



Winter Fitness: Tips for a Super Season

The days are getting shorter, the air is getting cooler, the trees are becoming bare and depositing a carpet of leaves and snow. Winter is a great time to begin a fitness program. Changing seasons can bring changing attitudes and can be a great time to rethink your exercise program.

Here are some tips to energize- or re-energize- 1. **Take advantage of the weather.** Fall is a treat for the senses....crisp air, pungent apples, sweet pumpkins, vibrant fall foliage all add to the joy of being outside during this season. Walk, hike, bike and give your senses a special treat. Find a new park trail, bring out your bike, rake the leaves, do some fall clean up. All of these will get your heart beating!

2. **Think outside the box.** Have you always wanted to learn to dance? How about trying out a Zumba class? Do you want to learn to do Yoga? Use time this season to learn new physical skills.

3. **Integrate exercise into your life.** Park further away when you go shopping, take the stairs instead of the elevator, take a walk during your lunch break, listen to music while you walk to get motivated.

4. **Rejuvenate yourself.** Fall and winter are good times to rejuvenate your body, mind and spirit. Get a massage, take an art class, learn a new craft; do something to enrich your other senses. Treat yourself to other activities that promote your total wellness.

5. **Remember the 30 day rule.** It is a recognized fact that it takes about 4 weeks or 30 days for the body to adapt to lifestyle changes. People often give up on a fitness program during the first 30 days. Make a commitment to stick to your plan for a month. After a month, it will be much easier to stick with it and your body will have adapted to the changes. You will likely have seen some successes and be more motivated to continue.

6. **Strive for the 3 C's: Commitment, Convenience, Consistency;** having all three leads to a successful fitness program. **Commitment** to your plan. Put it on your calendar and make room for it like you make room for everything and everyone else. This is a commitment to YOUR health. Choose an activity that is *convenient* and close to home or choose something you

can do at home. Work towards *consistency*. It may be better to exercise for 10 minutes every day rather than an hour twice a week. The consistency will keep the activity in the fore front of your day.

7. **Dress in layers.** Exercising outside when the weather is changing is a challenge. Wear layers. You may feel chilled in the beginning before your body warms up and the blood gets pumping and being able to peel off layers will keep you comfortable. Athletic trainers suggest dressing in three layers. The inner layer should be a moisture-wicking fabric to wick the sweat away from your body so you won't get chilled. The second layer should be a layer for warmth and the third should be protective like a windbreaker or rain slicker depending on the weather.

8. **Find your motivation.** Since people are all different and are motivated by different things, it is important to discover your individual goals. Choose something you enjoy and will continue. Challenge yourself and you can achieve your fitness goals which you can carry into 2012.



Staying Active This Winter



It is easy to be inactive during the winter months.

Who wants to go out and do anything when it is cold outside? The tendency is to hibernate indoors during those chilly winter months and become best friends with your

couch and your TV. Get a little fresh air every day. Shovel your own snow if you are able. Keep walking during the winter months if you can. If it is too cold outside, ask a local church or school if they would mind if you did a few laps inside their facility. You will probably find them very accommodating. Inside activi-

ties on a treadmill or a Wii are fun and invigorating. Resistance bands and free weights will help keep you in shape as well. Vigorous winter sports aren't for everyone, but everyone can do SOMETHING!!!!



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..And a Partridge in a Pear Tree.....



Pears have been grown commercially for almost 4,000 years. Choose firm pears from your grocery store. They are ready to eat when the stem end of the pear begins to soften.

Check them daily until they are ripe. One medium sized pear provides the following healthy nutrients:

Fiber: 5 grams

Vitamin C: 10%

Iron: 2%

Calcium: 2%

Pears are fat free, sodium free and cholesterol free!

~MP

Honey Dijon Pear Salad

6 c. lettuce leaves

26 oz jar of sliced pears (drained) or 2 sliced fresh pears

2 c. alfalfa sprouts

2 med. Bell peppers cut into 1 in. pieces

1 c. fat free honey Dijon dressing

1/2 c. chopped nuts

Layer ingredients in a bowl with lettuce on the bottom. Drizzle with dressing and top with nuts if desired.

~MP

Quotable Quotes:

"I have often thought, it happens very well that Christmas should fall in the middle of winter."

