



2023-2024 Weekly Social Media Messages

The purpose of this Wellness Toolkit is to provide you with easy to implement, weekly wellness announcements and weekly social media messages to support the wellness culture in your school.

- Post and tag #MUSCboeingcenter on social media to claim 1-point in Establishing a Wellness Culture for item #19
- Share Quarterly Wellness Communications on social media for parents to claim 2-points in Establishing a Wellness Culture for item #24

Post 1

Spending time outside has been shown to have many health benefits including improving concentration, creativity, and the immune system. Take a few minutes each day to spend some time outside.

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Post 2

The way you talk to yourself has a big impact on self-esteem and confidence. Try [these phrases](#) to increase your positive self-talk!

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Post 3

Vitamin D is a nutrient that most people are low in. Vitamin D helps strengthen and build bones, controls infections, and reduces inflammation. Check out [this graphic](#) for foods that are high in vitamin D!

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Post 4

Playing sports on a team can increase confidence and teach teamwork! Consider letting your child try out for a sport or activity club they are interested in!

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Post 5

Providing a healthy snack each day can keep children's energy levels stable and prevent overeating at meals! Check out [this graphic](#) for healthy snack ideas.

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Post 6

Get up and get walking! Walking just 15-30 minutes a day can strengthen your bones and muscles! [Visit this link](#) to check out the other benefits to walking.

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Post 7

Writing down your thoughts and feelings is a great way to express yourself, it can help you think and solve problems. [Visit this link](#) for tips on how to start journaling.

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Post 8

Good digestion is important for the wellbeing of our bodies. Foods that aid in digestion include whole grains, leafy greens, lean protein, berries, and avocados.

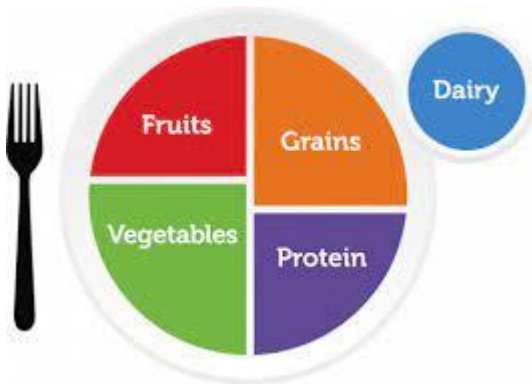
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Post 9

MyPlate is a great visual representation of how each meal you eat should look. Does your plate look like [this graphic](#)?

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Post 10

Before you start any physical activity make sure you are warming up properly! [Visit this website](#) for some easy warmups you can do anywhere.

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Post 11

Smiling is a universal language, smiling more can help increase our happiness and make those around you smile as well!

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Post 12

Safety is a priority when engaging in physical activities. Make sure children are in a safe environment and wear the proper gear to prevent injuries. [Visit this link](#) for more tips.

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Post 13

There are different types of fats, a good rule of thumb is to avoid trans fats as much as possible, limit saturated fats, and include unsaturated fats.

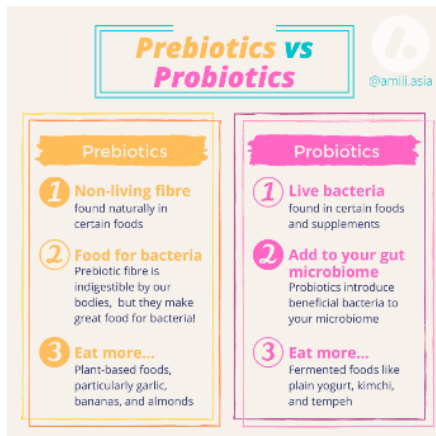
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Post 14

Did you know your gut has good bacteria living in it right now? These make up your microbiome and are important for your immune system. To keep your gut healthy, exercise, eat a well-rounded diet, include prebiotics and probiotics into your diet, and drink lots of water.

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Post 15

When the weather permits, try to get outside and get moving! This is a great way to get fresh air and vitamin D! Visit [this link](#) for outdoor activities!

