

## Family Health: Health at Every Stage of Life

This month, we are focusing on health at every stage of life. We'll share tips on how to identify your superpowers, adapt your workouts to work for you, include your loved ones in health and wellness activities, and celebrate health victories that don't include stepping on a scale!

### What's on in **burnalong**

#### August Activities

**Aug. 1-31:** Log in to Burnalong and navigate to a category you've **never tried before** - it could be boxing, brain health, healthy eating and recipes, or any of the other 60+ categories! Complete at least one class and celebrate trying something new!

Check out the [August 2023 playlist](#) for healthy recipes, adaptive workouts, and wellness essentials.

[August 2023 monthly class calendar](#)

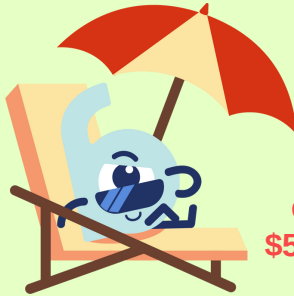
#### Live Events

Visit the [Burnalong page](#) within the Wellness website for more information about live events in Burnalong this month.

**Not a member yet?** Join our free wellness platform for full-time employees: <https://join.burnalong.com/collincollege>



### There's still time!



Enter the "Shaping Your Summer" challenge and complete 120 minutes of Burnalong classes (on any topic) by Aug. 10, and be entered in a drawing for a **\$50 voucher toward district bookstores or cafés.**

[Join the challenge.](#)

**"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."**  
~John F. Kennedy



## Make a Wellness Activity Part of Your Family's Routine

Create family memories and strengthen relationships while improving physical and mental health. There are many inexpensive ways to incorporate wellness activities into your family's routine.

Try going for walks or hikes in your neighborhood or local park, dancing, singing, meditating, or just talking about your feelings. Drawing, doing photography, and visiting an art exhibition are great activities for self-expression. Don't forget about cooking healthy meals together!

The book *Family Fit Plan: A 30-Day Wellness Transformation* by Dr. Natalie Digate Muth sets the stage for long-term, lasting improvements in nutrition, fitness, sleep, stress, and screen-use habits.

Check out this [Family Health and Wellness Challenge](#) or try a [20-Minute Kid's Yoga](#) in Burnalong. For more family-friendly wellness activities, visit [BetterFamily.com](https://www.betterfamily.com).

Enrichment Pillar

## The Marvel of Connection

Connection within a community holds immense value, transcending age and fostering a sense of belonging and support that nurtures individuals throughout their lives. From childhood to old age, the power of meaningful relationships and social bonds positively impacts physical, mental, and emotional health, creating a ripple effect of well-being.

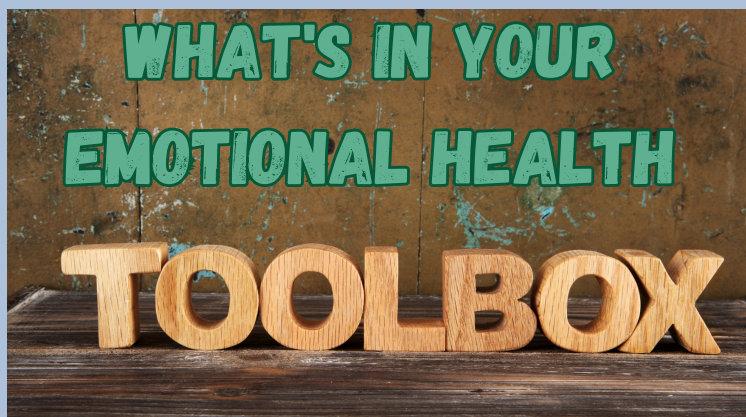
The value of connection within a community is immeasurable. At every stage of life, nurturing and participating in these bonds yields tremendous health benefits. It bolsters the development of children, enhances the well-being of adults, and safeguards the vitality of the elderly. Recognizing and investing in community connections is not only a testament to the strength of human relationships but also a foundation for a healthier, more vibrant society.

