

National ECELC Newsletter

Volume 2 Issue 1
January 2015



New Year, New You: Promoting Staff Wellness

Written by: Alexandra Hyman, Intern

Reviewed by: Brianna Holmes, MA and Katey Swanson, RD

What is Staff Wellness?

According to the National Wellness Institute,¹ “wellness is a conscious, self-directed and evolving process of achieving one’s full potential. It’s a multi-dimensional, holistic and encompassing lifestyle that includes mental and spiritual well-being and the environment.” Wellness is an active process that can provide a number of benefits.

What are Benefits of Staff Wellness?

Benefits of staff wellness may be visible or invisible.

Visible benefits:

- Helps staff identify opportunities to improve their health;
- Enhances productivity;
- Reduces absences, illness and health care costs;
- Shifts focus from treatment to prevention;
- Increases loyalty and retention; and
- Creates role models for children and one another.

Invisible benefits:

- Changes in one’s feelings and social interactions.

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Lets Move! Child Care* goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team

Visit the *Let’s Move! Child Care* website:

www.healthykidshealthyfuture.org

Tools for Success

(click the titles below to view the websites)

[USDA ChooseMyPlate.gov:](#)

food guidance from the Dietary Guidelines for Americans, as well as a number of great resources.

[USDA SuperTracker:](#)

allows individuals to set and track nutrition and physical activity goals.

[My Fitness Pal:](#)

An app that tracks food intake and physical activity.

[BodBot:](#)

Creates personalized workouts based on exercise equipment that is available around you.

[Cozi:](#)

Sharing place for families to add and organize grocery shopping lists.

[Fooducate:](#)

Scans the bar code on food items and compares it to similar food items to help the user make more informed, healthier food choices.

[Johnson & Johnson Official 7](#)

[Minute Workout:](#) 7 minute workout app that coaches you through moves developed for all workout levels.

[Lose It:](#)

a free app designed for counting calories and logging exercise.

Questions?

Please contact your State/Local Project Coordinator or one of our Content Specialists:

For health & nutrition information:

Katey Swanson, RD
katey.swanson@nemours.org
202.649.4422

For early care and education information:

Brianna Holmes, MA
brianna.holmes@nemours.org
202.649.4425



Staff Wellness Tips for Success

Healthy Eating

- Enjoy your foods, but limit the intake;
- Avoid oversized portions, and for smaller portions use a smaller plate;
- Make half of your plates fruits and vegetables;
- Drink water instead of sugary drinks; and
- When eating out, use menu labels, ask for half portions, order grilled/baked instead of fried, or share with a friend.²

Physical Activity

- Adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity OR 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity each week; and
- Adults should also do muscle strengthening exercises at least 2X/ week.³

Screen Time

- Use a log to track screen time;
- Remove the TV out the bedroom;
- Turn the TV off during mealtime; and
- Plan screen-free activities with family and/or friends.

¹ National Wellness Institute . (n.d.). *About Wellness*. Retrieved January 2015, from National Wellness Institute Web Site: <http://www.nationalwellness.org/?page=AboutWellness>.

² U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

³ U.S. Department of Health and Human Services. *2008 Physical Activity Guidelines for Americans*. Retrieved December 2015, from http://www.health.gov/paguidelines/pdf/fs_prof.pdf