



# A Health Word E-Style

2010 January



## RSU #20

### January is:

- **Healthy weight Week (3<sup>rd</sup> full week)**
- **Thyroid Awareness Month**
- **Cervical Cancer Screening Month**
- **Glaucoma Awareness Month**
- **Women's Healthy weight Day (Jan 21)**

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It's That Time of Year....To Step into A Healthy New Year! Here Are Some Ways to Get Started

## Walk Into a Better Health One Step at a Time



Walking is a great opportunity to improve your overall health. You do it every day and chances are you rarely think about it. All you do is move from point A to point B but the health benefits it could also bring are:

- Reduce your risk of heart disease
- Lower high blood pressure, or keep normal pressure on track
- Reduce your risk of type 2 diabetes, or manage the condition if you already have it.
- Help you maintain a health weigh, or lose weight if you need to
- Reduce your risk of developing osteoporosis
- Manage stress and help you feel more positive
- Sleep better

What are you waiting for? Lace up your walking shoes and head out the door for the easiest workout. In fact grab a buddy to join the fun. Good conversation can make the steps fly by and a great motivation.

Map out a route in your school. Map out one inside during inclement weather and one outside when the days are clear.

**Warm Up & Stretch**  
As you begin to walk, do a 5-minute body warm-up using your largest muscles repeatedly (such as arm swings and back rotation) prior to a brisk walking.

Ready to Walk?

Step 1 Start Slowly.

Start out by walking a moderate pace of for 10 minutes

Step 2 Try a 3-Part Walk.

Walk slowly for 5 minutes; increase your speed for 10-20 minutes and end with a 5minute cool down

Step 3 Get Motivated.

Set goals. Track your progress in a walking journal. Record how far you walked, how long and how many times per week, Include health benefits you've experienced – such as improved sleep less stress or weight loss.

Step 4 Stay Steady.

Treat you walking workout like an important appointment you can't miss. Increase you your speed and time walked gradually. Add 2-3 minutes per week to the faster portion of your walk

Step 5 Dress Right.

Wear layered clothing that is appropriate for the season, wear a hat in cold weather and put on sunscreen before you head out, no matter what the season. Look for synthetic fabrics that remove sweat from the skin and help it evaporate

Step 6 Beat Boredom

Very your route, add a few hills or challenge yourself by increasing your speed

### Support Your New Year resolution

Are you trying to quit smoking? It can take up to 8 attempts to quit smoking. But your chances for success go up with help. Check out two programs which can help you fight the battle; Maine Tobacco Help Line or Freshstart

The Maine Tobacco Helpline can help you quit for good, with personal coaching and a plan designed for you. You may even be eligible for free medication to make quitting less difficult.

- It's free and totally confidential
- They offer positive, supportive messages. We won't pressure you or put you down.
- They offer personal support geared to your life.
- It's all by phone – you won't have to worry about missing work, missing appointments, or how to watch the kids while you're gone.
- You are 2-3 times more likely to quit with the HelpLine than when you try to quit on your own.

Call 1-800-207-1230

Freshstart, is the American Cancer Society group quit-smoking program. It consist of four 1 1/2 hour sessions, held during a four-week period.

- Freshstart is designed for the adult smoker, no gimmicks, meaningless group activities, or busy work
- Freshstart emphasizes that smoking cessation is a two part process: (1) stopping and (2) staying stopped
- Freshstart address the variety of reasons people smoke: physical addiction, habit and psychological dependency
- Quitting smoking quickly is the main goal of freshstart, maintained by techniques and support to keep a smoker off tobacco

Next class begins Tuesday, January 5<sup>th</sup>, 2010 at Waldo County General Hospital classroom on the ground floor. Time 5 pm - 6:30pm.

Call: 930-2650 to register or get detail about the next class. Simply leave your name and phone number.

Q: What happens when you tell an egg a joke?



A: It cracks up!

Q: Why don't grapes snore?



A: The don't want to wake up the rest of the bunch

### Walking off Weight

Aiming to lose 1-2 pounds per week is sensible plan for long-term weight loss. To lose 1 pound you will need to burn 3,500 calories more than you take in over the course of a week. Try this: Cut 250 calories from what you eat each day (soda, snacks or high-calorie fast foods for example) and also take a brisk walk. You can cut 500 calories over day this way – for seven days that would amount to 1 pound lost per week.