To discover the value of connection and involvement during the formative years of childhood and adolescence, in adulthood, and as individuals transition into their senior years, [read the full article here](#).

Find out more about the value of connection and involvement in [the Participation Phenomenon](#).



Connection Pillar



Having a personal toolkit for each life stage helps promote emotional wellness across a lifetime of experiences.

Children rely on others to assist in navigating their emotional health and to fill their toolboxes with helpful tools of loving caregivers, a healthy diet, and protection from physical and emotional adversity. Exposure to childhood adversity can lead to health effects throughout their lifetimes.

Dr. Nadine Burke Harris addresses these effects in her 2018 book *The Deepest Well* and in a **TEDEd** talk entitled "[How childhood trauma affects health across a lifetime](#)."

She notes that adversity in childhood can affect brain development and lead to potential physical disease and negative social and emotional outcomes. Dr. Harris finds that without childhood adversity intervention, most adults

will suffer with poor physical and emotional health.

One set of helpful tools adults can add to their Emotional Health Toolbox comes from the website **SC Thrive**:

- Spending time reflecting using a feelings wheel (Google search brings up many free examples) and journaling
- Reading a book or taking a quiet bath
- Surrounding yourself with people who encourage you but also spending time alone
- Getting plenty of exercise and sleep
- Taking time to indulge your creative side
- Seeking out a counselor or therapist

Emotional wellness in the elderly involves extra attention and care from caregivers. Studies show that many older adults experience feeling more emotionally healthy than they did earlier in life, but some are prone to loneliness due to physical separation from loved ones, increased experiences with grief, anxieties about health and life circumstances, and increasing symptoms of brain changes such as dementia.

Caregivers can help by encouraging them to exercise, eat healthy, get enough sleep (7 to 9 hours), and pursue activities that they enjoy to help manage stress and stay as mentally and physically healthy as possible.

Emotional Pillar

### 2022-2023 Wellness Committee

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Amy Throop  
Juli Westcott



## Tips for Family Fitness

- **Carve out 30 minutes for "family fitness" time.**  
Take turns choosing the activity:
  - Go on a scavenger hunt.
  - Take a nature discovery walk.
  - Turn household chores into fun family activities.
  - Learn a new sport together.
- **Involve the family pets!**
  - Regular walks may help with pet behavior problems and improve pets' overall health.

*Physical Pillar*

*Tickle Your Tastebuds*

**Miso, Honey, and Ginger-Glazed Salmon**

*Healthy Recipe*

*Connection Pillar*

## Nine Tips for Teaching Kids About Money

How do you foster financial independence and financial literacy among young people? **Two Schwab experts share these tips.**

### *When They're Little*

1. **Introduce the value of money.**
  - Start an allowance, preferably connected to some chores.
2. **Emphasize saving.**
  - Encourage them to set aside 10% of their allowance.
3. **Introduce them to investing.**
  - Once your kids have saved some money, you can consider opening a custodial brokerage account for them.



### *When They're Teenagers*

4. **Encourage a summer job.**
  - We know from our research that young people who have jobs are more likely to be better savers in the long run.
5. **Introduce them to credit.**
  - As teenagers become more independent and start driving themselves around, enrolling your child as an authorized user on one of your credit cards can be helpful (learn responsibility.)
6. **Consider a Roth IRA.**
  - Once your kids have earned income, they can start contributing to an individual retirement account (IRA).



### *When They're Young Adults*

7. **Help them set a budget.**
  - Once your kids accept their first jobs after college, help them draw up budgets based on their salaries and estimated expenses.
8. **Encourage them to stay invested.**
  - Help your kids understand that time is their greatest ally when it comes to investing.
9. **Let them know they're not alone.**
  - You want them to get in the habit of asking for help if they need it, and not just from you. Even the professionals get help from time to time.

*Financial Pillar*

