



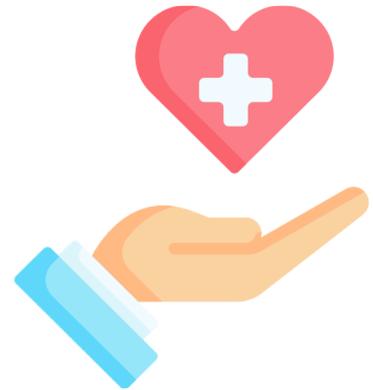
Healthy Vikings Newsletter

May 2024

Helping our students and families stay healthy!

Welcome to our Healthy Vikings Newsletter! Be on the lookout throughout the year for posts that will help you with...

- Healthy meal ideas
- Fighting colds & flu
- Ways to build fitness
- Concussion recovery
- Allergies to environment and foods
- Parenting for different ages and stages
- Dealing with Asthma
- Understanding Diabetes



and much, much more...

Health Fair Tomorrow Night - Thursday at the HS Cafeteria

IT'S A HEALTH FAIR!

THURSDAY, MAY 2ND
Lago Vista High School
6:00 – 7:30pm

Tasty Lago Vista Restaurant Samples!

Food Fun Fitness

\$50 Academy Sports Gift Card Drawings!

Arise Gymnastics

Lions Vision Photoscreening

Lago Vista Doctors

Lago Vista Dance Studio

AnyTime Fitness Club

And so much more!

Join the fun!

We thank our vendors for supporting our health fair and our LV area community. LVISD does not endorse or recommend the products or services.

Enter drawing for \$50 Academy Sports gift cards

Vendors that will be there...

ARAMARK
HS Medical Careers Class
Resilient Health and Wellness Qigong
Lions Club Vision Screening
Hearts Therapeutic Horse Riding Program
Northlake Hope Center
Lago Vista Fitness Co
Lago Vista Dance Studio
Jill Feen CPR
Baylor Scott & White
Juice Plus - Fruit & Veggie Nutrition
Northshore Eye Care
North Shore EMS - Stop the Bleed
CERT
LV Volunteers

Anytime Fitness
Seeda Japanese Fusion Food Truck
Bun-D
Arise Gym / cheer / tumbling
Oak Ridge Archery

Recipe of the Month

Light Summer Salads for the Barbecue days!



Watermelon Cucumber Salad with Mint and Feta - Foolproof Living

This Watermelon Cucumber Salad is a light, refreshing, incredibly delicious 15-minute savory salad that is the perfect summer side dish or lunch.

foolproofliving.com

And more...

- [Mozzarella Tomato Cucumber Salad](#)
- [Quinoa Tabbouleh Salad](#)
- [Avocado Jicama Cucumber Salad](#)

Time to Celebrate !



Graduation Day



Chicken Dance Day



Memorial Day

Which days to celebrate? Click on all the ones you'll do...

May 5th - Cinco de Mayo

May 10th - National Clean up Your Room Day

May 12th - Mother's Day

May 14th - National Dance Like a Chicken Day

May 16th - National Do Something Nice for a Neighbor Day

May 23rd - Last Day of School!

May 24th - Graduation Day

May 27th - Memorial Day

 Voting ends in 9 days

 Votes are anonymous but results are public

Better Bones - Why the younger years really matter



What We all Need to Know

How are your bones? Do you have healthy bones? Probably, like most, you don't spend much time thinking about the health of your bones. We think about our heart, and our lungs, and a lot of attention to the health of our skin, but what about our bones?

Why should I care about the health of my bones? Old people are worried about their bones. But I'm young. My bones are young and healthy. Or are they? Get a broken bone sometime and your bones will really get your attention. So, let's consider why you should pay some attention to your bones.

Your bones are part of your skeletal system, the structure that supports the rest of your body (See [Skeletal System](#)). The skeletal system makes you a Vertebrate animal and different from other animals on the planet called Invertebrates (See [Animal Classification](#)). Your skeletal system is one of the parts of your body that makes you different from, let's say, a grasshopper, or a lobster. Your skeletal system allows you to run, jump, stand and walk upright, and carry your backpack. Unless you also have wings, like some invertebrates, the arthropods, your activities would be confined to ground level. Not much fun there.

So great, I have a backbone. So what? Here's what. You'll need a strong skeleton now and all the rest of your life, into your old age (like your 30's) to keep you upright and doing all the activities you like to do while standing on your feet (unless you prefer lying on the ground with invertebrates).

