Happy Holidays

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
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. 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 Aspirin every day. Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment. If you Smoke, 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/