~Joseph Addison



Super Food Spotlight: Winter Squash



Winter squash comes in many sizes and varieties. It is harvested when fully mature which is why its skin is hard and inedible, unlike its summer counterparts. This thick skin does provide protection and a longer storage life. Winter squash will keep for 3 months or longer when stored in a cool dry place between 55°

and 60°. Storage at cooler temperatures, like in the refrigerator, will cause the squash to spoil more rapidly however cut pieces should be kept in the refrigerator, tightly wrapped, and used within 1-2 weeks. Acorn, Banana, Buttercup, Butternut, Hubbard, Spaghetti, Sweet Dumpling are varieties readily available at your supermarket or fall farmers market. The yellow and orange flesh of the winter

squash make it a healthier choice than summer squash. High in beta carotene and rich in vitamins, winter squash is a good choice. Low in calories, low in fat, low sodium, high in Vitamin C, a good source of fiber and Vitamin C, winter squash is a great bang for your nutritional buck!! Bake, broil, sauté, steam or microwave. Main dish or dessert.....
.....versatile squash is a good bet for your holiday menu!!

Butternut Squash Cake



1 1/2 cups oil

1 cup brown sugar

1 cup white sugar

4 eggs

3 cups flour

1 tsp. salt

2 tsp baking powder

2 tsp baking soda

2 cups squash (cooked)

1 cup chopped walnuts or pecans

1. Preheat oven to 350°.

2. Mix first 4 ingredients and beat well, then add dry ingredients.

3. Add squash

4. Fold in chopped nuts

5. Bake in greased tube pan at 350° for one hour or until done.

Enjoy an interesting twist for your sweet tooth!!

Munching in Moderation

A few large meals at parties this holiday season won't be too hard on your diet. What really puts on the pounds is a continual pattern of overeating. This

includes meals and snacks. Try to only eat at scheduled meal and snack times, so you don't graze all day. Eat a small, healthy breakfast and lunch if you

know that you will overeat at a dinner party. Enjoy your Christmas dinner, just don't have one every day (and don't neglect to exercise daily either). ~JL





INFLUENZA FACTS

With flu season looming before us, it is a good time to review influenza facts. Influenza is a potentially serious disease that can affect you, your family and friends. Fortunately, there is a vaccine available to prevent the serious affects of this disease. Influenza comes on quite suddenly. Symptoms can include high fever, chills, headache, sore throat, exhaustion, cough and body aches. Symptoms can also be mild for some people. An infected person can spread influenza directly through a cough or a sneeze or just talking near someone. Indirectly, influenza can be spread by touching or sneezing on an object that someone else touches later. Often an infected person is contagious before symptoms appear so the germs can be spread to others before any

symptoms even show up. Each year more than 200,000 people are hospitalized in the United States from influenza and its complications. Between 3,000 and 50,000 people die which shows just how unpredictable influenza can be. Some groups of people are more prone to complications than others. Infants, young children and older adults are at higher risk. Persons who have chronic health conditions such as heart disease or lung disease are also vulnerable. It is not only the old and the young who die, however. There are too many sad stories of apparently healthy young people succumbing to this illness. Consider Martin McGowan, age 15, who, on January 4, 2005, celebrated his 15th birthday with friends and family. A happy,

athletic, out-going young man with a keen sense of humor, he was well liked by all in his 9th grade class. On February 9, 2005, he participated in evening baseball try outs. After practice he complained of leg pain and fatigue but his mom just thought he had a hard practice and was tired as a result. At 2:30 a.m. he awoke with a fever and vomiting. In the morning his mom took him to the doctor's ER for evaluation. After IV fluids, meds and every intervention, Martin died from 'complications from influenza'. Approximately 100 children younger than age 5 die each year in the U.S. from influenza. Over 20,000 children are hospitalized each year because of influenza. Get vaccinated and make sure the ones you love are vaccinated as well. Don't take the chance.

Special Days in November and December

- November 17** - Homemade Bread Day
- November 23** - National Cashew Day
- December 1** - Eat a Red Apple Day
- December 13** - National Hot Cocoa Day
- December 19** - National Oatmeal Muffin Day
- December**
- December 25** - National Pumpkin Pie



Everyday Ways to Burn 100 Calories

- ⇒ A slow paced walk for 30 minutes-walk during your lunch hour
- ⇒ Moderate paced housework for 35 minutes; dusting and tidying up!
- ⇒ Rake leaves for 21 minutes
- ⇒ Practice Yoga for 36 minutes to boost fitness and calm the mind

Stress Busters: Taking Care of Yourself

Lightly massage your forehead and temples. Use your fingertips to make small circles all over the area. Pay particular attention to the area just above your eyebrows. Vary the pressure according to what feels good for each area.

