Healthy Individuals Mean Healthy Organizations!

Americans are spending more time at work than ever before. You are encouraged to eat healthy, but start or continue a physical activity program too. Is your worksite offering walking trails or a workout center? If not, maybe you could work with them to get started on something.

Visit the Healthy South Dakota website for workplace wellness www.HealthySD.gov/workplace/

Creating a Culture of Well-Being and Maximizing the Return on Investment!

The South Dakota Department of Health invites you to join us at our first Worksite Wellness Summit on **September 25, 2012**!

8:00 a.m. — 4:00 p.m.
Sheraton Hotel, Sioux Falls

For questions contact Enid Weiss at: eweiss@tie.net or 605-224-6287 Ext. 217.

Look for registration information on the Healthy South Dakota website. www.healthysd.gov
Sun Safety Tips!

* Use sunscreen with SPF 30 or higher
* Reapply sunscreen every 2 hours
* Sun’s rays are strongest 10am to 4pm
* Wear a hat
* Use extra caution near water
* Apply sunscreen 30 minutes before going outside
* Check sunscreen expiration
* Seek shade
* Wear long sleeves

Gardening for Health!

Looking for a strategy to eat more locally grown food? Here is one... **grow your own**! Yes, gardening can bring delicious, nutritive and fresh local food right to your own doorstep.

**Gardening is a great way to support healthy eating by providing:**
- A bounty of readily available fresh fruits and vegetables.
- The freshest food possible – is there anything more fresh than just-picked fruit or vegetable from the garden?
- Opportunity and incentixe to try unfamiliar fruits or vegetables.
- A great learning opportunity for preparing foods from scratch. A bumper crop of zucchini brings out the most creative of recipes and leads to improved culinary skills for children and adults alike.

**The benefits of growing your own food are many.**
- Provides a source of fresh, delicious and nutritious food.
- Allows the food dollar to stretch.
- Provides a means for getting more physical activity.
- Brings the whole family together with a common purpose.
- Reduces stress and brings a sense of accomplishment.
- Gives a connection to, and appreciation of, food.

**Gardening tips for the beginning gardener**
- Find a mentor in your area. A person with gardening experience in your specific climate is a valuable resource.
- Start small! One of the most common mistakes is to try to plant a large garden as you are learning about gardening. Try a smaller space (no larger than 4 by 12) your first year.
- Select a garden spot that gets at least 8-10 hours of sunlight per day.
- Prepare your soil for success. Test your soil for nutrients and pH. You may need to add fertilizer, such as composted manure, and peat moss to the soil.
- Choose crops that grow well in your geographical region. You may want to check with your Extension Specialist (horticulture) for the best crops for your region.
- Be patient. Keep in mind that this is your first year at trying your green thumb. You will learn a lot and undoubtedly have some bounty to enjoy.