For a person weighing approximately 150 pounds

Walking 3..5 MPH	Calories Burned
Half Hour	Approximately 120
1 hour	Approximately 250

Walking 4.5 MPH	Calories Burned
Half Hour	Approximately 150
1 hour	Approximately 150



### Waldo County YMCA

We build strong kids, strong families strong communities  
157 Lincolnville Ave.  
Belfast, Maine 04915  
207-338--4598

[www.waldocountyymca.org](http://www.waldocountyymca.org)

#### 2010 Membership Rates

CATEGORY	Three Month	Annual	Bank Draft	Cost per Day
Youth 0-18 years	\$48	\$132	\$11	<b>\$ .36</b>
College With ID	\$75	\$192	\$16	<b>\$ .53</b>
Adult 19-59 years	\$171	\$348	\$29	<b>\$ .95</b>
Senior 60 years & up	\$114	\$216	\$18	<b>\$ .58</b>
Single Parent Family	\$183	\$396	\$33	<b>\$ 1.08</b>
Family	\$222	\$576	\$48	<b>\$ 1.53</b>

#### Hours:

**Monday – Thursday 5:00 am – 9:00 pm**  
**Friday 5:00 am – 6:00 pm**  
**Saturday 7:30 am – 5:00 pm**  
**Sunday Noon - 5:00 pm**

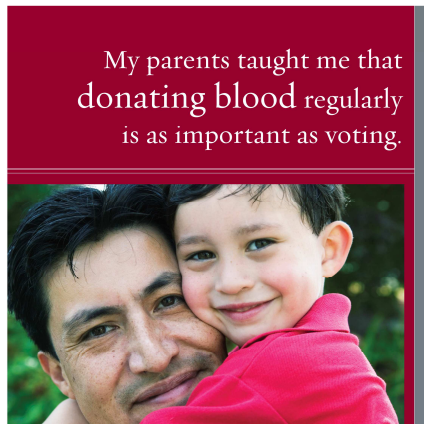
### Avoid The Dreaded "Seasonal Seven"

The dreaded "seasonal seven." That's the seven pounds the average person gains between Thanksgiving and New Year's! Unfortunately, recent studies have shown that winter weight is harder to shed than pounds packed on in the spring or summer, because we move less, and eat fatter foods. So, how can you avoid the "seasonal seven," and stay healthy? Try these tips we found on MSNBC:

- **Pre-pack your pantry and fridge.** Experts say you'll be less likely to crave high-calorie take-out meals if you have a variety of healthful snacks on hand at home. The trick is to choose snacks that are quick and easy to prepare. So stock up on low-sodium soups, plain yogurt, and a selection of fruits and vegetables. Then, pair those with a handful of nuts or seeds, or a whole grain English muffin topped with peanut butter.
- **Rethink your fear of pasta.** Many people avoid pasta, rice and cereal during the holidays, because they associate carbohydrate-rich foods with weight gain. The reality is that pasta can actually help you **lose weight**, if you choose pastas made from **whole grains**. That's because whole grains take longer to digest, so they'll fill you up faster, and help you eat less.
- **Keep a food journal.** Studies have shown that the act of writing down what you eat and drink every day can help you lose weight. Why? Because you'll be more aware of your food weaknesses, making you less likely to overindulge. The good news is there are many downloadable cell phone applications which can help make keeping a food journal accurate and easy – like the "Lose It" app for iPhones.
- **Get your holiday parties started EARLY.** An hour before attending the annual office party, or a big family gathering, try eating a protein and fiber-rich snack – like a serving of string cheese, an apple, or a handful of nuts.

The protein and fiber will fill you up, and help take the edge off your cravings. That way, you'll be less likely to let one or two gingerbread cookies turn into an entire gingerbread house.

Courtesy of the John Tesh



My parents taught me that donating blood regularly is as important as voting.

I am passing that value on to my kids.



(207)-DEVELOP (338-3567)  
192 Searsport Ave.  
Belfast, ME 04915  
[bayarea@panax.com](mailto:bayarea@panax.com)

**FREE** Diet Consultation as well as **FREE** Body Fat Composition Testing with near-infrared spectrophotometer and/or calipers.

#### Monthly Membership

Individual - \$40 Family - \$65

#### Special RSU#20 Discount

**Sign up 40 employees and receive 1 year membership for \$192**

(Contact Laurie Ireland - RSU #20)

*20% discount for individual and family (max. 6) with 1-year sign-up.*

*Senior citizens (60+) receive additional 10% discount*

#### Open Every Day

Mon - Fri

5am - 8pm

Sat/Sun/Holidays



#### Donating blood is easy!

- \* To donate blood, one must be healthy, and meet age, weight and other donor requirements.
- \* Donating blood is a safe procedure. A sterile needle is used only once for each donor and is then discarded.
- \* The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time one arrives to the time the donor leaves, takes about an hour.
- \* A healthy donor may donate blood every 56 days
- \* The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.





LET'S GO WALDO



## Kick of January with 1

### One Hour or More of Physical Activity Every Day

#### Did You Know...For Children and Teens

The experts agree that children and teens should participate in at least **sixty minutes** of moderate to vigorous physical activity most days of the week (American Cancer Society, American College of Sports Medicine, Academy of Kinesiology, American Academy of Pediatrics, Dietary Guidelines for Americans 2005, etc.).

