

# HAPPY FACE=HEALTHY HEART.



the big number

22

The most positive and happy people in the study were 22% less likely to develop heart disease than average.

It's February again, so **let's talk hearts!** A study that followed subjects for 10 years found that **people who usually express positive emotions** like contentment and happiness were far less likely to develop heart disease than people who tend to be **pessimistic or otherwise negative in their emotions**. Another study found that smiling (even fake smiling!) reduces heart rate and blood pressure when we're experiencing stress. So for the good of your health and your heart, try to remember to **put on a happy face!**

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

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"HAPPY FACE=HEALTHY HEART"

## EAT BETTER

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

### SALMON

Salmon and other fish that are high in omega-3 fatty acids have already been shown to be good for the heart. But the same substance also helps to elevate mood, thereby providing a double benefit for heart health!



## LEARN EASIER

A positive, happy mood also makes it easier for us to learn – especially in learning situations that require flexibility and creativity, like learning a rule in math class and then applying the rule to new sets of information.



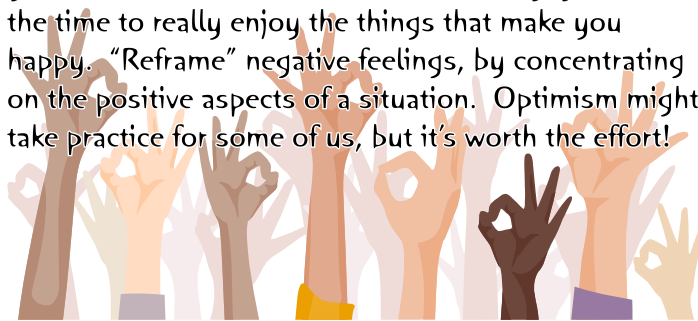
## PLAY HARDER

Exercise is a natural way to boost mood and encourage positive feelings. Exercise triggers the brain to release "endorphins," which help create positive feelings of clarity and well-being. Best of all, research shows that just 20 minutes of exercise a day can power these feelings of happiness!



## LIVE HEALTHIER

People whose mood might tend to be pessimistic and/or negative can take steps to improve their "default mood" and reap more of the benefits of positivity that we're describing in this newsletter. Physically, exercise and regular good sleep can help mood tremendously. But mental "exercise" can help naturally negative people feel happier, too. Make a conscious habit of thanking and forgiving people in your life. Seek out acts of kindness to engage in. Take the time to really enjoy the things that make you happy. "Reframe" negative feelings, by concentrating on the positive aspects of a situation. Optimism might take practice for some of us, but it's worth the effort!



First  
things  
First



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**School Meals**  
We serve education every day

Over the last several 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 4GET!**  
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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This newsletter is provided as a wellness resource by our school system's School Meals Program