

WOW NEWSLETTER

QUARTERLY
NEWSLETTER
FROM THE
OFFICE OF
CHRONIC DISEASE
PREVENTION AND
HEALTH PROMOTION

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/

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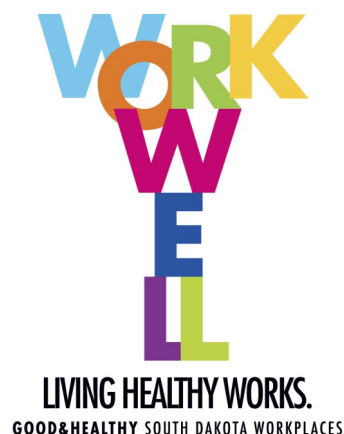
NEWSLETTER MISSION

- * PROVIDE FACTUAL, INFORMATIVE & INTERESTING INFORMATION.
- * PROMOTE HEALTHFUL LIFESTYLES THROUGH IDEAS & CONTRIBUTIONS.

Creating a Culture of Well-Being and

Maximizing

the Return on Investment!

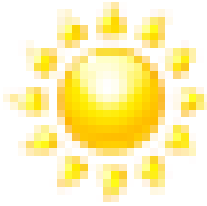


The South Dakota
Department of Health invites
you to join us at our
first Worksite Wellness Summit
on **September 25, 2012!**

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



The South Dakota Council on Colorectal Cancer and the South Dakota Cancer Registry have released a colorectal cancer monograph. To view the report, please see <http://getscreened.sd.gov/registry/> under the Data & Publications tab.

Gardening for Health!

Looking for a strategy to eat more locally grown food? Here is one... **grow your own!** Yes, gardening can bring delicious, nutritious 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 incentive 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.

SUMMERTIME MEANS FARMERS' MARKETS ARE BACK!