

## **JANUARY IS HEALTHY RESOLUTIONS MONTH**

**New Year's Resolutions:** Resolutions made to please others generally don't last. Your decision to change a habit will have a better chance of sticking if it is something that you perceive as truly important for your health and well being.

**New Year's Resolutions:** Reinforce your belief in yourself by finding realistic role models, people like yourself who are doing what you want to do. If they can do it, so can you!

**New Year's Resolutions:** It's easier to stick to your plans when you feel good. Trying to eat healthier? Be sure your food is still delicious and enjoy your meals. Make your life as pleasant as possible during this period of behavior change.

**New Year's Resolutions:** Have fun and get involved. Maybe the behavior you wish to change can dovetail with other goals, such as spending more time with your family or making new friends who are also pursuing healthy lifestyles.

**New Year's Resolutions:** Build your support system. Social re-engineering may be necessary so that you can surround yourself at work and at home with family, friends and co-workers who inspire and motivate you.

**New Year's Resolutions:** Keep your goals action oriented. Instead of "I want to lose weight", set goals such as "I will take fruit for my morning snack to work each day" and "I will take a 30 minute walk before dinner every day." This gives you something simple and specific to do.

**New Year's Resolutions:** What we say to ourselves is a powerful motivator for success or failure. Whenever you notice negative self-talk going through your mind, consciously throw the switch to the positive response – even if it feels unnatural at first. Positive thinking is a habit that gets easier as you do it.

**Healthy New Year:** Eat breakfast and you will eat less and burn more calories throughout the day.

Eating breakfast is also an easy way to increase your fruit, calcium and whole grains.

**Healthy New Year:** Brightly colored fruits and strong smelling vegetables, herbs and spices are loaded with antioxidants, anti-inflammatories, and insulin regulators. Eating healthy means loading up each day with foods from the four color groups: red, yellow/orange, blue purple, and green.

**Healthy New Year:** 10 Super Foods You Should Eat! Cantaloupe, sweet potatoes, low fat milk, salmon, oranges, broccoli, whole-grain bread, high fiber breakfast cereals, beans and spinach or kale. Focusing on the positive and delicious side of healthful eating will make it much easier to give up high fat and processed foods.

**Healthy New Year:** Boost up your metabolism the natural way, with strength training. Muscle in your body is metabolically active, and requires more calories to sustain itself than body fat.

**Healthy New Year:** “Supersize” meals may be bad bargains: For example, a McDonald’s Quarter Pounder with Cheese Extra Value meal has 1,350 calories, compared with 890 calories for a Quarter Pounder with cheese and small fries and Coke. The larger meal actually costs 8 cents less. Supersize food = Supersize people.

**Healthy New Year:** Both kids and adults need to do at least one hour a day of some type of activity – walking, playing tag, gardening, biking – to control their weight. 61% of Americans are overweight, and 27% are obese, or roughly weighing 30 or more pounds more healthy.

**Healthy New Year:** Nearly 85% of adults have back pain at some time in their lives. Most back problems are the result of a muscle imbalance between the abdominal muscles and the spinal extensors. To strengthen your abdominal muscles do exercises such as partial sit ups without your feet held down. Curl upward until your shoulder blades clear the floor. Strengthen your spinal extensors by lying flat on your stomach and slowly arching backward by raising your head and then upper back off the floor. It is also important to stretch out your hamstrings.

**Healthy New Year:** About 25% of teens all kids under 18 are overweight. What can you do to help your overweight children? Don’t put kids on diets. Instead, introduce healthy food and “exercise” as play. Stock up on fruits, fresh cut veggies and healthy snacks. Eat at home more often. Enroll kids in something physical – a team sport or swimming lessons. And, last but not least, be a good role model.

**Healthy New Year:** A two can a week dipper gets as much nicotine as a pack and a half a day smoker. Smokeless tobacco users are five times more likely to lose their teeth as a result of decay than non-users. Two great reasons to quit!

**Healthy New Year:** The health risk of smoking one pack per day is equal to being 100 pounds overweight. A smoker would have to gain more than 100 pounds after quitting to equal the health risk of heavy smoking. Burning calories through physical activity, drinking lots of water, and snacking on fruits and veggies are strategies to keep off the weight while quitting.

**Healthy New Year:** People who use tanning beds only 10 times a year have more than seven times the risk of developing melanoma than non-users.

## **FEBRUARY IS HEART HEALTH MONTH**

**Sodium Sense** Keep sodium intake in control to help avoid high blood pressure. Most fresh foods are low in sodium. Canned, cured, and processed foods are much higher. Health experts recommend no more than 2400 mg. (1 teaspoon) daily, and less if you have sodium sensitivity. Most Americans consume 4,000- mg daily. Read labels and choose fresh foods first!

**The Cholesterol Low Down** offers information about high cholesterol and heart disease as well as ongoing encouragement and support to help you reach your goal. This on-line support from the American Heart Association is available is at [www.Americanheart.org](http://www.Americanheart.org)

**Heart Smart:** Maintain a level of physical activity that keeps you fit and matches the number of calories you eat. Walk or do other activities for at least 30 minutes on most days. To lose weight, do enough activity to use up more calories than you eat every day.

**Heart Smart:** Limit foods high in saturated fat, trans fat and/or cholesterol, such as full fat dairy products, fatty meats, tropical oils, and partially hydrogenated vegetable oils. Instead choose foods rich in heart healthy oils, such as olive oil, flaxseed, fish and nuts.

**Are you at risk for stroke?** Stroke is the third leading cause of death, behind only heart disease and cancer. What are the risk factors for stroke? By far the most important one is high blood pressure. Blood pressure medication substantially reduces your stroke risk. The other important risk factors are diabetes obesity, and cigarette smoking.

**Brain attacks** A coronary artery block in the heart is the same thing as a blockage of a blood vessel supplying the brain. That's why people are now calling strokes "brain attacks." The most important warning signs to recognize are weakness or numbness, loss of feeling on one side of the body, loss of balance, inability to walk, slurred speech, headache, and loss of vision, which might be in one eye or off to one side of your visual field. I think that those are the most important signs of having a stroke.

