

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body.

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Caring Enough to Take Care

Of all the people in this world who know us, we know ourselves better than anyone else can. We know best what makes us happy or sad, what hurts, what feels good. No one else can take care of us as well. Just as flight attendants instruct us to put on our own oxygen mask first before helping someone else, we must make caring for ourselves a priority. Otherwise we risk losing our health and ability to carry out our responsibilities for ourselves and others.

Research tells us that the top three things we can do to take care of ourselves are to 1. be physically active, 2. eat well, 3. sleep well.

Let's look at each one.

Living a physically active life is the most important thing we can do to take care of ourselves. Study after study finds that for both mental and physical health, movement is essential. It benefits every organ in the body from the brain to the bones.

- Begin where you are and build slowly. If you currently spend most of your time sitting, get up at least once an hour. Walk to the printer or copier, visit with a colleague, get a drink of water, start a load of laundry, stretch, step outside for a breath of fresh air.
- Take the active option—park farther from the door, hide the TV remote, open the garage door manually, push the lawn mower.
- Work up to 10 minute walks and try one before breakfast and lunch and after dinner. Now you've met the recommended 30 minutes.
- Play an active game—bowling, bocce, horseshoes, washer game. Play tag, red rover, statues, hide 'n' seek with the kids.
- Play ball—basketball, baseball, volleyball, tennis, soccer.
- Take a yoga, Pilates, tai chi, dance class. Swim, bike, hike. Have fun!



Eat well to fuel all this activity and for the pleasure found in good tasting food. Healthful food is good tasting, really!

- Be reliable about providing fuel for your body. If you know you can count on delicious meals on a fairly regular schedule, you will be better able to tune into physical cues of hunger and fullness.
- Eat a variety of foods to avoid boredom and for better nutrition. Eating what is 'in season' assures you of the best flavor and highest quality produce. Try new foods, new cuisines, new methods of preparation. You never know what new favorite is awaiting your taste buds.



- Eat together with your family and friends as often as possible. Numerous studies have shown that people eat better when eating together. Children and teens who eat with their family are less likely to engage in risky behaviors and do better in school.

A good night's sleep is vital for mental and physical health. The body needs time (7 to 8 hours for adults) to restore and renew itself. Studies show that few of us get enough sleep which puts us at increased risk for diabetes, heart disease, overeating, depression and inability to concentrate.



- Making time for sleep and a regular bedtime routine are essential for good sleep for both adults and children. Establish a consistent bedtime for the weekend as well as during the week. Read or listen to soothing music or use progressive relaxation techniques to help quiet your mind, prepare it for sleep.
- Bedrooms should be a soothing oasis of calm, quiet and darkness. Keep televisions and computers out of the bedroom, shut out light with room darkening shades and drapes, turn off electronic devices which emit light, dim the display on the clock radio. A slightly cool temperature and comfortable bedding help as well.

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Menu of the Month

Warmer weather means more outdoor activities and less time for meal planning and preparation. Recipes like **Mama's Pizza Boats** are meal-savers because they are liked by most age groups and can be adapted to use ingredients you might happen to have on hand. Kids like these pizza boats because they taste good, and can be held in hand to eat. No skills with fork and knife required! Although a sturdy bread like French or Italian bread, sliced horizontally, works best as a pizza boat base, any bread product will work. Toasting the bread enhances the flavor and texture. Top with tomato or pizza sauce, veggies and cheese. Add a meat topping if desired. Serve with a tossed salad or raw vegetables, strawberries and cookies.

Mama's Pizza Boats

4 hot dog buns, English muffins or slices Italian bread

½ cup pizza or spaghetti sauce

5-6 ounces sliced cooked ham, beef, turkey or Canadian bacon, if desired

1 cup vegetables such as fresh or canned mushrooms, sliced or chopped onions, peppers, spinach leaves or pineapple

¾ cup shredded cheese like mozzarella, provolone or brick cheese



Heat oven to 450°F. Cover baking sheet with foil if desired to speed clean up. Lay buns or muffins cut side up on prepared sheet and toast for a few minutes in oven until golden brown.

Spread about a tablespoon of sauce on each half of bun, muffin or bread. Layer on meat and vegetables or pineapple. Sprinkle cheese on top. Bake for about 10 minutes or until heated through and cheese starts to bubble.

Makes 4 servings. Nutrition information per serving: 263 calories, 17g protein, 9.8g fat, 26.9g carbohydrate, 932mg sodium. To reduce sodium, omit canned mushrooms, Canadian bacon and ham.

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Fans, "white noise" devices or ear plugs can block out sounds.

- Drinking caffeinated beverages during the day may keep you from getting to sleep or sleeping well at night. Try limiting coffee, tea, energy and soft drinks to the morning. Some people find that red wine and chocolate can also adversely affect sleep.

Be good to yourself and adopt habits which help you take care of you.

Words to Consider

"I cannot do everything, but I can do something.
And I will not let what I cannot do interfere with
what I can do." --Edward Everett Hale

"If you can't make a mistake, you can't make
anything." --Marva Collins

National Women's Health Week

National Women's Health Week (May 11-17, 2008) empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life, like:

- ◆ Engaging in physical activity most days of the week
- ◆ Eating a nutritious diet
- ◆ Visiting a healthcare provider to receive regular check-ups and preventive screenings
- ◆ Avoiding risky behaviors, like smoking and not wearing a seatbelt

National Women's Health Week reminds women that taking care of themselves is essential. Women are often the caregivers for their spouses, children and parents and forget to focus on their own health. But research shows that when women take care of themselves, the health of their family improves.