



THE Wellness JOURNEY *on the road to good health*

December 2009

A MONTHLY ELECTRONIC NEWSLETTER TO EDUCATE, INFORM AND MOTIVATE PARENTS, TEACHERS AND CAREGIVERS AND ENCOURAGE THEIR HEALTHY LIFESTYLES AS THEY REINFORCE THE INFORMATION YOUTH RECEIVE THROUGH WELLNESS JOURNEY PROGRAMMING AND ACTIVITIES.

Healthy resolutions you can keep

With the start of a new year, good intentions often become resolutions. For most people, many of those resolutions center on a healthier lifestyle..

When the first of February rolls around, too often those good intentions have been forgotten as old habits creep back into the day. This year, make New Year's resolutions you can keep.

To help make 2010 a year of better health for you and your family, consider a new approach to your healthy resolutions.

Don't go it alone. Choose new activities, changes in schedules and healthier food choices that work for the whole family. It's easier to explore new options, make fitness fun and be successful if you are in this together.

Take small steps. Rather than set huge goals that can include big hurdles to success, make change in smaller increments. Add 10 minutes of physical exercise to your day for a month or two, then increase it to 20, then 30. Or replace one sugary soda or caffeinated drink with a glass of water each day instead of giving it up cold turkey.

Make it fun. Rather than deny yourself foods that you love, get creative in the kitchen exploring new foods that are healthier. Find recipes that replace red meat with lean proteins. Don't subject yourself to time on the treadmill if that feels like an obligation; increase the time and pace when you walk the dog every morning and evening, instead.

Turn off the TV. It's the one healthy choice you can make with a single click! Choose one hour a week for family activity rather than television. You'll have so much fun, it will be easier to increase that number as the weeks go by.

Take it easy. Good health is more than activity. It means quality rest, too! Getting enough sleep every night improves your physical and mental health. Relaxation techniques help reduce stress, which can improve your physical health, as well.

TESSA'S HEALTH TIPS

Use applesauce in place of butter or oil in cakes.

Make exercise a priority! On sunny winter days, go outside and take a brisk walk so you get the mood benefits of sunlight, as well as exercise.

Before shoveling, warm up the muscles in your legs, arms, shoulders and back by stretching. Shoveling snow is like weightlifting, and if you don't take breaks, you put yourself at risk for a heart attack. Take a break every 5 to 10 minutes to regain your breath.

New Year = New You!

- Don't take on too much
- Write down your plan; set small realistic and attainable goals
- Make your goals known & find support
- Use a schedule & get organized
- Reward yourself with each goal

Log on to learn more!

- <http://www.aap.org/advocacy/releases/jankidstips.cfm>
- <http://shine.yahoo.com/event/newyear/healthy-resolutions-youll-keep-554479/>
- <http://altmedicine.about.com/library/weekly/aa122602a.htm>



PRODUCE PICKS

Even in winter, fresh produce options abound! Go green this month with kiwi, broccoli and starfruit. Tangerines, grapefruit and bananas are all quick and healthy snack options – just peel and eat! Bake up sweet potatoes for healthy dinner vegetable option.

For more information on the Wellness Journey programming, topics or events, contact Tessa Yakle, Wellness Coordinator, at 319-385-6595 or by e-mail at yaklet@hchc.org.