

5-2-1-0

1= Participate in at least 1 hour of physical activity each day. This month's Wellness Newsletter will focus on the importance of exercise. Turn off those screens, leave the phone inside and go outside and move!



EXERCISE HAS BEEN SHOWN TO HAVE THE FOLLOWING HEALTH BENEFITS:

- Strengthens the heart muscles
 - Reduces blood sugar levels
 - Strengthens bones
 - Helps regulate blood pressure
 - Enhances emotional well-being
 - Improves sleep
 - And helps keep your thinking, learning, and judgment skills sharp as you age.
- helps keep veins & arteries clear
 - helps control weight
 - helps prevent certain types of cancer
 - improves energy levels
 - reduces risks of falls
 - helps with some types of chronic pain

According to the Mayo Clinic, adults need at least 20 minutes of aerobic type exercises each day. This may include a brisk walk, swimming, mowing the lawn or riding a bike. You don't have 20 minutes a day to devote to these types of activities? It's ok to break it down into 10 minute chunks and still enjoy all the benefits.

Children and teens need at least 60 minutes or more of physical activity each day. Running, jumping, climbing, biking, hiking, or swimming all count.

So how much exercise should I do each day to obtain the health benefits?

**HOW DOES OUR STAFF EXERCISE?
(SEE SOMETHING YOU LIKE?
JUST CLICK ON IT FOR MORE INFORMATION.)**



Mrs. Collins and her son Colton enjoy walks around the neighborhood most every day. They also like to head over to [Ft Harrison State park](#) and explore the trails.

Mr. Wiese Enjoys riding his bike 3 times a week, swimming 2-3 times a week and running 2-3 times each week. He also competes in [triathlons](#).

Mrs. Liphard does [Yoga](#) every day. Heated power flow, yin and chill flow.

Mrs. Coss participates in a [boot camp](#) in Zionsville 3-4 times each week. She also runs 1-2 times each week for cardio.

Mrs. Alexander walks daily on the [Monon trail](#).

Mrs. Schneider likes to [park further away from a building](#) giving her a chance for a nice walk.

Ms. Horcher enjoys a competitive [catholic volleyball league](#).

Dr. Willett likes to run and do some weight training before school each day. [In the summer, she swims, bikes and hikes with her kids](#).

Mrs. Fink likes to take the stairs and parks far away from buildings [for extra steps!](#)



The Sweet family loves to [bike ride](#) all over the neighborhood together.

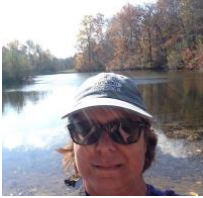


Mrs. Bruner and her 3 children, love to bike ride and hike on local trails together. They also like to haunt parks where the kids climb, swing and hang from everything!

Mrs. Brunner also likes to run in [5k runs](#).



Mrs. Garrison likes to run 5 miles in the morning. She's busy chasing her children each afternoon ☺



Mrs. Gillig does a 7-9 mile hike once a week at [Eagle Creek](#) or [Turkey Run State park](#). She also enjoys working out at Planet Fitness on the treadmill and elliptical.



Mrs. Strohl likes to do what she terms Strohl-Strolls in the evenings with her children. She also trains and participates in triathlons and likes to [run trails](#). You might even find her running a 5k or a marathon.



Miss. Iffert enjoys [rowing](#) both competitively and just for fun!

Mrs. O'Neill enjoys doing yoga once a week.



Mrs. Price likes to take family bike rides on the Monon Trail. She also likes to walk in her neighborhood 2-3 times each week.

Mrs. Rees Likes to run, ride bikes and walk. She will be participating in a 200-mile relay race in May with some friends. WOW! She also likes to bike to breakfast, lunch or dinner with her family.

We hope that this issue of the St. Luke Wellness letter has inspired you to get out and get moving!

Parting prayer

*Lord, I thank you for my peace, for your loving presence in my life, for caring family and supportive friends, for earthly comforts generously provided, for my good health and zest for living. Let me not be complacent, remind me to share with the less fortunate, and be grateful for the many gifts you bestow.
In Jesus name, we pray this, Amen.*