

- ✓ School Meal Program
- ✓ Smart Snacks Standards
- ✓ Nutrition Education
- ✓ Wellness

Healthy Eating Tip

People often look to diets as a way to “eat healthy”. They eliminate individual foods and whole food groups. However, did you know approximately 90% of diets aren’t successful within one to three years (if they last that long)?

One of the major reasons diets don’t work is because avoidance and elimination types of eating behaviors are unsustainable over a long period of time. Anyone can avoid a “bad” food for brief periods, but completely avoiding favorite foods can actually encourage temptation and even binge eating behaviors. Willpower only lasts so long. Eating healthy is more about creating positive relationships with foods and with eating.

One way is to **Think Addition, NOT Subtraction**. There are many foods that we know to be quality foods (fresh fruits and vegetables, whole grains, legumes, lean meats, water, etc.) because of the nutrients they provide. By adding more of these types of foods, we consume more nutrients, fiber, and antioxidants, and we can feel confident that we ARE eating healthier.

ACTION FOR HAPPINESS 10 KEYS TO HAPPIER LIVING (IN A CRISIS AND BEYOND)