**Brain attacks** There are very effective treatments for stroke, but they only work within the first few hours. The first three hours are golden treatment hours, after which most of the damage has been done. Recognize the warning signs, and treat them as a medical emergency. The most important warning signs to recognize are weakness or numbness, loss of feeling on one side of the body, loss of balance, inability to walk, slurred speech, headache, and loss of vision, which might be in one eye or off to one side of your visual field.

**Heart Smart:** Balance the number of calories you eat with the number you use each day. To find that number, multiply the number of pounds you weigh now by 15 calories. This represents the average number of calories used in one day if you're moderately active. If you get very little exercise, multiply your weight by 13 instead of 15. Less-active people burn fewer calories.

**Heart Smart:** Brainstorm opportunities to add physical activity to your day. At work: take 10 minute walks – walk around the building before you start work and again before you get in your car at the end of the day; use the stairs; stand when you talk on the phone.

**Heart Smart:** Brainstorm opportunities to add physical activity to your day. At home: go out for a short walk before breakfast, after dinner or both! Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.

**Heart Smart:** When walking, start with 5 to 10 minute walks, and gradually work up to 30 minutes. As your fitness level increases, you will be able to pick up the pace from leisurely to brisk and add hills for a challenge.

**Heart Smart:** Brainstorm opportunities to add physical activity to your evenings and weekends: make a date with friends to walk in the park or hike a nearby trail; rent a kayak; play motivating music while exercising; walk instead of using a golf cart.

**Simple Solutions** is a women's on-line resource from the American Heart Association. Take wellness to heart by educating yourself today. [www.americanheart.org](http://www.americanheart.org)

**Heart Smart:** Calculate your risk of heart disease by using the NHLBI (National Heart, Lung, Blood Institute) risk calculator <http://hin.nhlbi.nih.gov/cholmonth/tips.htm> Heart Disease is the leading cause of death of both men and women in the United States.

**Heart Smart:** Calculate your body mass index (BMI) by using the NHLBI (National Heart, Lung, Blood Institute) risk calculator <http://hin.nhlbi.nih.gov/cholmonth/tips.htm> Heart Disease is the leading cause of death of both men and women in the United States.

## **MARCH IS NATIONAL NUTRITION MONTH.**

**PROTEIN INTAKE** The average healthy person needs  $\frac{1}{2}$  grams of protein per pound of body weight. Protein provides energy and builds tissue. 3 ounces of lean meat provides 21 grams.  $\frac{1}{2}$  cup tuna fish or cottage cheese is 14 grams. There are 10 grams of protein in  $\frac{3}{4}$  cup baked beans and  $\frac{3}{4}$  cup tofu. Good plant protein combinations include rice with beans, tortillas with beans, pea soup with bread, peanut butter with bread or crackers.

**SIZE UP YOUR SERVINGS** 3 ounces of meat is about the size of a deck of cards or an audiotape cassette. 1 ounce of cheese is about the size of 4 stacked dice. 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb. March is National Nutrition Month. “Start Today for a Healthy Tomorrow”

When looking for the beans that are highest in antioxidants, the darker the better. Beans are a good source of antioxidant nutrition, with black beans packing the most antioxidant nutrition of all varieties. Darker seed coats appear to offer the most antioxidants in general, with red and brown beans taking the antioxidant lead after black beans

**ANTIOXIDANTS** are your cell’s protectors. Load up your diet with brightly colored fruits and strong smelling vegetables. Americans eat five times more white than green. For our health, we need to turn those proportions around. March is National Nutrition Month. “Start Today for a Healthy Tomorrow”

**DO YOU HAVE FAT BLOOD?** It’s not the amount of cholesterol in the foods you eat that raise your blood cholesterol level -- it’s the amount of saturated fat. For more information on cholesterol and heart disease see the American Heart Association website at [www.americanheart.org](http://www.americanheart.org) March is National Nutrition Month. “Start Today for a Healthy Tomorrow”

**P-C-F BALANCE:** Combine foods with protein, carbohydrate and fat at meals for better nutrition and appetite control. Re-fuel at regular intervals throughout the day. 3 balanced meals a day will help you lose weight by moderating your blood sugar levels and appetite. March is National Nutrition Month. “Start Today for a Healthy Tomorrow”

**3500 CALORIES EQUALS ONE POUND** To lose 1 pound per week, decrease the calories you eat by 250 and increase your calorie expenditure by 250 calories per day. Walk, jog, swim or bicycle 25 to 40 minutes daily, depending on intensity, to burn 250 calories. “Start Today for a Healthy Tomorrow”

**DRINK UP** Water is an essential nutrient. A 5% loss of body water causes you to become weak; 15 to 20 percent lost is fatal. That means a loss of 7 pounds for a 150 pound person. Water loss, not salt or sodium loss, impairs an athlete’s performance. A normally active person should drink 6 – 8 glasses every day. If you are physically active, you need even more water. Coffee, tea and soda do not count, because their caffeine content contributes to dehydration.

**KNOW YOUR NUMBERS** Keep your total fat intake to 30% of your calories. One easy way to figure this is by looking at the total calories of a food product and then how much of its calories are from fat. This number should be 1/3 or less of the total calories.

**HAVE YOUR STEAK AND EAT IT TOO** It's fine to have a steak every once in a while. Make it a special occasion and choose the healthiest cut. A 12 oz Sirloin steak has **15** grams of fat, a 13 oz Rib Eye Steak has **30** grams, a 16 oz T-Bone steak has **44** grams and the worst of all is a 16 oz Prime Rib with a whopping **62** grams of fat!

**OODLES OF FAT** Japanese Ramen (noodles), packaged as an inexpensive instant-soup lunch in a mug might seem like a perfect high-carbohydrate meal. However, the ramen are pre-cooked by steaming then dried by deep frying, leaving a residue of about 18% oil by weight. The fat used is often highly saturated lard or palm oil. Another drawback is the very high sodium content of the seasoning.

**DON'T SKIP BREAKFAST** Beginning the day with a meal is linked with improved strength and endurance as well as a better attitude toward work and school. Breakfast can also prevent hunger and subsequent overeating later in the day.

**PUMP IRON** Remember to include strength-training in your exercise routine. Unlike aerobic exercise, strength training builds a considerable amount of muscle, which requires more calories to sustain itself than body fat. In other words, iron pumpers burn extra calories and therefore can eat more without gaining weight.

