

FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-nehc.med.navy.mil/hp>

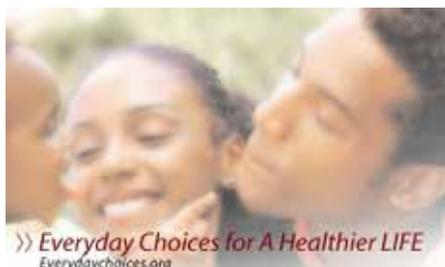
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Friday FACTS

15 October 2004

"Leadership, Partnership, and Championship"



Good and Better Health is There!

The four biggest killers of Americans- cancer, diabetes, heart disease and stroke are preventable! The website Everyday Choices www.everydaychoices.org is a joint effort of the American Heart Association, American Diabetes Association and the American Cancer Society and emphasizes the specific things we can do to enhance our health and to prevent and to protect from illness and disease! These proven health strategies

include- be physically active, avoid or quit smoking and tobacco use, eat a healthy diet, lose weight and see your Doctor for regular visits!

Eating Well Solo—Cooking for One

If you live alone, do you find yourself often eating out, taking out, or ordering out?

Unfortunately, commercially prepared meals often have too many calories, too much fat, too much sodium, too much sugar, and not enough vegetables and fruits. This diet could put you on track for weight gain and possibly long-term health problems.



The solution—prepare more meals yourself. Include more fruits, vegetables, whole grains and beans in your diet and less fat, sodium, and sugar.

To help singles prepare meals, the American Institute for Cancer Research has published a new brochure entitled "Cooking Solo: Homemade for Health." It explains how to shop for and prepare and store food for the single household and also includes 13 easy and delicious recipes. It also offers tips for fitting cooking and healthy meals into a busy lifestyle. You can download the brochure free from the AICR website www.aicr.org. Or, call toll-free (800) 843-8114, ext. 457 9 am-5 pm ET, Monday through Friday, to order a single free copy.

Source: American Institute for Cancer Research, www.aicr.org.

Support for Spouses



The following websites have gotten good ratings from military

family members!

www.navyonesource.org
www.CinChouse.com
www.milspouse.org
www.lifelines.org



Everybody thinks of changing humanity, but nobody thinks of changing himself
-Leo Tolstoy

Wellness Fun Facts

Americans Need to Get Moving

According to the latest statistics, 70 percent of adults in the United States do not get enough physical activity, and more than one-third of children do not participate regularly in vigorous exercise. A study released by the Centers for Disease Control and Prevention in March 2004 found that 400,000 deaths in the United States are linked to poor diet and lack of physical activity—an increase of 33 percent since 1990.

Source: 8/2/04 Press Release, U.S. Agency for Healthcare Research and Quality