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Post 16

Expressing what you are thankful for each day is a great way to change your mindset and appreciate the small things in life.

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Post 17

Mindful eating helps us to enjoy our food to the fullest while listening to our body's fullness and hunger cues.

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Post 18

Food labels show serving size, nutrient content, and the ingredients list. They are beneficial for many reasons including being helpful when picking between two different food options. Learn how to read a food label [by visiting this site](#)

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A		B	
Nutrition Facts		Nutrition Facts	
8 servings per container		2 servings per container	
Serving size 2/3 cup (55g)		Serving size 1 cup (255g)	
Amount per serving		Per serving	
Calories 230		Calories 220 440	
% Daily Value*		% DV**	
Total Fat 8g		Total Fat 8g	16%
Saturated Fat 1g		Saturated Fat 2g	4%
Trans Fat 0g		Trans Fat 0g	0%
Cholesterol 0mg		Cholesterol 0mg	0%
Sodium 160g		Sodium 240mg	10%
Total Carbohydrate 37g		Total Carb. 38g	8%
Dietary Fiber 4g		Dietary Fiber 8g	16%
Total Sugars 12g		Total Sugars 2g	4%
Includes 10g Added Sugars		Incl. Added Sugars 0g	0%
Protein 3g		Protein 3g	6%
Vitamin D 2mcg		Vitamin D 5mcg	10%
Calcium 260mg		Calcium 220mg	44%
Iron 8mg		Iron 2mg	4%
Potassium 240mg		Potassium 470mg	10%

Post 19

Complimenting others can build communication skills, strengthen relationships, motivate people, and boost self-esteem.

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Post 20

Even when the weather isn't ideal for getting outside, getting kids active inside is important. [Visit this link](#) for ideas!

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Post 21

Sodium is essential to keep the body functioning properly, but too much can lead to health issues. Pay attention to how much salt is in your children's favorite foods and try making things from home to regulate salt intake.

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Post 22

Arts and crafts are a great way for kids to express themselves. [Visit this site](#) for a list of easy crafts for kids to do at home.

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Post 23

Balance and stability are important for coordination, posture, and strength. Try [these balancing exercises](#) at home!

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Post 24

Standing up throughout the day has both physical and mental benefits. It improves posture, core strength, and blood circulation. It can even boost your mood, focus and productivity. Stand up for a healthier lifestyle by increasing your stand time throughout the day!

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Post 25

There are many plant-based foods that are full of high-quality proteins. Diets high in plant protein can decrease the risk of heart disease, which is the number one killer of men and women in America. You can increase the amount of plant-protein in your diet with these foods!

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Plant-Based Protein Sources

It's easy to find plant-based sources of protein at the grocery store. Just look at all these options! These foods also tend to be high in fiber, vitamins, minerals and other important nutrients.

 Beans	 Broccoli	 Chickpeas	 Greens
 Lentils	 Nut Butter	 Nuts and Seeds	 Peas
 Potatoes	 Quinoa	 Seaweed	 Soymilk
 Spinach	 Tempeh	 Tofu	 Veggie Patties

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Post 26

It is important to stretch after performing any physical activity. Stretching decreases the risk of joint pain, muscle damage and muscle strain. [Visit this site](#) to start incorporating these stretches after your exercise routine!

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Post 27

Our daily and nighttime routines all influence our sleep hygiene. Getting adequate sleep improves our mood, brain performance, and overall health. [Visit this site](#) to learn how to keep a consistent routine and optimize your bedroom for a good night's rest.

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Post 28

Why is staying hydrated so important?

Water is essential, we cannot live without it! Every cell in our body needs water to function. It flushes toxins from our body, promotes good digestion and kidney function, lubricates our muscles and joints, supports healthy skin. [Visit this site](#) for tips on how to drink more water!

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Post 29

The world can always use more acts of kindness. Whether it is something small like sharing a smile, or big, like helping with a task, acts of kindness go a long way. Here is a list of kind gestures to share with friends and family!

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Post 30

Vitamins are micronutrients, meaning our bodies need them in small amounts, but they serve a big purpose. They boost our immune system, support growth and development, and allow cells and organs to function correctly.