**BULK UP** Fiber acts as an internal scrub brush for your body. It is the magic ingredient for weight management, and can help lower blood cholesterol, control blood sugar, and provide protection against colon cancer. Fiber in high fiber foods, such as whole-grain or bran cereals and vegetables adds bulk to your diet and helps you feel full without adding extra calories.

**CARBO-LOAD** Traditionally, athletes have ignored the importance of carbohydrates, and viewed protein as the key nutrient in maximizing muscle growth and athletic performance. While adequate protein is essential for growth, turnover, and repair, there is no evidence that excessive protein enhances athletic performance or increases the rate of muscle growth. In fact, athletes who concentrate on protein intake can impair performance by not consuming an adequate percentage of carbohydrates in the diet.

**BONE-UP** A diet high in calcium and regular physical activity can help your body build and maintain strong bones throughout life. Good sources of calcium include milk, cheese, yogurt, broccoli, canned sardines or salmon with bones, and calcium fortified products, such as orange juice, breads, cereals, and cottage cheese.

**WAKE-UP CALL** Caffeine acts as a mild stimulant by increasing heart rate and blood pressure, which is how it gets you going. Too much caffeine can lead to headaches, insomnia, stomach irritation and irregular heart rate. Decrease intake slowly to avoid withdrawal headaches. Try half regular coffee and half decaf, brew tea for less time, drink water instead of colas or coffee and soft drinks without added caffeine.

## **APRIL IS CANCER AWARENESS MONTH**

**Fatal Attraction:** Sunbathing is the number one cause of melanoma. Excessive sun exposure, a blistering sunburn before age 20, fair skin, red or blond hair and a family history of melanoma increase a person's risk of the disease. The sun's rays are the strongest from 10 am to 4pm.

**Melanoma** is the most common form of cancer. Almost everyone has moles, on the average about 25. Most are perfectly harmless. A change in a mole's appearance is the most important warning sign of melanoma. For other warning signs of melanoma follow the ABCD rule: A. Asymmetry: One half of the spot does not match the other half. B. Border irregularity. Normal moles are round or oval. C. Color. Common moles are usually one color throughout. D. Diameter. Common moles are generally less than ¼ inch in diameter. (the diameter of a pencil eraser.) When diagnosed early, melanoma can be cured.

**Selenium** is a mineral that is necessary to activate glutathione peroxidase, a natural antioxidant found in the liver. This is a powerful boost for liver function and cancer prevention. Whole grains breads, brown rice and oatmeal are excellent sources of selenium.

**Health benefits of ketchup** (yes, there are some!) The bright red color found in tomatoes comes from the powerful phyto-nutrient called Lycopene. Concentrated sources of lycopene include tomato sauce and paste. Watermelon, pink grapefruit and guava are other good sources. Lycopene reduces the risk of prostate cancer and cancers of the digestive system, as well as helps in prevention against macular degeneration. (leading cause of blindness in the elderly)

**Blueberries** have more phytochemicals than any other food. Anthocyanin, which means "blue flower" in Greek, is a natural pigment which ranges from pale red to deep purple. It helps protect the inside of your arteries, slows the aging of your eyes, and inhibits carcinogens. Boost your health by eating a handful of blueberries, raspberries, strawberries or blackberries 3 or more days a week.

**Catechins** are fast attack antioxidants! These powerful phytonutrients quickly neutralize free radicals throughout your body. Black and green tea, dark chocolate (yum!) whole grains, purple grapes, apples and beans and lentils are great sources of catechins. They lower risk of heart disease and cancer.

**What's for dinner?** Strong smelling vegetables such as cabbage, broccoli, cauliflower, onions, and garlic get their odor from sulfur containing phytonutrients such as isothiocyanate and indols. These powerful chemicals help reduce risk of cancerous tumors in the lungs, breast and the uterus.

**A multi-vitamin** is a supplement to a healthy diet. The powerful benefit of phytochemicals is best obtained by eating whole grains, fruits and vegetables. There are more than 10,000 different phytochemicals in food, which can not be duplicated in man made supplements. Beta carotene, found in dark orange fruits and vegetables, and lutein, found in green leafy vegetables are two of the most common phytochemicals found in over the counter multi-vitamins.

If you choose to take a Vitamin E supplement, look for the natural form, d-Alpha Tocopherol. It is usually sold in 400 IU. Normal dose is one or two capsules daily for use as an antioxidant that protects the heart arteries and eyes. Vitamin E thins the blood, so it should be discontinued one week before surgery. Vitamin C boosts the effectiveness of Vitamin E.

**Vitamin C** is a water-soluble antioxidant which helps boost your immune system – one more weapon against illness! Melons, citrus, kiwi, cabbage, potatoes and berries are all great sources. If you take a supplement, do not exceed 1,000mg per day. Excess Vitamin C can irritate the digestive system and increase your risk of kidney stones.

“Hopefully, not long after the beginning of the 21<sup>st</sup> century, the ashtray will be viewed in much the same light we now view the spittoon – as an item for antique collectors – inviting curiosity by those whose only knowledge of smoking comes from reading history books and seeing old movies.”

**Quit for Good!** The health risk of smoking one pack per day is equal to being 100 pounds overweight. A smoker would have to gain more than 100 pounds after quitting to equal the health risk of heavy smoking. Burning calories through physical activity, drinking six to eight glass of water each day, and snacking of fruits and veggies are strategies to keep off the weight while quitting.

**Smokeless tobacco:** A two can a week snuff dipper gets as much nicotine as a pack and half a day smoker. Smokeless tobacco users are five times more likely to lose their teeth as a result of decay than non-users.

**Quit for Good!** People who quit tobacco use, regardless of age, live longer than people who continue to smoke. For example, smokers who quit before the age of 50 cut their risk of dieing in the next 15 years in half compared with those who continue to smoke.

**Happy 50<sup>th</sup> Birthday!** As you or your family members celebrate this milestone event, take time to schedule an appointment with your primary care provider to review your current health status and discuss ways you can enhance your continued good health. Be sure to discuss colon, prostate and breast cancer screening. “Prevention and early detection are the best protection”

**Heads Up!** Your head is susceptible to skin cancer too. Many cancers appear on the ears, neck and shoulders. Wear a hat with a broad brim and use SP15 or greater lotion on ears, neck and shoulders.

