

Health Tips

Pressed for cash, but longing for fitness?

Can't get your family to the gym? Then bring the gym home.

Below are some ideas on ways to stay fit using "equipment" from around the house.

Source: www.familyfun.go.com

Please talk with your doctor before starting any new exercise program.

What to Use	How to Use It	How You Benefit
Instead of weights: plastic jugs with handles, partially filled with sand	Lift them from the ground, away from your sides, overhead, and out in front of you. Careful -- don't drop them on your toes!	Great for strengthening chests, arms, and shoulders
Instead of a step device: the bottom step of the stairs	Use it like step exercising equipment, stepping up and down, leading with one foot. Bottom step only!	Works leg muscles and cardiovascular systems
Instead of an exercise video: a favorite music CD	Shake those booties to songs that last 3 to 4 minutes; encourage crazy moves that get kids twisting, bending, jumping, and lunging	Another fun way to exercise young hearts and legs
Instead of resistance bands: an old pair of panty hose	Step on the waistband, pull on the panty hose legs, and watch the panty hose stretch and stretch	Strengthens biceps, triceps, and shoulders

Well-child visits: What you need to know

Although well-child visits are most often during the first two years of life, it is important for your child's doctor to see him/her as they get older. Because there really isn't time to do a well-child exam during an office visit when your child is sick, you should make an appointment specifically for a general health assessment.

The following bullets outline a well-

child visit and how often your child should have one.

- Typically, children between the ages of 5 and 11 should have one well-visit every 2 years
- Well-child visits generally include:
 - Physical exam
 - Preventive screenings (ex lead poisoning)
 - Immunization update
 - Behavioral development

assessment

- Safety Issues (Use of seat belt or Car seat)

Well-child visits can reveal problems early and reinforce healthy behavior.

Source: MayoClinic.com



5 Amazing Allergy Facts

1. **Sensitive to pollen?** Wash your hair before bedtime. Reason: You'll remove any pollen and keep it from settling on pillows and bedding. Also, avoid irritants like tobacco smoke, automobile exhaust, hair spray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.
2. **The best time to take an antihistamine, which helps block allergic reactions, is before symptoms start.** Remember: Some allergy medications can cause sleepiness. So never take one

when safety requires you to be alert. Suggestion: Ask your doctor about the newer types that cause less drowsiness.

3. **Dust mites love to nest in area rugs and make you sneeze and itch.** Place area rugs outdoors in direct sunlight for a few hours until they become warm and dry. Result: Mites dry up and die.
4. **Moving to another location is no guarantee of allergy relief.** Why: People usually develop allergies to their new region's pollens and molds within a few years of moving. Plus: most allergy-provoking grasses are

throughout the world.

5. **As many as 20% of Americans believe they have a food allergy, but true food allergies are actually rare.** What most people consider food allergies are usually signs of digestive problems, food poisoning, or stress.



Source: Top Health, The Health Promotion and Wellness Newsletter

Quick and Easy Ways to Start the Day

Get started on a healthier lifestyle with these ideas!

No time for breakfast?

- Grab an apple, an orange or any other fruit as you head out the door.
- Pack baby carrots, nuts, or dried fruit for a snack.

- Take whole wheat crackers, lean meats and low-fat milk along with you.

- Try taking leftovers and eating on the way.
- Munch on veggies, pretzels, or popcorn.

Source: www.fns.usda.gov



Creamy Veggies

- 1 pkg. (16 oz.) frozen mixed vegetables (California mix)
- 1/4 lb. (4 oz.) VELVEETA cut into 1/2-inch cubes
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Fat Free Cream Cheese, cut up



LAYER ingredients in 1-1/2-qt. microwaveable dish; cover. **MICROWAVE** on HIGH 13 min. or until heated through, turning dish after 7 min. **STIR** until well blended.

Source: www.kraftfoods.com