Here are some biological facts about your bones that should get your attention. Females from around a year or two before the start of their menstrual cycle, to somewhere in their early 20's (not so far away) lay down about 1/2 of their bone mass (a term referring to the "whole weight" of your bones). For males it's even greater, up to 2/3 of their bone mass is formed from puberty to their 20's.

So, you have the optimal opportunity at your age to create maximum bone mass. But do you really need to do it now when you have so many other things to worry about? **Can't I just do it later when I'm older?** The answer is emphatically "NO"! After the critical years of maximum bone mass formation have passed it is all downhill (See [Bone Mass Lifeline](#)).

After peak bone mass at around age 20 years, bone mass flattens during your middle years (the years of laying down bone are over), and then experiences a steady decline due to a variety of factors including your genetics (history of osteoporosis [loss of bone mineral density] in your relatives), aging, decreases in physical activity, nutritional deficiencies, and hormonal changes, particularly with menopause and decreases in estrogen in females, but also with decreases in testosterone in males.

The point is, your peak bone mass that you reach at age 20 is what you have for the rest of your life. The more you build now, the closer you get to your peak bone mass and the stronger your bones will be for the rest of your life, reducing your risk of osteoporosis and fracture.

Hopefully by now you are convinced that you are at an age of critical importance to your lifetime bone health. So naturally you might ask "what can I do to get my bones as healthy as possible?" Well, there are a few things you can do:

- **Get enough calcium.**

The Recommended Daily Allowance (RDA) for calcium intake between the ages of 9 and 18 years is 1300 mg of elemental calcium. This intake can be obtained by eating foods rich in calcium (milk is the standard) and with calcium supplements if needed (See [Calcium](#)).

- **Get enough Vitamin D**

Vitamin D is a pro-hormone synthesized in your skin after exposure to ultraviolet light (sunlight) and it is also absorbed by your intestine from Vitamin D containing foods or supplements. Vitamin D has an important role in the intestinal absorption of calcium, bone metabolism, and excretion of calcium and phosphate in the urine along with effects on the regulation of many other cellular functions (See [Vitamin D Synthesis Pathway](#)). Very few foods, with the exception of fatty fish (salmon, mackerel, herring), contain Vitamin D (See [Vitamin D Fact Sheet](#)). The RDA for Vitamin D

intake for ages 1-18 years is 600 IU (15 mcg). In the USA, fortified foods are the major source of dietary Vitamin D. Fortified milk is again the standard at 120 IU (3 mcg) per cup.

- **Exercise regularly**

Regular exercise along with adequate calcium intake is associated with increased bone mass. A variety of weight bearing, resistance and balance exercises are beneficial (See [Exercise for Your Bone Health](#)).

- **Don't smoke cigarettes**

Cigarette smoking is associated with reduced bone mass in adults. Cigarette smoking along with excessive alcohol intake is discouraged.

- **Get enough magnesium (Mg)**

Mg is an important factor in bone health, associated with increases in bone mineral content and bone mineral density. Good dietary sources of Mg are green leafy vegetables, legumes, nuts, and whole grains. (See [Magnesium](#)).

- **Check your family history for osteoporosis**

An estimated 60-80% of one's lifetime risk of osteoporosis is genetically determined, a factor beyond your control. If you have a family history of osteoporosis you should be even more attentive to the factors you can modify.

Bottom Line for LVISD Vertebrates: Your middle and high school years are a time of opportunity to accumulate the bone mass essential for bone health throughout the rest of your life. Be aware of bone health and reach your goal of peak bone mass; after all, they're the only bones you've got.

Dr. Charles Cox

Summer Camps - For Healthy Minds & Bodies

Lago Vista Camps

LVISD MS & HS

Athletic Strength and Speed Camps: June 24 - August 1st

Sports Specific Camps: Watch Athletics Website for posted dates

<https://www.lagovistaisd.net/page/lhs.Extracurricular>

<https://www.lagovistaisd.net/page/lms.Extracurricular>

ATA Martial Arts: <https://www.lagovistaata.com/>

Darling Art School: <https://www.darlingartschool.com/>

Central Texas Camps

Marble Falls -Camp Champions: <https://campchampions.com/>

Marble Falls -Camp Balcones Spring: <https://campiscool.com/>

Marble Falls -Camp Peniel: <https://www.camppeniell.org/day-camps>

Cedar Park -YMCA: <https://ymcactx.org/locations/cedar-park/?selectedLocations=B399>

Cedar Park -Snapology Robotics: <https://www.snapology.com/texas-cedar-park/>

Kerrville -Lions Special Needs Camp: <https://www.lionscamp.com/>

Gonzales -Texas Elks Special Needs Camp: www.texaselkscamp.com

Laughter is the best medicine



Regina Carmichael, RN

Your School Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