**Bulk Up!** Try to eat 20 to 25 grams of fiber each day. High fiber foods help protect against cancers and fill you up so you won’t overeat. What does a high fiber diet look like? Start with a high fiber breakfast cereal (read the label), snack on fruit and veggies, eat whole wheat bread and for dinner fill your plate with two vegetables and a crunchy salad.

**Check it Out!** Men, check your testicles each month and women do a monthly breast exam. It is important that you become familiar with your own body and can recognize any changes. Need directions? Check your HEALTHWISE Handbook, ask your health care provider, or stop by the

Naval Hospital Wellness Center for a video and handouts on how to perform these live saving checks.

**Avoid Secondhand Smoke** Living with a smoker increases your risk of lung cancer by 30%  
Secondhand smoke has been linked to an increased risk of lung and other cancers. Sidestream smoke contains twice the tar and nicotine compared to the mainstream smoke inhaled by the smoker and five times more carbon monoxide.

## **MAY IS MENTAL HEALTH MONTH**

**Clinical Depression is a common, real and treatable illness.** A recent study shows that people with depressive symptoms spend more days in bed than do people with diabetes, arthritis, back problems, lung problems or gastrointestinal disorders.

**Clinical depression** is one of the most treatable of all medical illnesses. In fact, more than 80% of people with depression can be treated successfully with medication, psychotherapy or a combination of both. As with many illnesses, if treatment is needed, the earlier it begins the more effective it can be.

**Depression** can occur to anyone, at any age, and to people of any race or ethnic group. Depression is never a “normal” part of life, no matter what your age, gender or health situation. Unfortunately, though treatment for depression is almost always successful, fewer than half of those suffering from this illness seek treatment. Too many people resist treatment because they believe depression isn’t serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

**Clinical depression** affects employees at all levels of the corporate ladder. It ranks among the top three workplace problems, following family crisis. At any one time, one in every 20 employees experiences the illness. Unfortunately, many employees with depression don't seek the treatment they need.

**Life can be enjoyable again!** With recognition and treatment, clinical depression can be overcome. Talk with your doctor or a qualified mental health professional if you think you may have symptoms of clinical depression.

**Clinical depression is more than "the blues"** which we all experience now and then. Symptoms of clinical depression include: persistent sad, anxious or “empty” mood, sleeping too much or too little, reduced appetite and weight loss, or increased appetite and weight gain, loss of pleasure and interest in activities once enjoyed, feeling guilty, hopeless or worthless, thoughts of suicide or death. See your doctor or a qualified mental health professional for help. Depression can be successfully treated!

Supervisors and colleagues who are concerned about symptoms of depression can emphasize that although they can/should not diagnose the illness, they can refer people to an employee assistance professional (EAP) counselor or other mental health professional, if appropriate.

If you are an employer, supervisor or colleague, you can help people with depression by educating employees at all levels about depression and recognizing that it's a common medical illness that is treatable in more than 80 percent of all cases.

**May is Asthma Awareness Month** People who have asthma often describe it in the following manner: "I cough a lot while I exercise or even when I rest after exercising." "I have shortness of breath." "I make a wheezing sound when I breathe." Talk with your health care provider if you have any of these symptoms.

**May is Asthma Awareness Month.** Asthma is a chronic lung disease which can be life threatening. Control asthma, so it no longer controls you. If you have asthma, it is important to take it seriously. Work collaboratively with you health care provider – learn your “triggers” and control your asthma.

**May is Asthma Awareness Month.** Asthma triggers include cigarette smoke, cold air, dust, feathers, molds and exercise. Be sure to let your health care provider know if any of these “trigger” you to have chest tightness or wheezing.

**May is Asthma Awareness Month.** Children are especially at risk when they breathe secondhand smoke. Studies show that children of smokers are more likely to suffer asthma attacks. Protect yourself and your child, too, from secondhand smoke.

## **JUNE IS MEN'S HEALTH MONTH**

Middle-aged men who are long-term, heavy smokers face twice the risk of developing more aggressive forms of prostate cancer than men who have never smoked. "When men stop smoking, within a decade their risk of prostate cancer returns to a level that is not substantially different from nonsmokers, so for most men, it's not too late to quit. There are few environmental risk factors for prostate cancer that have been identified, but here's one way that men can take action to reduce their risk," she said.

**WHY MEN'S HEALTH?** Despite all the advances in medical science over the past decades, the basic fact remains that women outlive men, on average, by seven years. For many women this means nearly a decade of life without the support and care of their spouses. Not only does this create heavy emotional burdens, it increases their risk for health problems associated with living alone.

**WHY MEN'S HEALTH?** Just like taking the car in for an oil change or for the 25,000-mile checkup, men also need to take themselves to the doctor's office to make sure everything is running smoothly. Statistics show that men do not see a physician for a physical exam nearly as often as women, nor are they as likely to receive health screenings to prevent the onset of more serious conditions.

**Are you at risk for stroke?** Stroke is the third leading cause of death, behind only heart disease and cancer. What are the risk factors for stroke? By far the most important one is high blood pressure. Blood pressure medication substantially reduces your stroke risk. The other important risk factors are diabetes obesity, and cigarette smoking.

**Brain attacks** A coronary artery block in the heart is the same thing as a blockage of a blood vessel supplying the brain. That's why people are now calling strokes "brain attacks." The most important warning signs to recognize are weakness or numbness, loss of feeling on one side of the body, loss of balance, inability to walk, slurred speech, headache, and loss of vision, which might be in one eye or off to one side of your visual field. I think that those are the most important signs of having a stroke.

**Brain attacks** There are very effective treatments for stroke, but they only work within the first few hours. The first three hours are golden treatment hours, after which most of the damage has been done. Recognize the warning signs, and treat them as a medical emergency. The most important warning signs to recognize are weakness or numbness, loss of feeling on one side of the body, loss of balance, inability to walk, slurred speech, headache, and loss of vision, which might be in one eye or off to one side of your visual field.

