

# Happy Holidays

WOW Newsletter.....Working on Wellness

## DECEMBER .....

The **Holidays** are a time to celebrate, give thanks, and reflect with those around you. They are also a time to pay special attention to your health and the health of others. Give the gift of health and safety to yourself and others in your workplace. For more information on promoting a healthy holiday season visit:

<http://www.cdc.gov/family/holiday/>.

Follow these tips to keep yourself and others healthy: \*Wash your hands often \*Get check-ups and vaccinations \*Stay warm \*Be active \*Prevent injuries \*Manage stress \*Handle and prepare food safely \*Travel safely \*Eat healthy \*Be smoke-free\*

## 2012 WorkWell Summit

Thank you for attending South Dakota's 1st WorkWell Summit. Presentations are available for viewing on the Healthy SD website. The toolkit along with many updates to the Workplace section are available for viewing on Healthy SD.

<http://www.healthysd.gov/Workplace/default.aspx>



### Inside this issue:

Healthy Holiday Season	1
2012 WorkWell Summit	1
Breakfast at Home	2
American Heart Month	2

*"Tips for  
Holiday Meal Planning"*

*Half Your Grains Whole  
Vary Your Veggies  
Focus on Fruits  
Consume Calcium-Rich Foods  
Go Lean with Protein*

*Wellness Coordinator: Enid Weiss  
221 South Central Ave  
Pierre, SD 57501  
Phone: 605.224.6287 Ext. 217  
E-mail: eweiss@tie.net*





# January

## A New Year of Healthy Possibilities



### BREAKFAST at HOME

#### PLAN

To **refuel** and **rev-up** your family for an energetic day, plan a power breakfast.

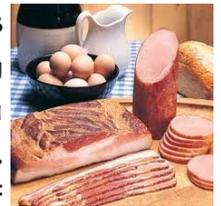
**Get ready the night before:** Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese. **Keep it real simple:** Fancy breakfasts are wonderful when you have the time. On busy days, a sandwich, a slice of leftover pizza, or a yogurt with fruit work just fine. **Pack it to-go:** If there's no time to eat at home, take your nutrition to-go.

#### EAT



**CARBOHYDRATE:** A high-octane carbohydrate energizes your body and brain for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas, or even leftover pasta. Choose whole grains for an extra nutrition punch (more fiber and nutrients). **PROTEIN:** This is the missing link in most morning meals. Protein is what we need to go strong

until lunch. Think lean: a slice of Canadian bacon, an egg, a slice of deli meat or cheese, a container of yogurt, a scoop of cottage cheese, or a handful of nuts.



**FRUIT:** Breakfast is a great way to start on the 5 to 9 daily servings of produce your body needs for optimal health. Think fresh, frozen, canned, or dried fruit – like apples, avocados, bananas, berries, grapefruit, oranges, pears, or pineapple.

#### ENJOY

Skipping breakfast is a no-brainer – literally. Skip breakfast – and your brain and body suffer all day. Eat well in the **AM** and you're on the nutrition fast track for a high-energy day. Give your kids what they crave – a **power breakfast** every day!



**February** is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps:

1. Get active by being physically active for at least 30 minutes on most days of the week.
2. Know your ABCS: Ask your doctor if you should take an **A**spirin every day. Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment. If you **S**moke, get help to quit.
3. Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
4. Take control of your heart health by following your doctor's prescription instructions.

Visit CDC for information on American Heart Month: <http://www.cdc.gov/Features/HeartMonth/>