



Stay Healthy During the Holidays and All Winter Long!

The holidays are here, but with all the hustle and bustle, we often put our health in the backseat during this time of year. Holiday celebrations offer sweet and savory treats that can test even the strongest person's willpower. How about all those missed opportunities to be physically active because of the added responsibilities of the holiday season? Perhaps the weather is forcing you into hibernation mode? Whatever the case this holiday season, don't make excuses and give yourself the best gift of all — good health! Use the following tips to make it a little easier this holiday season.

Choose Balance and Moderation

On an average, people gain about a pound or less during the holidays. Doesn't sound like much, however, most people never get rid of that extra pound. Over a lifetime that adds up! Fortunately, holiday eating doesn't have to pack on extra pounds if you choose balance and moderation. Reduce temptation during the holidays by eating a light snack, such as a piece of fruit, before going to holiday parties. Use a smaller plate when serving yourself food to limit your portions. Put food



out in a small bowl, rather than eating out of packages. This will curb mindless grazing.

Celebrate Actively

So maybe you indulged a little too much at the holiday buffet? Balance it out by getting active. Holidays are all about tradition and spending time together, so why not start a new active tradition. Go for a long walk after a holiday meal together. Is there snow on the ground? Go sledding with the kids. Build a snowman. Technically you are not exercising, you are playing, but being active is really what matters. When you play hard, you are getting your heart rate up and getting in a great cardio workout! Did you know having a snowball fight can burn 319 calories per hour?

Not wild about being outside in the winter? There are plenty of indoor activities that can help you melt away calories and ease holiday stresses. Ice skating at an indoor rink is a wonderful and fun activity. Try walking the mall, perhaps get a

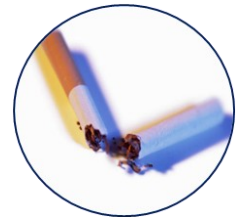


few gifts along the way. Finally, join an intramural sports team or take an exercise class. Group motivation is the added benefit here!

Get a Check-Up

Schedule a visit with your doctor and dentist for a routine exam. Ask your doctor what vaccinations

and tests you should get based on your age, lifestyle, medical history and family health history. Don't have time during the holidays to make it to the doctor? Make this your New Year's resolution.



Be Smokefree

If you smoke, consider quitting. Quitline Iowa is an excellent and free resources. Quitline will connect you to a quit coach who will help tailor a quit plan especially for you. Call 1-800-QUIT NOW. Not ready to quit? You can protect those around you by not smoking in your home and car in addition to public places.



Live Healthy Iowa Challenge

Will the holidays get the best of you this year? Get in the health game by joining thousands of Iowans in Live Healthy Iowa's 10 Week Wellness Challenge. This simple and affordable challenge provides Iowans an opportunity to improve their health while engaging in a fun, friendly competition.

Over the course of 10 weeks, teams (2-10 people) track activity minutes and/or weight loss through the Live Healthy Iowa website. Each team member has a personal online dashboard to report activity, monitor progress and access resources.

The Challenge works well for friends, families, businesses, schools or communities looking for an opportunity get healthy. The cost is \$20. With registration, you will receive: a t-shirt; weekly activity, nutrition and recipe tips via e-mail; a personal online tracking page; unlimited access to healthy recipes and health tips; opportunities to win individual prizes and team incentives; a one year subscription to a lifestyle magazine of your choice (9 to choose from); and free admission to Iowa Games Fitness Walks .

Put your team together today. Registration begins December 19, 2012. Visit www.livehealthyiowa.org for details.



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MARK YOUR CALENDAR!

- Scott County Board of Health Meeting
Thursday, December 20; 12:00-1:00 p.m.
*Open to the Public. Location: Scott County
Administrative Center, Board Room-1st Floor*
- Scott County Health Department will be closed the
following days in observance of the holidays .
Monday, December 24, 2012
Tuesday, December 25, 2012
Tuesday, January 1, 2013

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at www.scottcountyiowa.com/health/connection or e-mail health@scottcountyiowa.com or call 563-326-8618.



Public Health
Prevent. Promote. Protect.