**PROSTATE CANCER** Screening, early diagnosis and treatment is the key! More than 40,000 men will die of prostate cancer this year.

**PROSTATE CANCER** If you are a man between the ages of 50 and 75, or have any of the other risk factors, be sure to talk with your primary care provider about screening for prostate

cancer. Prostate cancer is the most diagnosed cancer in America, and the second leading killer of men. (Lung cancer is the leading cause of cancer deaths for both men and women.)

**HEALTHY SPOUSE** Researchers have found that women with heart disease whose husbands learned about the medical treatment they were undergoing were 25 percent less likely to need follow-up care than the wives of men who didn't. In a related study, women who discussed medical treatments openly with their husbands recovered more quickly than women without that support.

**You're only as strong as your last workout.** Doctors from the Framingham Heart Study compared people who'd only recently started exercising with those who used to exercise regularly but stopped. Their finding: The cardiovascular mortality rate was 40 percent lower among the current exercisers. The study shows that it's never too late to start being active.

**Spend more time in the weight room.** Weights can make your biceps look good, but they're also good for your heart. Why? In addition to lowering cholesterol and blood-pressure levels, stronger muscles make physical exertion, especially lifting or carrying things, less taxing. This may help you avoid straining your heart during exertion, which can cause a heart attack.

**Quit smoking dope.** Inhaling marijuana quintuples your risk of a heart attack for 1 hour after lighting up.

**Buy extra-virgin olive oil.** Spend the extra buck--it could cut your risk of heart disease. In a recent study, those who ate meals drizzled with extra-virgin olive oil lowered their LDL (bad) cholesterol levels by 4 percent more and raised their HDL (good) cholesterol by 2 percent more than the people who ate refined olive oil, which has fewer anti-oxidants than extra-virgin olive oil.

## **JULY IS SUMMER SAFETY MONTH**

**Summer Fun:** About 150,000 children are seen in emergency rooms each year due to playground injuries. What can parents do to keep their kids safe? More than 40 percent of playground injuries are related to inadequate supervision. Kids ages 5 years to 9 years are the most likely to be injured. Don't have a false sense of security when kids are using playground equipment. They need supervision. Also survey the play area and make sure it's free of apparent hazards.

**Summer Fun:** When it comes to kids and water, nothing replaces constant supervision. This means that the supervising adult should not read, play cards, talk on the phone, mow the lawn, or do any other distracting activity while watching children.

**Summer Fun:** Alcohol use is involved in 25-50% of teen and adult deaths associated with water recreation. 50% of drownings among teen boys involve alcohol. Teach them, by your example, not to use alcohol when boating and swimming.

**Summer Fun:** Do NOT use water wings, air mattresses and other air-filled swimming aids in place of life jackets. These can give parents and children a false sense of security and increase the risk of drowning.

**Summer Fun:** Overexposure to UV rays—outdoors or in a tanning salon—causes skin cancer. Tumors typically occur on areas most often exposed to the sun, but melanoma, a rarer form of skin cancer, is common in areas that occasionally receive intense exposure, such as the legs. The best way to protect yourself is by limiting sun exposure, using a sunscreen with an SPF of at least 15, and wearing protective outdoor clothing, including long sleeves and a wide-brimmed hat. Protect yourself against the harmful rays of the sun.

**Health Promotion:** Any changing mole should be checked by a doctor who is experienced in recognizing skin cancers. If you have many moles, careful examination by a dermatologist, in combination with monthly skin self-examination, is recommended.

**Health Promotion:** Wearing wrap-around sunglasses with 99%-100% UV absorption provides the best protection for your eyes as well as the skin area around the eyes. Protect yourself against the harmful rays of the sun.

**Be Active, Be Healthy.** “If exercise could be prescribed as a pill, it would be the most widely prescribed and beneficial medication of all.” The Healthwise Handbook

**Burn fat, build muscle.** A pound of fat is equivalent to 3,500 calories. To lose a pound (of fat, that is!) a week, create a daily deficit of 500 calories. You can do this by eating 250 calories less and burning 250 calories more through physical activity. Walk, jog, swim or bicycle 25 to 40 minutes daily, depending on intensity, to burn 250 calories. Be active, be healthy!

**Drink Up** Water is an essential nutrient. A 5% loss of body water causes you to become weak; 15 to 20 percent lost is fatal. That means a loss of 7 pounds for a 150 pound person. Water loss,

not salt or sodium loss, impairs an athlete's performance. A normally active person should drink 6 – 8 glasses every day. If you are physically active, you need even more water. Coffee, tea and soda do not count, because their caffeine content contributes to dehydration.

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Heat exposure caused 8,015 deaths in the United States from 1979-1999. Most heat-related deaths occur in the hot summer months, and the elderly, the very young and people with chronic health problems are most at risk. Because even healthy people can fall victim to summer heat, take the following precautions to reduce your risk:

- \* Drink plenty of water or other non-alcoholic beverages;
- \* Wear lightweight, loose-fitting clothing that is light in color;
- \* Reduce strenuous activities or do them during the cooler parts of the day.

## **Water Safety**

Thousands of Americans drown each year, and thousands more are injured or killed in boating accidents. Drowning is the second leading cause of injury-related death for children age 14 and under. Follow these common-sense precautions for safe summer fun in the water:

- \* Always have an adult closely supervise young children any time they are swimming, playing or even bathing in water;
- \* Never swim alone or in unsupervised locations. Teach your children to always swim with a buddy; Never drink alcohol before or while swimming, boating or water skiing, and never drink alcohol while supervising children;
- \* Learn to swim, as swimming lessons benefit adults and children age 4 and up;
- \* Properly maintain your pool to help prevent the spread of infectious diseases. Never swallow pool, lake, or river water.

### **Food Safety**

Summer is the season for outdoor barbecues and picnics; however, food-related illness can put a damper on those outdoor fests. CDC estimates that 76 million Americans get sick from food-related illness every year. More than 300,000 end up hospitalized and about 5,000 die each year from food-borne illness. Protect yourself and your friends and family in these ways:

- \* Cook meat, poultry and seafood thoroughly. Use a meat thermometer to be sure your grilled meats are "done." Ground beef, for example, should be cooked to an internal temperature of 160 degrees Fahrenheit.
- \* Don't cross-contaminate one food with another. Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food;
- \* Bacteria can grow quickly at room temperature, so refrigerate leftover foods promptly;

Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage.