Here are some ideas for keeping kids active in the winter:

**Snowmen:** Everyone knows about building snowmen, but maybe you didn't know about some variations on the age-old theme. Dress your snowmen (and women) in Halloween costumes or old clothing. Use drops of food coloring to make colorful streaks through the snowman's sparkly flesh. Have contests to see who can make their snowman look most like the president, a favorite teacher, or Mom or Dad.

**Snow Turtles (or Owls or Alligators, Etc.):** Create a wintertime zoo out of snow. You can sculpt just about anything out of snow with a little creativity. Start with turtles because a round mound is less frustrating than a complicated animal (such as a porcupine).

**Tracks:** Lots of kids like to run across a field of freshly fallen snow just to see their tracks. Put a twist on this activity by having your kids create animal tracks. Check a field guide out of the library and let them study what different animal tracks look like. Then they can use different tools (wooden spoons, spades, empty spoons, or whatever you have around the house) to recreate the tracks on your lawn.

**Snow Fort:** This activity is so fun and so involved that you may have to remind your kids to take a break to warm up inside before finishing. Snow fort building is more satisfying than sand castle building because the snow holds its shape better. Use the same principles as with sand castle building. Find big containers (paint buckets are great) to fill with snow. Then empty them upside down. That's your basic building unit. Snow forts can get very elaborate; kids will make tunnels from fort to fort if they don't run out of time or snow. [http://www.essortment.com/all/snowactivities\\_rlqz.htm](http://www.essortment.com/all/snowactivities_rlqz.htm)

## Cervical Cancer Screening

In recent years, researchers have identified HPV, which is transmitted through sex, as the main cause of cervical cancer. HPV infections are very common, however, while cervical cancer is not. Most HPV infections go away without treatment and do not lead to cervical cancer.

NCI's summary points for cervical cancer screening follow:

- Cervical cancer screening should begin approximately three years after a woman begins having sexual intercourse, but no later than at 21 years old.
- Experts recommend waiting approximately three years following the initiation of sexual activity because transient HPV infections and cervical cell changes that are not significant are common and it takes years for a significant abnormality or cancer to develop. Cervical cancer is extremely rare in women under the age of 25.
- Women should have a Pap test at least once every three years.
- Women 65 to 70 years of age who have had at least three normal Pap tests and no abnormal Pap tests in the last 10 years may decide, upon consultation with their healthcare provider, to stop cervical cancer screening.
- Women who have had a total hysterectomy (removal of the uterus and cervix) do not need to undergo cervical cancer screening, unless the surgery was done as a treatment for cervical precancer or cancer.
- Women should seek expert medical advice about when they should begin screening, how often they should be screened, and when they can discontinue cervical screenings, especially if they are at higher than average risk of cervical cancer due to factors such as HIV infection.

For further information about cervical cancer and cervical cancer screening, please call the National Cancer Institute's Cancer Information Service toll-free at 1-800-4 CANCER.





# Maple Parsnip Soup



Maple Parsnip Soup - garnished with a drizzle of maple syrup

Maple Parsnip Soup really *is* good. In fact, very good! Parsnips give it its unique 'sweet' root vegetable taste. Maple syrup also adds sweetness while mustard provides some balance with its tangy flavour. You could proudly serve this soup as a "take the chill off winter" dinner starter, or for lunch or a light supper along with a sandwich or salad.



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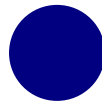
Phone:

(207) 338-1990

Email:

lhartkopf@sad34.net

*"When you're learning to face the path at your pace, every choice is worth your while."  
-Indigo Girls*



## Family Nutrition Corner

### Good Snacks to Eat on the Way to a Sports Event

- Yogurt
- Fresh fruits and vegetables
- Dried fruits such as raisins
- Cheese sticks
- Low fat granola bar
- Low fat sports bar
- A peanut butter sandwich on whole grain bread (not too heavy on the peanut butter)
- Trail mix
- Rice cakes
- Unbuttered popcorn
- Graham crackers
- Low fat cheese and whole grain crackers
- Pretzels
- Bagel
- Drink plenty of fluids (but not too many high sugar fluids)

### Directions:

Step 1: Heat oil in a large saucepan. Add parsnips, onions and garlic; saute until onions are translucent, but not browned. Add broth and nutmeg. Bring to a simmer; cook until parsnips are soft, about 40 minutes.

Step 2: Remove from heat; stir in evaporated milk. Process in a blender or food processor (in batches, if necessary) until smooth. Add maple syrup and mustard; stir until thoroughly blended. Add salt, if desired. Reheat gently.

Serve with a drizzle of maple syrup, or croutons or toasted pine nuts.

### Tips:

- \* Substitute whipping cream for the evaporated milk, if desired.
- \* Adjust the amount of Dijon mustard to your liking.
- \* Parsnips don't need to be peeled. Wash well and trim any bruised or brown spots.

*Recipe Source:* Adapted from **Simply in Season** by Mary Beth Lind and Cathleen Hockman-Wert, Herald Press, 2005

Next Wellness Meeting

Monday, January 11

East Belfast School

3:45 pm – 5:15 pm