[Visit this website](#) to learn about each vitamin, its function, and what kind of foods provide it!

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Post 31

Set yourself up for success by starting your morning with a nutritious breakfast. Breakfast fuels your body and boosts your brain power. It improves focus and concentration which can help kickstart your morning!

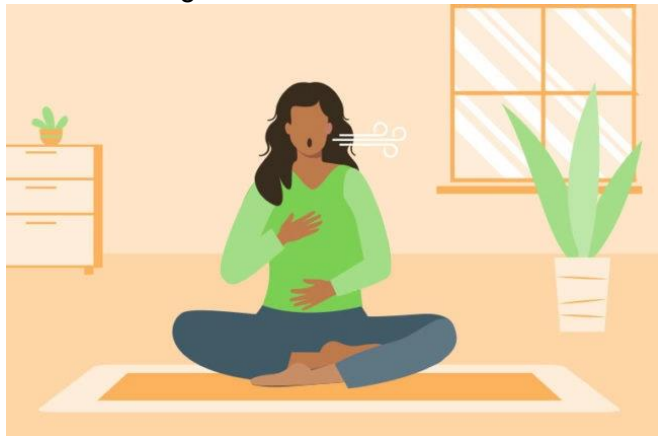
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Post 32

Breathing exercises can promote relaxation and reduce stress. Slow and controlled breathing has many positive effects on our bodies including lowering blood pressure and heart rate, reducing stress hormones in the blood, improving the immune system, and increasing energy overall. [Visit this site](#) to see examples of breathing exercises that you can incorporate into your day.

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Post 33

Whole grains and refined grains, what's the difference?

A whole grain contains all three parts of the grain: the bran, germ, and endosperm. A whole grain is full of vitamins, iron, and fiber. A refined grain is processed to remove the bran and germ. This process is done to increase the shelf-life and give the grain a fine texture. During this process, vitamins, iron, and fiber are removed. It is common for vitamins and iron to be added back into refined grains, but the fiber is lost. It is recommended that we eat whole grain products that contain 51% or more whole grains.

When looking for whole grain products, make sure the first listed ingredient states "whole" or "whole grain" on the ingredients list. #MUSCboeingcenter



Post 34

Reading is beneficial for all ages! It improves concentration, focus, and memory. Even small amounts of reading during the day can have an impact! Reading for your own enjoyment is both relaxing and productive. [This link](#) can be used as a tool to find local libraries near you!

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Post 35

Dancing is an enjoyable way to be physically active. It has both physical and mental benefits including improving lung and heart health, improving muscle tone, strength, and improving psychological well-being.

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Post 36

There is an abundance of minerals in the foods we eat. Each mineral has a unique function in our body. [Visit this site](#) for a list of minerals, their function, and what foods you can find them in!

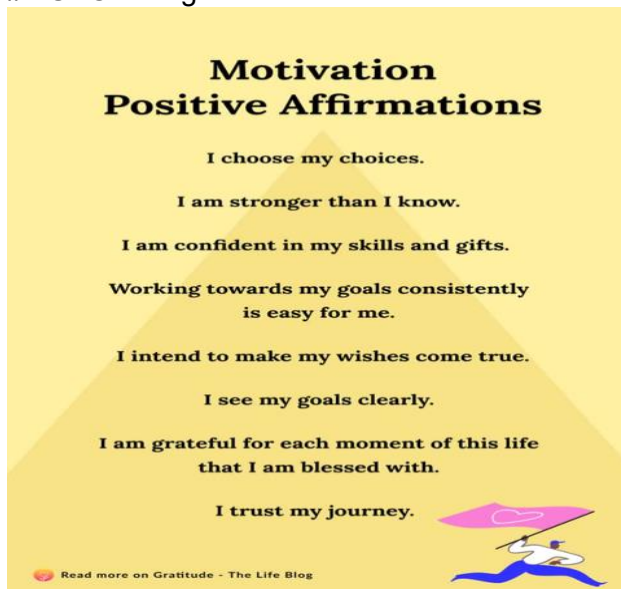
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Post 37

Our words matter! Positive affirmations are kind and encouraging words that can boost confidence and self-esteem. Reciting affirmations can help children and adults focus on positive traits and decreases negative self-talk. Tell yourself something kind everyday with these affirmations.