**Lawn Mower Safety (and safety for related home and garden tools).** Home and garden tools offer a myriad of injuries to fingers and toes, eyes and noses. Be aware of the potential for injuries, wear safety gear, and employ ORM in your home as well.

## **AUGUST IS FAMILY HEALTH AND FITNESS**

**TAKE A BREAK** Sitting at a desk for long periods of time could cause potentially deadly blood clots to form in your legs. A similar condition can occur during long airline flights. Getting up and moving around every couple of hours will help keep the clots from starting.

**BARCALOUNGERS** According to the Gallup Poll, the number of sedentary Americans continues to increase, growing from 48 percent of the population in 2001 to 54 percent in 2002.

**AMUSEMENT PARK RIDES** may be the cause of unexplained head, neck and back injuries seen in accident and emergency department. Some rides reach G-forces exceeding those experienced by space shuttle astronauts. The risk is small, but US researchers warn that as the competition increases to build faster, more thrilling rides, the number of injuries will rise.

**BE ACTIVE, BE HEALTHY** People who regularly work out lose significantly less brain tissue as they aged than those who exercised rarely or not at all.

**Health Promotion:** Any changing mole should be checked by a doctor who is experienced in recognizing skin cancers. If you have many moles, careful examination by a dermatologist, in combination with monthly skin self-examination, is recommended.

**Health Promotion:** Wearing wrap-around sunglasses with 99%-100% UV absorption provides the best protection for your eyes as well as the skin area around the eyes. Protect yourself against the harmful rays of the sun.

**Health Promotion:** Super-sized foods = super sized kids! One fast food super-sized meal often has a full day's calories and fat. About 25% of all kids under age 13 are overweight. There are 3 times as many obese teens now as there were 20 years ago.

**Health Promotion:** What can you do to help your overweight children? Don't put kids on diets. Instead, introduce healthy food and "exercise" as play. Stock up on fruits, fresh cut veggies and healthy snacks. Eat at home more often. Enroll kids in something physical – a team sport or swimming lessons. And last but not least, be a good role model.

**Health Promotion:** America's number one leisure activity is eating out. Restaurant meals often have a full day's calories and fat in one meal and make a big dent in the budget. Have a restaurant style family meal by bringing out your tablecloth, nice china and candles and put on soft music. You'll save money and eat healthier all at the same time.

**Health Promotion:** Changing your environment at lunch can help relieve your stress during the workday. Take a quick five-minute walk or stretch break.

**SAFE KIDS** Why does a child need to be in a booster seat? Seat belts are made for adult bodies; that is, for people who are taller than five feet and weigh at least 80 pounds. A seat belt on a small child can cause severe injuries in a collision, such as a broken back and severed

internal organs. The seat belt rides up on a child's stomach and the lap belt slices into the child's neck.

## **SEPTEMBER IS STRESS MANAGEMENT MONTH**

**Positive Self-Talk** - One of the first things you can do in facing stressful situations is to reinforce your resolve through positive statements such as, "I can handle this, one step at a time," or "Since I've been successful with this before, there's no reason why I can't do it again".

**Do it now** - Do your most unpleasant or most difficult task at the beginning of the day when you are fresh, thereby avoiding the stress of last minute preparation. Procrastination feeds stress!

**Know your limits** - Be realistic about what you can accomplish in a day. It's better to emphasize quality in your work, rather than sheer quantity. Careful scheduling of tasks will level those stressful peaks and valleys. Planning goals and objectives allows you to meet them more realistically. If you are new at goal-setting, ask someone who is experienced.

**Schedule your stress** - Scheduling your stressful activities can reduce the number of stressors you must juggle at any one time. Don't set identical deadlines for major projects. Schedule some "breathing" space that will allow you time for "recharging" and creative thinking. You'll also be better prepared when an unanticipated task arrives.

**Treat your body right** - You will have more self-confidence and energy, and be less likely to experience the physical side effects of stress when you eat a balanced diet, get enough sleep and exercise regularly.

**Take Charge** - Take responsibility for making your life what you want it to be. It is less stressful to make decisions and take action than to feel powerless and react to other's decisions. Decide what you want and go for it!

**Develop a Sense of Humor** - One of the barriers to stress reduction is the temptation to take things too seriously. It's okay to back off from your intensity and see the humor in life's situations. Laugh a little. <http://www.chaplaincare.navy.mil/selfhelp.htm>

**Job Stress and Health** <http://www.cdc.gov/niosh/stresswk.html> One-fourth of employees view their jobs as the number one stressor in their lives. Whether it's being laid off, dealing with a boss, having anxiety about job security or coping with an excessive workload, things happen every day at work that can result in undue stress on our emotions.

**Stress** sets off an alarm in the brain, which responds by preparing the body for defensive action. The nervous system is aroused and hormones are released to sharpen the senses, quicken the pulse, deepen respiration, and tense the muscles. This response (sometimes called the fight or flight response) is important because it helps us defend against threatening situations. The response is preprogrammed biologically. Everyone responds in much the same way, regardless of whether the stressful situation is at work or home.

**Unresolved Stress** Short-lived or infrequent episodes of stress pose little risk. But when stressful situations go unresolved, the body is kept in a constant state of activation, which increases the rate of wear and tear to biological systems. Ultimately, fatigue or damage results, and the ability

of the body to repair and defend itself can become seriously compromised. As a result, the risk of injury or disease escalates.

**Stress** is the spice of life...Who would enjoy a life of no runs, no hits and no errors.

## **OCTOBER IS WOMEN'S HEALTH MONTH**

Mothers, daughters, sisters, grandmothers, aunts, lifelong friends, shipmates...

**National Women's Health Information Center** is a free, reliable source for information and referrals. Their site on the World Wide Web can help you link to, read, and download a wide variety of women's health-related material developed by the Department of Health and Human Services, other Federal agencies, and private sector resources. Their online newsletter **Healthy Women Today**, is a free, monthly newsletter which features health articles and links to women's health news. [www.4women.gov](http://www.4women.gov) Their telephone information and referral is 1-800-994-9662.