Make a cup of herbal tea. Chamomile is especially good for frazzled nerves. Sip slowly for maximum benefit.



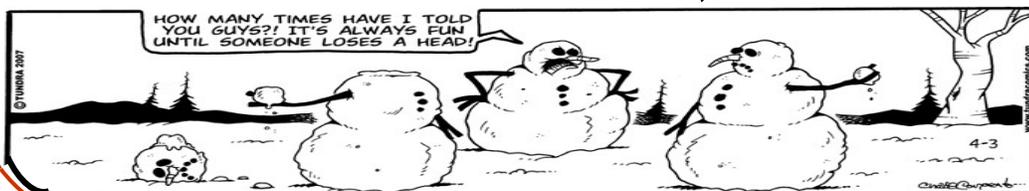
A Thanksgiving Reflection

Of all the holidays year round, Thanksgiving ranks near the top of my list. It provides some very important things essential to my sanity and the sanity of all Americans: a day or two of needed rest, an excuse to eat great food, a relaxing day with family and friends, football (if you are so inclined) and hot turkey sandwiches in the evening and the seven evenings thereafter! All this without the hysteria of the Christmas holiday season. Thanksgiving is just...well...a quiet holiday when we can reflect and give thanks.

We all know how the Puritans - or Pilgrims- left England in search of religious freedom. They set sail on a 12 year old, 113 foot ship that had formerly been involved in the wine trade. The Mayflower set sail on September 6, 1620 bound for the New World. It carried 102 souls who sailed the Atlantic for 66 days. They landed at Plymouth Rock in December and found themselves ill equipped to face a harsh winter. They survived only because of the Wampanoag Indians who showed the Pilgrims mercy, kindness and friendship. Even with the help of their InIndian men-

Indian men-tors, by the fall of 1621, only half of the pilgrims had survived. It was that same fall when the first Thanksgiving feast was held. Let us not forget the lessons of the Pilgrims and let us be ever mindful of the freedoms we now enjoy. Always remember to be thankful for friends and family, for warmth and shelter, for food and plenty. Many Pilgrims paid with their very lives. Let us not forget their sacrifice or their dream.

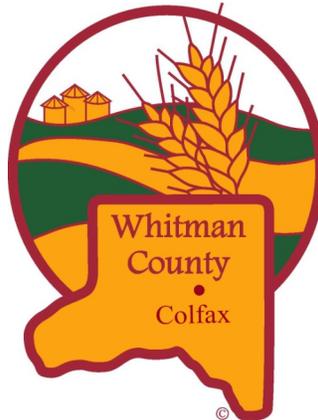
~dw



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Quit for Christmas

Give your family a “tobacco-free you” for Christmas this year. They will enjoy this gift for many years. Listed below are just three of the many benefits to yourself and your family:

You should all be healthier and live longer.

You won't smell like smoke.

You will all have more money to spend on things that you

~JL

Articles in this edition of the *Healthy Palouse* were contributed by Whitman County Health Department staff:
Debbie Wolfe RN,
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WCHD Staff: How We're Getting Fit!!

Debbie Wolfe, Public Health Nurse, is trying to get back into shape!! Zumba class has been a fun venture into fitness and combines exercise and dance for the 'wannabe' dancer!! Brisk early morning walks have also been a positive change for this long-time nurse. With the weather becoming colder and the walks more difficult, she is considering a membership at the local fitness club. Adding more fruits and vegetables as well as more fiber will hopefully give the weight loss effort a big boost. Good luck!!



The Dental Corner



Access to Baby and Child Dentistry

Fluoride Varnish is offered by Medical Staff in the Health Department during WIC visits.

Children age 0-6 = 3 visits,

Children age 7-18 = 2 visits and

Youth age 19-20 = 1 visit per year.

Provider One services cards cover this expense. All others may pay \$18 for this service.



Of special interest on the DOH website they now have posted the results of the 2010 Smile Survey!