

In This Issue

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- **Pink shirt Day – Anti Bully programs**



Websites to check out:

<https://www.healthline.com/health/healthy-heart-tips#eat-fiber>

<https://www.verywellfamily.com/types-of-bullying-parents-should-know-about-4153882>

February is Heart Health Month

The heart is a mostly hollow, muscular organ composed of cardiac muscles and connective tissue that acts as a pump to distribute blood throughout the body's tissues.

Interesting Heart facts:

*The average human heart weighs between 6 and 11 ounces. The muscle is strong enough to pump up to 2,000 gallons — as much as a fire department's tanker truck — of blood through one's body every day.

*The average heart beats between 60 and 90 times per minute, but this depends on a person's cardiovascular health and activity level. The more physically fit people are, the lower their resting heart rates will be.

*Hormones released because of emotions and other stimuli affect the heart rate, which is why the heart was historically associated with emotions.

*The heart can continue beating even when it's disconnected from the body

*The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant, which was used as an ancient form of birth control.

Ways to fight against Heart disease?

*Exercise. That is, focus on *your* middle!. Research in the [Journal of the American College of Cardiology](#) has linked excess belly fat to higher blood pressure and unhealthy blood lipid levels. If you're carrying extra fat around your middle, eating fewer calories and exercising more can make a big difference.

*Laughter! Don't just LOL in emails or Facebook posts. Laugh out loud in your daily life.. According to the [AHA](#), research suggests laughing can lower stress hormones, decrease inflammation in your arteries, and raise your

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

levels of high-density lipoprotein (HLD), also known as "good cholesterol."

February 27 - Pink Shirt day

(Anti Bullying)



These are **six types** of Bullies that parents should watch out for:

The Physical Bully.

Physical bullying is the most obvious form of bullying. It occurs when kids use physical actions to gain power and control over their targets. Physical bullies tend to be bigger, stronger, and more aggressive than their peers. Examples of physical bullying include kicking, hitting, punching, slapping, shoving, and other physical attacks.

Verbal Bullying

Perpetrators of verbal bullying use words, statements, and [name-calling](#) to gain power and control over a target. Typically, verbal bullies will use relentless insults to belittle, demean, and hurt another person. They choose their targets based on the way they look, act, or behave. It's also common for verbal bullies to target kids with special needs.

Relational aggression:

[Relational aggression](#) is a sneaky and insidious type of bullying that often goes unnoticed by parents and teachers. Sometimes referred to as emotional bullying, relational aggression is a type of social manipulation where tweens and teens try to hurt their peers or sabotage their social standing.

Cyber bullying:

When a tween or a teen uses the Internet, a smartphone, or other technology to harass, threaten, embarrass, or target another person, this is called [cyber bullying](#). If an adult is involved in the harassment this is called cyber-harassment or cyber stalking. Examples of cyber bullying include

<https://www.healthline.com/health/fitness-exercise/text-neck-treatment#exercises>

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posting hurtful images, making online threats, and sending hurtful emails or texts. Because teens and tweens are always "plugged in," cyber bullying is a growing issue among young people.

Sexual Bullying

[Sexual bullying](#) consists of repeated, harmful, and humiliating actions that target a person sexually. Examples include sexual name-calling, crude comments, vulgar gestures, uninvited touching, sexual propositioning, and pornographic materials. For instance, a bully might make a crude comment about a girl's appearance, attractiveness, sexual development, or sexual activity. In extreme cases, sexual bullying opens the door to sexual assault.

Prejudicial Bullying

When prejudicial bullying occurs, kids are targeting others who are different from them and singling them out. Often times, this type of bullying is severe and can open the door to hate crimes. Any time a child is bullied for his sexual orientation, race, or religion, it should be reported.

What can we do?

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

- [Help kids understand bullying](#). Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- [Keep the lines of communication open](#). Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- [Encourage kids to do what they love](#). Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- [Model how to treat others](#) with kindness and respect.

*Thank you for taking the time to read our Newsletter.
As always, go in good health!*