



making each day a little healthier

Nutrition Tips

Healthy Snack Ideas. Try these healthy snack options for the entire family: Low-fat cheese with sliced pears, whole corn chips with salsa, popcorn snack mix (air-popped popcorn, raisins & sunflower seeds), celery and peanut butter, or whole grain pita chips and hummus.

Rhubarb. It may surprise you to know that rhubarb can help lower cholesterol and is ideal for digestive health. A recent study shows that people who ate a little less than 3 ounces of rhubarb daily for 4 weeks had an average drop of LDL cholesterol of 9%. Besides being good in pies, you can simmer stalks and serve rhubarb as a nutritious side dish (add a teaspoon of low-calorie strawberry jam for a touch of sweetness).

No Excuse. The holidays are not an excuse to overeat. It is the time to enjoy foods of the season in moderation.

Fitness Tips

Something for Everyone. Help prevent holiday weight gain by getting the whole family involved in physical activities—walk, bike, play a game of catch, rollerblade or golf. Get the family active and keep them active all year around. Family physical activity teaches kids that family exercise is as important as family meals.

Get Outdoors. The fresh air and new scenery is motivating and stimulating. Dress appropriately with layers if you are in cold weather.

Stretch. At a minimum, you should be stretching every single day.

Health Tips

It's In Your Hands. And, it is no small matter. The flu, the common cold and food borne illness, are among the many infectious conditions that can be prevented with consistent handwashing. **Everyone should wash their hands after using the bathroom (25% of you do not do this), preparing foods, blowing your nose, sneezing, eating or handling garbage.** Proper handwashing means to use warm or hot running water with soap and create friction by rubbing your hands together for a minimum of 15 seconds, preferably 30.

Things Money Can't Buy. This holiday season be thankful for the gifts of good health, good friends and all the things that bring you joy. Make 2011 a year to focus on being the best you can be.

A Brainy Idea. Games are a smart gift idea. You can find games for kids, adults and ones for the whole family to enjoy. Games are good for mental health.