



*making each day a little healthier*

## **Nutrition Tips**

**Post-holiday Nutrition.** Trade sugary sweets for more fruits and vegetables, and give up sauces, dressings or butter. Drink water, tea and low-fat or non-fat milk. Share meals or order an appetizer-size dish. Leave food on your plate so you know you are eating less.

**Think Small.** Consumer research shows most people order a medium size beverage when ordering a soft drink. But the amount of soda in a size “medium” varies by restaurant. Your best choice: Stay true to ordering a size small every time (even if the bigger size cost is just a fraction more) and skip the refills. And if you haven’t already, make the switch to diet soda. A healthier habit for 2011!

**A bad word: DIET.** Dieting is yesterday’s news. It is far better to find a healthy way of eating that you can maintain for a lifetime rather than trying to diet or always going on and off the latest fad diets. Your best solution is to avoid as much sugar and fat as possible everyday.

## **Fitness Tips**

**A New Year, a better you.** This is the year that we are all going to do our part to make the world a better place to live. It all begins by taking care of ourselves. Exercise is one of the top three most important self-care tactics. Everyone, regardless of age can do some type of exercise. Find things you can do with friends, neighbors and people you go to school or work with. Start slowly and work up to more time and more challenging activities.

**Take It Wherever You Go.** Here is an exercise you can do any where, at any time to strengthen your lower body. Stand against a sturdy wall with your back flat to the wall, feet shoulder-width apart. Now, slide down until your hips are even with your knees. Hold until you fatigue. Challenge family members.

**Modeling.** Be a role model for exercise with everyone around you. Encourage others to “get moving” and talk about exercise positively.

## **Health Tips**

**It is Up to You.** You are responsible for your own body, today and always. If you want to live to be 100 you have to eat the right foods in the right portions, exercise most days of the week, don’t smoke, keep stress to a minimum, get the appropriate vaccinations and get regular medical exams.

**January is Eye Care Month.** Eye care is for everyone. Kids and adults need regular examines. A healthy lifestyle can protect and prevent certain eye conditions. And, wear 100% UVA and UVB protection sunglasses all year.

**Fireplace Safety.** Though it is tempting, do not burn anything other than wood in the fireplace. Papers ignite suddenly and burn quickly causing a flash fire.