**Can Breast Cancer Be Prevented?** There is no certain way to prevent breast cancer. The best plan for women at average breast cancer risk is to reduce risk factors. Anti-perspirants and underwire bras are not risk factors, despite recent internet e-mail rumors. However, obesity, high fat diets and excessive alcohol use are risk factors which have been shown through scientific studies to place women at greater risk – and they are within our control! [www.cancer.org](http://www.cancer.org)

You rarely hear the “good” news about breast cancer – and there's lots of it! First, 7 out of 8 women never get breast cancer in their lifetimes. Second, 8 out of 10 lumps are not cancerous. Third, when found early, breast cancer is almost always curable. Screening is a three step approach: monthly breast self-exams, annual exam by your health care provider, and annual mammography after age 40. Need more info? The Naval Hospital Wellness Center has books, videos and leaflets. E-mail [health@pnw.med.navy.mil](mailto:health@pnw.med.navy.mil) or call 360-475-4997.

**Female Athletes:**<http://orthoinfo.aaos.org> In general, musculoskeletal injuries are sports-specific rather than gender specific. Injuries to the anterior cruciate ligament (ACL), for example, occur frequently in soccer, basketball, and volleyball. However, data collected since 1995 suggest that ACL injury patterns are different in men and women who participate in the same sport. The incidence of ACL injuries among women basketball players is twice that for men, and female soccer players are four times more likely to suffer an ACL tear than their male counterparts. Both women and men incur ACL injuries in non-contact situations. Nearly 60 percent of ACL injuries in female basketball players occur when landing from a jump.

**Have a Heart to Heart with Yourself.** Heart disease is far and away the leading cause of death of American women, but there's much you can do to help protect yourself from this deadly disease. Be your own best friend. Take charge of your body and your life. The American Heart Association has an exciting new program to help you reduce your risk of a heart attack or stroke. This unique, interactive and "FREE" health management program tailors health information to your specific needs in the areas Smoking, Physical Activity, Nutrition, and Medication Compliance. The information you get is tailored based on your health, lifestyle, willingness to change, barriers and support system. Enroll now at: [www.onelife.americanheart.org](http://www.onelife.americanheart.org)

WASHINGTON (Reuters) -- Young women who eat more red meat and full-fat dairy products such as cheese may be raising their risk of breast cancer, researchers reported on Tuesday.

"When we compared the women in the highest fat intake group with women in lowest intake group, those with the highest intake had a 33 percent greater risk of invasive breast cancer," Eunyoung Cho of Brigham and Women's Hospital and Harvard Medical School said in a telephone interview.

The study of more than 90,000 women aged 26 to 46 was taken from the Nurses' Health Study, in which volunteers answer regular questionnaires about diet and lifestyle and that data is analyzed by researchers who track the women's health.

They said their study, published in the Journal of the National Cancer Institute, provides yet another incentive for women to shun fatty foods and consume fresh fruits, vegetables and whole grains.

## **NOVEMBER IS TOBACCO AWARENESS MONTH**

### **Smoke Free.gov “Live Help” connects smokers with counselors via live message Tobacco Cessation QuitLine 1-877-44U-QUIT**

#### **Benefits of Quitting**

- People who quit smoking live longer than those who continue to smoke.
- After 15 years off cigarettes, the risk of death for ex-smokers returns to nearly the level of persons who have never smoked.
- Quitting smoking decreases the risk of lung cancers, heart disease, stroke, chronic lung diseases, and respiratory illnesses.
- Ex-smokers have fewer health complaints, better self-reported health status, and reduced rates of bronchitis and pneumonia.
- Women who stop smoking before becoming pregnant or during the first trimester of pregnancy reduce their risk of miscarriage or of having a low birth-weight baby to that of women who have never smoked.

**Tobacco – Kick Butt:** Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Maybe you've tried to quit too. Why is quitting and staying quit hard for so many people? The answer is nicotine.

**Tobacco – The Moment You Quit, Better Health Begins:** The decision to quit smoking is one that only you can make. Others may want you to quit, but the real commitment must come from you.

**Tobacco - Kick Butt:** The difference between a slip and a relapse is within your control. You can use the slip as an excuse to go back to smoking, or you can look at what went wrong and renew your commitment to staying off smoking for good.

**Tobacco - The moment you quit, better health begins.** Quitting is not easy, but studies show that tobacco users are two to three times more likely to quit successfully if they receive help, especially skills training, counseling, and medication such as nicotine replacement patches and gum.

**Tobacco:** The moment you quit, better health begins. Worldwide, smoking causes one death every 10 seconds, or 3 million deaths each year.

**Tobacco and Kids:** 17% of all lung cancer cases among nonsmokers are attributable to childhood exposure to second-hand smoke. Children of nonsmokers scored 6% higher on academic tests than other children of similar backgrounds whose parents smoked. In another study, children whose parents smoke averaged half an inch shorter and lagged their peers developmentally by an average of 3 months.

**Tobacco and Pregnancy:** Cigarette smoking prevents as much as 25% of oxygen from reaching the fetus. The average baby born to a smoker is 8 ounces lighter because of this oxygen deprivation during pregnancy.

**Tobacco and Fertility:** Male smokers have lower levels of testosterone, lower sperm counts, and an impairment of sperm motility. Women who smoke are 3 to 4 times more likely than nonsmoker to take more than a year to become pregnant, and 3 times as likely to be infertile.

**Tobacco and Teens:** If both parents smoke, there is a 63% chance that their child will become a smoker. If neither parent smokes, this chance drops to 6%.

**Smokeless tobacco** users are five times more likely to lose their teeth as a result of decay than a non-user.

**Cigars:** A large cigar is equivalent to four to five cigarettes in nicotine, 15 cigarettes in tobacco, and 25 cigarettes in carbon monoxide. The tar in cigar smoke is more carcinogenic than the tar of cigarette smoke.

**Tobacco and Women:** For a given number of cigarettes smoked in a lifetime, women run twice the risk of developing lung cancer.

**Tobacco and Women:** Smoking lowers estrogen levels in a woman's body. As a result, women who smoke have an earlier menopause, which translates into an increased risk of osteoporosis and an increased risk of heart disease.

