

## **MOVEMENT Is MEDICINE: Movement for Mind and Body**

Andrea Falcone

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Research on Movement and Mental Health

<http://www.sciencedirect.com/science/article/pii/S1755296616300497>

Discussion of Trends throughout different ages – elementary into adolescence

Impact on Mental Health for Team vs. Individual Sports

Benefits of Physical Activity:

- Physical And Social Health Benefits
  - o Improved self-esteem
  - o Body appreciation – less body image issues
  - o Increased social interaction
  - o Fewer depressive symptoms
  - o Improved cognitive function

Technology and Screen Time

- Effects of the introduction of screens at different stages of life
- Impacts on learning
- “The Big Disconnect” (Catherine Steiner-Adair)

Parent Role – Defined

- lead by example
- who is making the decisions about what to do?
- Positive language around body image, benefits of movement

Child Role – Defined

- Modeling
  - o Listen to understand
- Social Media and Media Literacy
- Screen time and Mental Health
  - o Delayed cognitive development in kids

## **FOOD For THOUGHT: Nutrition for Mind and Body**

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What is Mental Health?

The Mind-Body Connection

<https://www.sciencedaily.com/releases/2017/04/170427182527.htm>

- over 400 studies completed on food, mood and mental health
- 10 Common interrelated frameworks to explain the interaction between the food we eat and the functions of our minds

Nutrients for Mental Health: MACRONUTRIENTS

- Carbohydrates
  - o Natural, whole foods
  - o Less processed
  - o Fuel for the brain
- Proteins
  - o Provide amino acids which are precursors for neurotransmitters
  - o Certain amino acids make hormones (ie. serotonin)
- Healthy Fats
  - o Essential fatty acids – brain is made up of these – EPA and DHA

Nutrients for Mental Health: MICRONUTRIENTS

- Polyunsaturated fatty acids – omega-3
- Minerals (Zinc, Magnesium, Selenium, Copper, Iron)
- B Vitamins (Folate, Vitamin B6, Vitamins B12)
- Antioxidants (Vitamin C, Vitamin E)

How to balance it all?

Health for Ourselves (Parent/Guardian)

- modeling
- Are you catering meal times?
- Parents decide, WHAT, WHEN and WHERE food is served
- Children decide HOW MUCH and WHETHER they eat
- Serve family style
- What is needed for Your Age (\*Note: It's not a Diet!)

Health for Our Children

- healthy habits
- Drop the Diet
- Minimize food as reward
- Food skills and kids in the kitchen
- Activity and Physical Movement