

Facebook Posts February 2018

February 2

February is National Cancer Prevention Month
Eating well can help prevent and beat cancer in a variety of ways!



Help Prevent Cancer By Taking Control of Your Diet

While cancer can leave us feeling helpless, the good news is that there are measures you can take to help prevent the disease. Your diet is one of the most important factors under your control.

EATRIGHT.ORG

Check out these races for the month of February! There is something for everyone, whether you want to walk, run or just have fun!

For links to registration and more information on races check out: <http://tinyurl.com/February-Races>

February

Running Calendar 2018

<p>February 3</p> <p>Chocolate Rush 13.1 M & 5K Run Olathe, KS</p> <p>Polar Strut 5K & 1 Mile Run Topeka, KS</p>	<p>Sweetheart Run 5K Overland Park, KS</p> <p>February 11</p> <p>Not 4 Wimps 10M & 10K Trail Run Derby, KS</p> <p>Sweetheart Run 5K & Kids Run Wichita, KS</p> <p>February 17</p> <p>Mine Run 5K Hutchinson, KS</p> <p>Polar 5K Strut Salina, KS</p> <p>Polar 5K Strut Emporia, KS</p> <p>Run For a Cure LV 5K Run Leavenworth, KS</p>	<p>February 24</p> <p>Polar 5K Strut 5K & 1M Run Garden City, KS</p> <p>Psycho Wyco Run Toto Run 50K, 20M, 10M Trail Run Kansas City, KS</p> <p>Red Dress 5K Run Minneapolis, KS</p> <p>Walk in Sister's Shoes 5K Run Wichita, KS</p>
<p>February 4</p> <p>Kickoff 5K Run 5K & Kids Run Leawood, KS</p> <p>Super Bowl Sunday 4M Run Wichita, KS</p> <p>February 10</p> <p>Polar 5K Strut 5K & 1 Mile Run Pittsburg, KS</p>		

February 4

Everyone can take steps to reduce their risk of cancer by choosing healthy options including quitting smoking, keeping physically active and choosing healthy food and drinks. #WorldCancerDay <http://tinyurl.com/z8xnkmq>

**WORLD
CANCER
DAY4FEB**

I CAN

**MAKE HEALTHY
LIFESTYLE
CHOICES**

Join us in 2018
worldcancerday.org

#WeCanICan
#WorldCancerDay

February 7

National Girls & Women in Sports Day is a national observance celebrating the extraordinary achievements of women and girls and the positive influence athletic participation brings to their lives. (www.ngwsd.org)



NATIONAL GIRLS &
WOMEN IN SPORTS DAY
PLAY FAIR, PLAY IX

FEBRUARY 7, 2018

With local celebrations throughout the year in all 50 states.



USE THE HASHTAG #NGWSD TO JOIN THE CELEBRATION ONLINE



WWW.NGWSD.ORG


February 9

Check out these tips for fighting stress. Find the full article here: <http://tinyurl.com/27td6af>

◆ Fight Stress with Healthy Habits ◆

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

<p>Talk with family and friends: A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes and joys and ask them to share theirs.</p> <p>Engage in daily physical activity: Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.</p> <p>Embrace the things you are able to change: While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.</p> <p>Remember to laugh: Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when we're alone.</p> <p>Give up the bad habits: Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.</p>	<p>Slow down: Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.</p> <p>Get enough sleep: Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep.</p> <p>Get organized: Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.</p> <p>Practice giving back: Volunteer your time or spend time helping out a friend. Helping others helps you.</p> <p>Try not to worry: The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but right now might not be the right time.</p>
--	---



"Fight Stress with Healthy Habits" www.heart.org/HEARTORG/GettingHealthy/StressManagement/FightStressWithHealthyHabits/Fight-Stress-with-Healthy-Habits_UCM_307992_Article.jsp

February 12

Move more, sit less. Your heart with thank you.



February 15

Get up and reap the benefits of an active lifestyle!



THE BENEFITS OF PHYSICAL ACTIVITY

FOR YOUR MENTAL HEALTH

- REDUCES STRESS
- IMPROVES SLEEP
- BOOSTS ENERGY
- REDUCES SYMPTOMS OF ANXIETY AND DEPRESSION
- INCREASE IN SELF ESTEEM
- IMPROVE OVERALL FOCUS AT WORK AND SCHOOL

FOR YOUR BODY

- BUILDS STRONG BONES
- PROMOTES A HEALTHY WEIGHT
- HELPS AVOID DIABETES
- BUILDS HEALTHY HABITS
- HELPS PREVENT HIGH BLOOD PRESSURE
- MAY HELP FIGHT CANCER
- HELPS PREVENT HIGH BLOOD PRESSURE

Get Active Kansas | Taken from "Why is Physical Activity Important?" www.govhealth.gov/resources/whygetit

February 19

Here are some ideas on how to fit activity into your life whether at home, your office or at play. For the full article check out: www.choosemyplate.gov/physical-activity-home-work-and-play

Tips to make physical activity a regular part of the day

PHYSICAL ACTIVITY AT HOME, WORK, AND PLAY PT. 1

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2 1/2 hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

MIX IT UP
Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

WORK OUT DURING TV TIME
Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

BE READY ANYTIME
Keep comfortable clothes and walking or running shoes in the car and at the office.

TAKE 10
Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10 minute walk at lunchtime.

FIND WAYS TO MOVE
Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

www.choosemyplate.gov/physical-activity-home-work-and-play

Get Active Kansas updated their cover photo.

February 19 · 🌐

Like Page



Get Active Kansas!
Get up...Get moving!

February 21

Fit activity into your weekend. Every bit counts. For the full article check out: www.choosemyplate.gov/physical-activity-home-work-and-play

Tips to make physical activity a regular part of the day

PHYSICAL ACTIVITY AT HOME, WORK, AND PLAY PT. 2

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

LOOK FOR WELLNESS AT WORK
Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

THE CHORES COUNT, TOO!
Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.

BE AN ACTIVE PARENT
Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

FIND SUPPORT
Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

ENJOY THE GREAT OUTDOORS
Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

Get Active Kansas!
www.choosemyplate.gov/physical-activity-home-work-and-play

February 23

Check out these 10 recommendations for cancer prevention from the American Institute for Cancer Research - AICR.

10 CANCER PREVENTION RECOMMENDATIONS

American Institute for Cancer Research

MAINTAIN A HEALTHY WEIGHT

MOVE MORE

EAT WELL

ENJOY A PLANT BASED DIET

REDUCE RED MEAT, AVOID PROCESSED MEAT

CUT DOWN ON ALCOHOL

EAT LESS SALT

AFTER TREATMENT, CANCER SURVIVORS SHOULD FOLLOW THE CANCER PREVENTION RECOMMENDATIONS

IF YOU CAN, BREASTFEED YOUR BABY

FOR CANCER PREVENTION DON'T USE SUPPLEMENTS

And always remember - do not smoke or chew tobacco.

aicr.org

CANCER PREVENTION Together We Can

February 27

Are you moving more for American Heart Month? Breaking a sweat helps to strengthen your heart muscle, get blood flowing through your body, and lower blood pressure and cholesterol levels. #MoveWithHeart

#MoveWithHeart.

#MoveWithHeart for Your Heart

Heart disease is the leading cause of death in the United States. Physical activity can help reduce the risk of heart...

YOUTUBE.COM