



Putting a Spring in Your Step



With warmer weather upon us, now is a great time to get out and enjoy the sunshine and warm breezes of June. Taking a leisurely stroll is always a wonderful idea but if your goal is fitness and weight loss then you need to pick up the pace!

It is a commonly accepted fact that walking is the single best aerobic exercise and benefits the body in numerous ways. Walking is a gentle, low-impact exercise and persons who participate in a regular walking/fitness program lower their risk of coronary heart disease, diabetes, stroke, osteoporosis and other chronic diseases. Health care costs are lowered and the quality of life improves. The heart becomes stronger and the mental outlook becomes brighter. Even small increases in daily exercise can have huge health benefits in people of all ages. If weight loss is your goal this summer, try to vary your walking routine. If you

have a favorite circuit and you do it over and over, you won't see the same results as if you change up your walking schedule. Here are a few ways to change up your daily walk so you can get maximum benefit from your efforts.

***Alternate between faster and slower paces.** 'Interval Training' is simply alternating bursts of more intense activity with intervals of lighter activity. If you are a seasoned walker, you might try intervals of jogging or if you are new to your walking program, add bursts of faster walking. Use 'markers' along your path to guide your bursts; such as between mailboxes or trees! The more vigorous your exercise, the more calories you will burn.

***Give your backside a boost with little bit of incline.** Walking the hills of the Palouse will not only tone the tush but will but will increase your calorie burn by 60%.

Start your walking program with a *new pair of shoes* for comfort and support. Before any exercise workout, always *warm up and stretch then cool down* when you finish. Some good warm up exercises might include ankle circles, leg swings, and arm circles.

Drink plenty of water. Start hydrating yourself before your workout. Drink water one or two hours before your walk. Sip on your water every twenty minutes or so during your walk and drink another eight ounces when you finish.

It is always a good idea to talk with your doctor before beginning any exercise program. If you have certain medical conditions, you will certainly want to discuss any fitness program ahead of time. Most people, however, can easily start a walking program by putting one foot in front of the other. One block, then two blocks; soon a mile and then two! Don't give up! You and your health are worth it!

Exercise to Lose Weight



Are you exercising regularly, but not losing weight? Try meeting the American College of Sports Medicine's recommendation of around 250-300

minutes of moderately intense aerobic activity each week. Aerobic activities use rhythmic movements of your large arm and leg muscles for an

extended period of time. Walking, running, biking, and swimming are aerobic exercises. If you can talk, but not sing, your intensity is where it should be.

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Lentil Festival

The National Lentil Festival in Pullman will be August 19-20 this year. Make plans to participate in many of the exciting events that take place on Friday and Saturday

Come To The Fair!!

Save the date! The 2011 Palouse Empire Fair is coming up from September 8-11. While you're there, stop by our booth and participate in our fun activities!



Kamiak Butte: A Local Treasure

Standing like a sentinel amidst the wheat fields of the Palouse, Kamiak Butte supports an eco-system all its own.

For a memorable summer family outing, take the self-guided nature walk and discover the beauty of this 298 acre natural treasure.

Download the self-guided tour brochure from Whitman County Parks Department at www.whitmancounty.org or call 397-6238 for more information

Super Food Spotlight: Strawberries



Fresh, locally-grown strawberries are a sure sign that summer is here.

Eight medium-sized strawberries count as one serving of fruit and have only 50 calories. They are fat, cholesterol, and sodium free.

One serving of these delicious berries provides the following healthy nutrients—
Fiber: 2 grams

Protein: 1 gram

Iron: 2%

Calcium: 2%

Vitamin C: 160%

They are best when they are firm, shiny, and bright red. Choose berries with healthy green tops too.

You can eat them alone or use them in a variety of recipes.

Reference: www.fruitandveggiesmorematters.org.

Strawberry Shake

Try this healthy, easy recipe that serves 3.

Ingredients:

1 pint strawberries

2 medium bananas

1/2 cup yogurt

1/2 cup orange juice

3 cups ice cubes

Combine all ingredients in a blender, except for half of the ice, and puree until smooth. Add the rest of the ice and puree until smooth again.

This recipe was adapted from www.fruitandveggiesmorematters.org.