**Tobacco:** "A cigarette is like a little toxic waste dump on fire." The News Hour, PBS, Dec 31<sup>st</sup>, 1997. "Cigarettes contain ingredients so toxic that you could not dump them in a landfill under the federal environmental laws." Rep. Ron Wyden, Oregon, April 9, 1994.

**Tobacco- the moment you quit, better health begins.** Immediate benefits: the air around you is no longer dangerous to children and other adults; within 20 minutes blood pressure and pulse drop to normal, temperature of hands and feet increases to normal; within 8 hours oxygen and carbon monoxide levels in blood return to normal; within 24 hours chance of heart attack decreases; in 48 hours senses of smell and taste improve; between 2 weeks to 12 weeks lung function increases up to 30%, walking becomes easier; in 1 to 9 months coughing, sinus congestion and shortness of breath decrease and overall energy increases; in 1 year risk of premature heart disease falls by 50%; in 10 to 15 years life expectancy is comparable to people who never smoked.

### **Quitting Tips**

Successful quitting is a matter of planning and commitment, not luck. Decide now on your own plan. Some possibilities include using nicotine replacement, joining a stop smoking class, going to Nicotine Anonymous meetings, or using self-help materials such as books and pamphlets.

Prepare for your Quit Day:

- Pick the date and mark it on your calendar.
- Tell friends and family of your quit day.
- Stock up on sugarless gum, carrot sticks, hard candy.
- Decide on a plan. Will you use nicotine replacement therapy? Will you attend a smoking cessation class? If so, sign up now.

- Practice saying, "No thank you, I don't smoke."
- Set up a support system. This could be a group class, or a friend who has successfully quit and is willing to help you.

“When you’re ready to quit, we’re here to help.” John Vaughan is the Tobacco Cessation Program Coordinator for Naval Hospital Bremerton. “We’ll meet with you individually to develop a plan that is tailored to meet your needs, and then provide you with ongoing support to assist you in making your experience successful”.

### **Quitting Tips**

- Avoid people and places where you are tempted to smoke. Later on you will be able to handle these with more confidence.
- Alter habits. Switch to juices or water instead of alcohol or coffee. Take a different route to work; take a brisk walk instead of a coffee break.
- Alternatives. Use oral substitutions such as sugarless gum or hard candy, raw vegetables such as carrot sticks, or sunflower seeds.
- Activities. Exercise or do hobbies that keep your hands busy (needlework, woodworking, etc.) and can help distract you from the urge to smoke.
- Deep breathing. When you were smoking, you breathed deeply as you inhaled the smoke. When the urge strikes now, breathe deeply and picture your lungs filling with fresh, clean air. Remind yourself of your reasons for quitting and the benefits you'll gain as an ex-smoker.
- Delay. If you feel that you are about to light up, delay. Tell yourself you must wait at least 10 minutes. Often this simple trick will allow you to move beyond the acute urge to smoke.
- What you're doing is not easy, so you deserve a reward. Put the money you would have spent on tobacco in a jar every day and then buy yourself a weekly treat. Buy a magazine, go out to eat, call a friend long-distance. Or save the money for a major purchase. You can also reward yourself in ways that don't cost money: take time out to read, work on a hobby, or take a relaxing bath.

**Tobacco – Kick Butt:** Think ahead to those times when you may be tempted to smoke, and plan on how you will use alternatives and activities to cope with these situations. More dangerous, perhaps, are the unexpected strong desires to smoke that occur, sometimes months (or even years) after you've quit. To get through these without relapse, try the following:

- Review your reasons for quitting and think of all the benefits to your health, your finances and your family.
- Remind yourself that there is no such thing as just one cigarette—or even one puff.
- Ride out the desire to smoke. It will only last 1-3 minutes and will go away, but do not fool yourself into thinking you can have just one.
- Remember quitting is a life long process, not an event. There are millions of successful quitters out there and that you are one of them!

Congratulations on making the most important health decision for your life and good luck!

### **When Smokers Quit—What Are the Benefits Over Time?**

- **20 minutes after quitting:** Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.
- **8 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- **24 hours after quitting:** Your chance of a heart attack decreases.
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases up to 30%.
- **1 to 9 months after quitting:** Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.
- **1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.
- **5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.
- **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.
- **15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker's.

## **December is Healthy Holidays Month**

**Healthy Holidays** I'm dreaming of a light Christmas...A lighter more flexible holiday attitude allows you to go the distance from Thanksgiving to New Year's Day with your health and sanity intact. And it frees you up to focus on the true meaning of the season.

**Healthy Holidays** Make up your mind right now that this will be a great holiday season. Set meaningful, realistic and practical goals, which may mean saying no to some things. Allowing yourself the pleasures of holiday eating doesn't mean going overboard.

**Healthy Holidays** Put on your walking shoes and head for the pavement or the mall. Spend your extra holiday hours making sure you take your walk once (or even twice) a day. Or, increase your other activities – rake some leaves, take the steps instead of the elevator, walk the dog or play with the kids.

**Eat and Drink Light** Enjoy merriment with no regrets. Allowing yourself the pleasures of holiday eating doesn't mean going overboard.

**Healthy Holidays** For some folks, Thanksgiving Day is the starting line of a six week eating and drinking marathon. The lighter approach to holiday eating means striving for balance. When you have a high fat meal, follow it with a low fat meal. Or, if you have a high calorie and fat day, eat lighter the next day.

**Exercise creatively.** Rather than skipping exercise totally on busy days, replace the missed workouts with a more playful and spontaneous movement plan. Before and after dinner walks, dancing, and mall walking can all fit into a busy day.

**Steer Clear of Drunken Drivers** - Half of all automobile accidents are caused by drunken drivers. Drive defensively: Watch out for drivers who: drive too fast or too slow, swerve or drive too close to the center line or the shoulder, overshoot signals or stop signs, speed erratically, are partying with their passengers or make frequent lane changes.

**Steer Clear of Drunken Drivers** – Suspect a drunk driver? Slow down, don't try to pass and move off the road if necessary. At intersections, don't assume the driver of the car coming towards you is sober and paying attention.

**Steer Clear of Drunken Drivers** - Approximately three in every 10 people will be involved in an alcohol related crash at some time in their lives. Be prepared and take precautions.