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Post 38

Proteins are the building blocks for our muscles, bones, and skin. Eating a variety of protein sources is important. Meat and poultry choices should be lean or low-fat, such as 93% lean ground beef, pork loin, and skinless chicken breasts.

[Visit the MyPlate website](#) to learn more about lean protein sources.

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Post 39

Kids need brain breaks, and so do adults! Giving yourself a break during a task can restore your energy and improve focus. [Visit this site](#) for 10 examples of brain breaks that will help you reset and refocus.

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Post 40

Did you know that there are two types of fiber? Both are important for health, digestion, and disease prevention.

Insoluble fiber bulks stool and helps food pass more quickly through the gut. It is found in whole grain and whole wheat products, vegetables, and wheat bran.

Soluble fiber pulls water into the gut and slows down digestion. It is found in beans, lentils, fruits, vegetables, and nuts.

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Soluble fiber can be found in foods such as oatbran, barley, nuts, seeds, beans, lentils, fruits (citrus, apples), strawberries and many vegetables



Insoluble fiber is found in foods such as whole wheat and whole grain products, vegetables, and wheat bran



Post 41

We could all use some time away from our screens. Reducing screen time improves physical health, mental health, and allows us to make better connections with others. Use these tips to cut down on your screen time.

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Post 42

There are so many benefits to drinking smoothies. They are a quick and easy way to have a nutritious snack or meal, you can customize them any way you like, and they are great for digestion!

[View this Peanut Butter Banana Smoothie Recipe](#)

[View this Tropical Oat Smoothie Recipe](#)

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Post 43

Action based learning is a way to improve learning through purposeful movements. Research has shown that kids can learn better when they move more! Action based learning can be implemented in many ways, including kinesthetic furniture, brain boosting activities, and daily morning activities to stimulate the brain!

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Post 44

Eat the rainbow! Fruits and vegetables come in so many beautiful colors. Eating a variety of colors can help you get an abundance of vitamins, minerals, and phytochemicals that improve health and decrease the risk of diseases.

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Post 45

Eating with the seasons means that you are purchasing and eating foods at the same time they are harvested. Foods in season are tastier, fresher, and are more likely to come from local farms.

[Visit this website](#) to see when your favorite fruits and vegetables are in season. There is even an app you can download!

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 American Heart Association.
Healthy for Good™

SEASONS OF EATING

SPRING
Artichokes
Asparagus
Carrots
Chives
Fava Beans
Green Onions
Leeks
Lettuce
Parsnips
Peas
Radishes
Rhubarb
Swiss Chard

SUMMER
Berries
Corn
Cucumbers
Eggplant
Figs
Garlic
Grapes
Green Beans
Melons
Peppers (sweet and hot)
Stone Fruit (apricots, cherries, nectarines, peaches, plums)
Summer Squash
Tomatoes
Zucchini

FALL
Apples
Brussels Sprouts
Dates
Hard Squash (acorn, butternut, spaghetti)
Pears
Pumpkins
Sweet Potatoes

WINTER
Bok Choy
Broccoli
Cauliflower
Celery
Citrus Fruit (clementines, grapefruit, lemons, limes, oranges, tangerines)
Endive
Leafy Greens (collards, kale, mustard greens, spinach)
Root Vegetables (beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Shop at your local farmers market to learn more about produce and get ideas on how to prepare foods in season.
- Gardening gives you fresh seasonal produce and a little exercise, too. The sense of pride you'll feel will make that produce taste even better!
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Freeze fresh produce so you can add it to smoothies, soups, breads and more throughout the year.

Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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Post 46

Volunteering is a great way to connect with your community, meet new people, and give back to those who most need it. Whether it's working at a food bank or doing a beach cleanup, there are so many volunteering opportunities. [Visit this website](#) to see volunteer opportunities in South Carolina!

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