

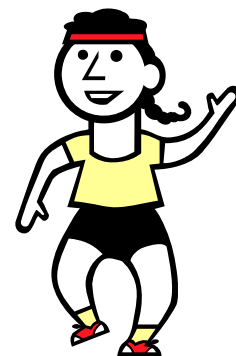


RESOLUTIONS TO LIVE BY: CHOOSE HEALTH. LIVE WELL.

The "Choose Health. Live Well." campaign was designed by the Wellness Champions of the Quad City Health Initiative with the help of the advertising agency, Charleston-Orwig. Below are important health messages that are great resolutions to live by as we start a new year! Make plans to begin working towards your goals today!

MOVE IT. *Accumulate at least 30 minutes of activity most days of the week.*

Make it a point to make exercise an important part of your routine this year. Pick an activity that you enjoy such as walking, gardening, biking, dancing, swimming, etc. and invite friends to join you to help motivate each other. Plan your activities in advance, mark it on your calendar and consider it as important as any other appointment.



"More than 50 percent of American men and women do not get enough physical activity to provide health benefits." --CDC, 2007

LOSE IT. *Eat well-balanced meals. Reduce calories if you are overweight.*



In 2008, try to limit the number of foods you eat that are high in fat or added sugar. For snacks, consider eating fruits and vegetables. Watch your portion size and if you drink alcohol, do so in moderation.

A balanced diet can reduce the risk of cancer and other chronic diseases.

If you would like to receive this newsletter and other Scott County Health Department press releases electronically, please add your name to our e-mail list on our website at: www.scottcountyiowa.com/health.

CHECK IT. *Get regular checkups.*

Be sure to visit your doctor for your regular checkups including an annual physical, dental check, and eye exam. Remember to bring the list of current medications you are on and a list of any questions you have when you go to see your doctor.



Routine checkups can help save lives by detecting problems early.

CHILL IT. *Improve your mental and spiritual health, control your stress.*



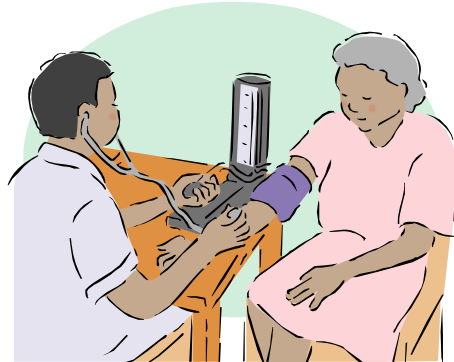
Family and work obligations can lead to stress. Help to manage and improve your stress by doing activities that you enjoy and allow you to manage your stress. This could be things such as chatting with friends, watching a movie, taking a hot bath, or having a hobby.

Take time to do things you like to do.

KNOW IT. *Know your numbers, blood pressure and cholesterol. If high, get them treated.*

Be in control of your health this year. Be sure to get your blood pressure and cholesterol tested, and if it is high, see a doctor.

The CDC estimates that 1 in 3 Americans have high blood pressure. High blood pressure and cholesterol can lead to heart disease and stroke.



QUIT IT. *If you smoke, stop.*



If you use tobacco products, quitting is one of the best things you could do for your health, as well as those around you. If you need help quitting, call the Iowa Quitline at 1-866-U-CAN-TRY (1-866-822-6879) or visit www.quitnet.org. The Tobacco-Free Quad Cities website also has information and can be found at: <http://www.tobaccofreeqc.org>.

Make plans to quit today!

Resources:

- "Choose Health. Live Well." campaign: <http://www.genesishealth.com/qchi/choosehealth.aspx>
- Center for Disease Prevention and Control: <http://www.cdc.gov>