Nutrition facts for one serving:

Calories: 130
Total Fat (with low fat yogurt): 0.5g
Protein: 4g
Carbohydrate: 30g
Dietary Fiber: 4g



2011 Farmers Market

The Pullman Farmers Market has a new location this year! Come down to the Spot Shop parking lot (240 NE Kamiaken) each Wednesday between 4:00 and 6:00. Vendors from

local farms will be selling fresh produce, grain, baked goods, flowers, eggs, jams, soap, plants, and more. We will be providing recipes for in-season produce, as well as fun activities

for children. Bring your family and plan to spend a while visiting with friends and listening to live music at the market too. Make this event a regular part of your week this summer.

Childhood Immunizations: Get The Facts



As parents, we would do anything to protect our children from harm. We do not want to see our children sick and we suffer along with them when they have something simple like the sniffles! You can help protect the health of your children and the health of your neighbor's children by employing one of the most important health prevention tools of all time. That all important tool is *routine vaccination of children*. For centuries, diseases have been crippling and killing children. With the advent of vaccines, the incidence of these diseases declined

dramatically. Vaccines work by helping the body create antibodies. Antibodies are part of the body's defense system and are in charge of fighting off germs and foreign invaders. Though the human body is made to produce antibodies on its own, most vaccine-preventable diseases come on quickly and cause illness before enough antibodies are produced. Research has shown that vaccines work best when given at specific ages. Some immunizations should not be given until a child is at least age one. Some are given over a period of sev-

eral years. For some, a single dose is effective. A routine vaccine schedule is available at www.cdc.gov. The schedule of immunizations can be confusing but talking it over with your healthcare provider can clear up any questions or concerns. If your child misses a dose or gets behind, it is never too late to catch up. Your child does not have to start over but rather can pick up where she left off! Many vaccine preventable diseases are on the rise because vaccination rates are on the decline. Get the facts and get your child immunized *'on time; every time!!*

Special Things in June

June Is:

National Dairy Month
National Fresh Fruit and Vegetable Month
National Safety Month

June 3– Egg Day

June 9–Donald Duck's Birthday

June 13 –Weed Your Garden Day

June 15–Fly A Kite Day

June 18– Picnic Day

Everyday Ways to Burn 100 Calories

- ⇒ Push mow the lawn for **14** minutes
- ⇒ Paint the house for **15** minutes
- ⇒ Wash and wax the car for **18** minutes
 - ⇒ Take a **20** minute power walk
- ⇒ Weed the garden for **20** minutes
- ⇒ Ride your bike for **21** minutes at a leisurely pace
- ⇒ Play catch with your kids for **35** minutes



Does Your Child Need A Second Dose Of Meningococcal Vaccine?

Meningococcal disease can cause pneumonia, bloodstream infection and meningitis (swelling of the covering of the brain and spinal cord). It is spread by direct contact with an infected person.

Meningococcal vaccine (MCV4) can protect against the four most common

types of bacteria that cause meningococcal disease.

The initial dose is recommended at age 11-12 years. A booster dose is now recommended at age 16-18 years.

If your child was age 16-18 when they received the first dose of MCV4, your child does not need a

booster dose.

Teens who did not receive their first dose at 11-12 years should get a dose at the earliest opportunity.

If you have questions about whether your child needs a booster dose, call your health care provider or Whitman County Health Department.

Stress Busters: Taking Care of Yourself

Tip #1:

Say hello to summer by finding some quiet time and a quiet place to revive your soul.

Find a warm, friendly place on your lawn; lie down and feel your body sink slowly into the softness of the grass. Close your eyes and concentrate on one part of your body at a time; purposely relaxing each muscle- from the top of your head to the tip of your toes. Breathe deeply and allow your body to completely relax

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Youth and Tobacco

Did you know that selling or giving tobacco to anyone under 18 is gross misdemeanor, according to RCW 26.28.080? This crime is punishable by a fine of \$5000 and/or one year in jail. Why? Nicotine is so addictive that 1/3 of all kids who try smoking become regular users before finishing high school. Nearly all addicts started before they were 18 years old. Let's work together to keep tobacco away from kids.

Articles in this edition of the Healthy Palouse were contributed by Whitman County Health Department staff:

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WCHD Staff: How We're Getting Fit!!

Meet Melanie!!

Melanie, intern for the Whitman County Health Department, is currently training for a 30 mile run. She stays healthy and fit eating small, nutritious meals while training daily by running 4 to 12 miles in the morning!!!



Healthy foods and daily work-outs have kept Melanie in tip-top shape!!!

The Dental Corner



Fluoride Varnish is offered by Medical Staff in the Health Department during WIC visits. Child: age 0-6; 3 visits, age 7-18; 2 visits and 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!