

# LCSS HEALTHY "BYTES"

A Monthly Newsletter by Coordinated School Health



## MAY MARATHON MEETS ASTHMA AWARENESS MONTH

We already know exercise is good for us. We probably think about the way it can boost our fitness, trim our waistline, strengthen our heart and even improve our mood. But did you know that exercise can also help keep your lungs healthy?

### **How Does Exercise Strengthen the Lungs?**

When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles need. Just like regular exercise makes your muscles stronger, it also makes your heart and lungs stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time. Some types of exercise can also strengthen the muscles of the neck and chest, including the diaphragm and muscles between the ribs that work together to power inhaling and exhaling.

For more information, visit the [American Lung Association by clicking here.](#)

# Wellness Challenge: May Marathon

The Wellness Challenge this month is "May Marathon"!

All who participate will receive a pedometer compliments of the UT Extension Office.

Your goal: Accumulate miles through the month of May to calculate up to a marathon. A full marathon (26.2 miles) is less than a mile per day. You may also choose the half marathon (13.1) miles. You don't have to be a runner to complete a marathon. Many walkers set a goal of walking the 26.2-mile competition, which can generally be achieved in six to eight hours (or more) at a walking pace. While walking a marathon may not be as laborious as running one, dedicating yourself to achieve this goal will be rewarding. Calendar to log miles is in the email sent with newsletter.



THANK  
YOU

Thank you to all the employees who participated in the April Self-Care Bingo. The winner of the Bluewater Body Work and Massage gift certificate is:

**Katie Glover at SHS!**

*Congratulations*  
**Katie!!!**



Move of the Month:  
Squats  
[Click here for video.](#)

Share with your  
students!

# COMMUNITY PARTNER CORNER

[Click here](#) to register for this May Marathon event  
sponsored by the  
Lawrence County UT Extension office.



## May Marathon Month

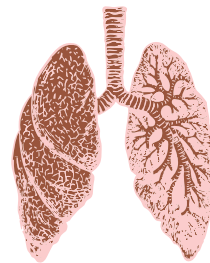
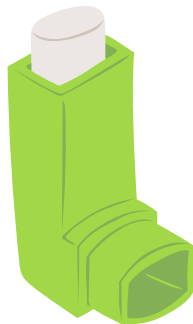
**ACCUMULATE MILES DURING THE WHOLE MONTH OF MAY. A FULL MARATHON (26.2 MILES) IS LESS THAN A MILE PER DAY, BUT IF THAT FEELS LIKE TOO MUCH, CHOOSE THE HALF MARATHON (13.1 MILES) INSTEAD!**

**Click on the link to register :  
<https://forms.gle/D6HtjgTLRXbhLBey7>  
or scan the code**

**Contact Stacy Clark  
[sclark46@utk.edu](mailto:sclark46@utk.edu) or  
931-762-5506  
for more information**



# Asthma Education



The Tennessee Department of Education, Office of Coordinated School Health, reported 64,839 students diagnosed with Asthma attended Tennessee Schools in the 2017-2018 school year. The total number of students with surveyed chronic illnesses or disability diagnoses increased by 100 percent between 2004-05 and 2017-18. The number of students diagnosed with asthma increased by 68 percent. Because asthma is one of the most common chronic childhood illnesses and a major cause of student absences, it is important for schools to adopt a comprehensive, coordinated approach to addressing asthma.

Asthma-friendly schools are those that make the effort to create safe and supportive learning environments for students with asthma. They have policies and procedures that allow students to successfully manage their asthma. Chances for success are better when the whole school community takes part-school administrators, teachers, and staff, as well as students and parents. You can find the LCSS District Asthma Management Plan in the clinic at each school. Please take the time to look at this plan so you are more aware of your role for caring for students with asthma.

If you have a student in your classroom diagnosed with Asthma, please get with your school nurse and become familiar with the student's Asthma Action Plan and healthcare provider's orders.

For more information on our District Asthma Management Plan, please visit your school nurse. Also, visit the following links for additional training:

What is Asthma? [Click here.](#)

School Education on Asthma Management in Classroom, [click here.](#)

For more information about care of a student with exercise- induced asthma in your classroom, [click here.](#)

For the Tennessee Department of Health site on Asthma and what schools can do, [click here.](#)