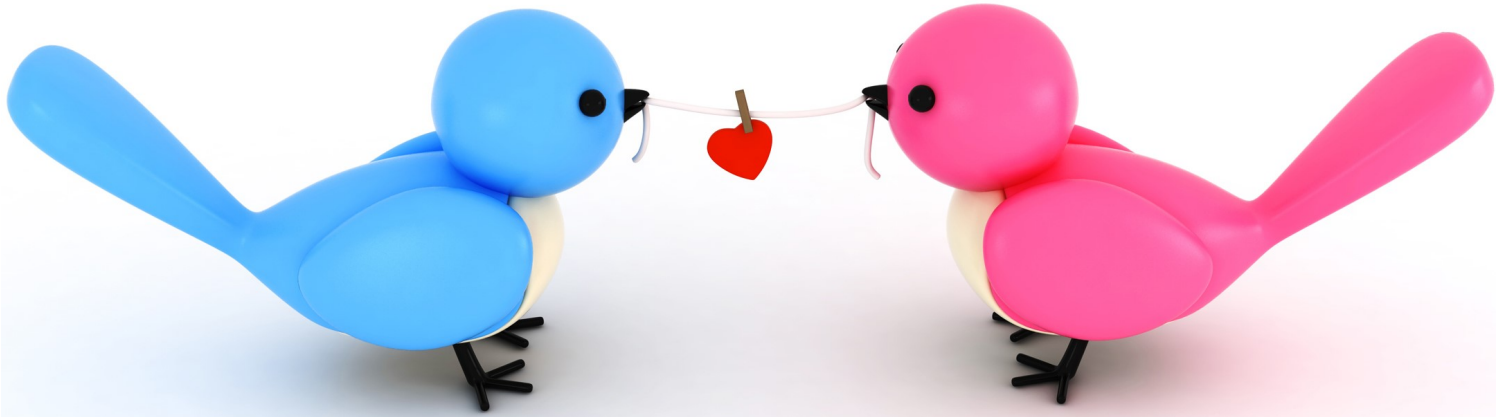


POWER OF LOVE.



February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to **lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight illnesses from heart attacks to cancer.** And that's not all. Doctors have found that the act of hugging your loved ones can significantly lower blood pressure and raise levels of a hormone that promotes relaxation -- **and the more you hug, the more these benefits increase.** When we love and take care of ourselves and do the same with the important people in our lives, **everyone's wellness improves.** Even treating strangers with love can increase our own well-being!

the big number

10

In one study, women who hugged family members most frequently had a systolic blood pressure 10 points lower than less-frequent huggers.

**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!™

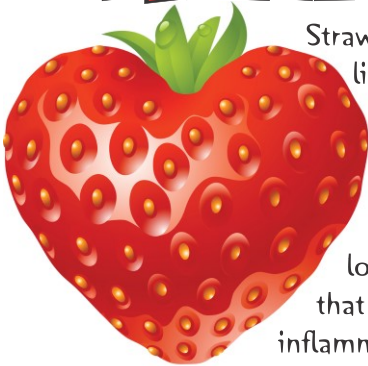
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"POWER OF LOVE"

EAT BETTER

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

STRAWBERRIES



Strawberries sometimes look like hearts -- which is perfect because they're so good for heart health! People who eat the berries twice a week have lower levels of a protein that can cause blood-vessel inflammation and heart attacks.

LIVE HEALTHIER

A study tracking more than a million people since the late 1970's shows that married people live longer -- probably because they have fewer heart attacks, lower rates of cancer, and even less susceptibility to pneumonia than single people. Love is good for you!



LEARN EASIER

Stress makes learning much more difficult, among many other negative effects. Acute stress prevents memory storage in the short term and in the long



term can even cause the brain to physically degrade. Ensuring that kids aren't under too much stress begins with making sure they feel loved at home.

PLAY HARDER

Exercising with loved ones is more effective -- and more fun! -- than working out alone. Nearly half the people who exercise solo quit after not too long, but two-thirds of folks who exercise with a loved one (or two or three or four!) stick it out. Look for a time when the whole family can sweat together.



First
things
First



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For first-class learning!



Featuring
Healthy Fruits
& Grains!

School Meals
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



DON'T GET!
Take at least
ONE
FRUIT
or
VEGGIE
and at least
THREE
items total
so your meal counts
as a complete lunch!



School Meals
We serve education every day

This newsletter is provided as a wellness resource by our school system's School Meals Program