Healthy Habits

Volume 1, Issue 2 March 2007

THE EPIDEMIC!

According to the center for disease control:

- 63% of **KENTUCKY** adults are *obese or overweight.*
- 26% of non-Hispanic white adults, 39% of non-Hispanic black adults and 16% of Hispanic adults in **KENTUCKY** are *obese.*
- 35% of children between 2-5 years of age in **KENTUCKY** are overweight or at risk of becoming *overweight.*

Inside this issue:

Active Environment for Families	2
Create a Healthy Eating Environment	2
Healthy Habits	3
Spring Salad Recipe	4

After a long, lazy winter step up to spring with new healthy habits

Sunny days soon will be here again. We are all looking forward to getting outside. Try walking a few miles, playing a game with your children or enjoying an afternoon at the pool. Before we start the fun times of the new season we need to prepare our body for exercise—especially if the cold weather was used as an excuse to be a "couch potato."

It's time to step up to the plate, live and enjoy a healthier lifestyle. But remember, you must start out slow. You need to get the ok for a successful diet and exercise program from your healthcare provider. Each of us is different and your healthy changes will be too.

Taking the winter off

If you have taken the winter off, start spring training by walking for 10 minutes every day or every other day for a week. The next week, walk 15 minutes. Each week increase your speed and time little by little. Once you are use to the exercise, it will become easier and your energy level will increase.

Stay in shape throughout the year so you don't have to start over when spring comes next year. It is better to exercise on a daily basis - no matter how cold it is outside. During the winter, if you don't feel safe going outdoors then do a stretching program indoors. Try a stationary bike or some form of home equipment for keeping your program going year round. We think of spring and the flowers growing, the grass turning green and the birds singing. Let's think about staying healthy so we can enjoy the season and the beautiful spring weather.

Remember calories make us gain or keep extra pounds. Exercise burns those unwanted calories. Lose those unwanted pounds added during the lazy winter months and next spring that exercise program will become second nature.

Create an Active Environment for Families

Make time for the whole family this spring to take part in regular physical activities that everyone enjoys. Try walking, bicycling or rollerblading.

Start an active neighborhood program. Join together with other families for group activities like touch-football, basketball, tag or hide-and-seek.

Assign active chores to every family member such as vacuuming, washing the car or mowing the lawn. Change the schedule of chores to avoid boredom from routine.

Encourage your child to take part in after-school activities such as soccer, track, baseball or softball.

Limit the amount of time your child watches television.

It's easy to get 5 to 9 servings of fruits and vegetables into your diet every day.

Create a Healthy Eating Environment

- ✓ Start the same healthy diet (rich in fruits, vegetables and grains) for your entire family.
- ✓ Eat meals together at the dinner table at regular times.
- ✓ Plan time when you can prepare foods together with your family.
  SHARE MEALS----------MAKE MEMORIES
- ✓ When spring arrives, it's time for fresh salads. If you grow a garden, you know that the first crop of greens is a welcome sight. If you shop for greens, try visiting your farmers market for the freshest greens to use in salads.
- ✓ Try grilling or baking your favorite meat.
- ✓ Remember fewer calories means less pounds.

Let's start spring off with a few healthy habits for both you and your family.

Healthy Habit #1—Eat plenty of produce and whole grains

Research shows that three servings or more a day of produce can lower the risk of stroke, heart disease and some cancers.

What you can do:
Try one new type of fresh fruit from your local market each week.

Healthy Habit #2—Eat slowly

Eating slowly discourages overeating and makes you more relaxed. Try eating at regular times of the day and **avoid watching TV while eating.**

What you can do:
Take time to enjoy the flavor of the food. Eat with your family, chat and relax. Whether you are dining alone or with others, set the table and sit down.

Healthy Habit #3—Practice portion control

Cut back on portions and you will cut back on calories. Eating on a smaller plate or drinking from a smaller glass can greatly cut back on portion size.

What you can do:
During the meal, if you start feeling full stop eating. This is a great way to control unnecessary calories. Do not go back for that second helping and drink plenty of water.

What is a calorie? Calorie (kal-uh-ree): a unit of energy given by food.

Healthy Habit #4—Eat fresh foods

Make your meals from fresh ingredients. Studies show that fresh foods provide more fiber, fewer calories, saturated fats, and trans fats and less added salt and sugar.

What you can do:
Skip the prepared food aisle at the grocery store and choose fresh whole foods. Also, eat lots of salad. Toss up your fresh fruits and veggies with a fat free dressing. Make your own bread from whole wheat or add a wheat cracker with your salad to sneak in the whole grains needed in your daily diet.

Healthy Habit #5—Spice up your plate

Herbs and spices are delicious. They also add appeal and color to your plate. Herbs and spices are low in calories and fat free.

What you can do:
Add a sprinkle of cinnamon or a pinch of nutmeg after you cook rice. This will add flavor and aroma to your dish. You can also add fresh herb leaves such as basil or mint to salads for a boost of flavor. Look around your spice cabinet and experiment by adding flavor to your favorite spring dishes.

KyHealth Choices

Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621

We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

Spring Salad

1 head	lettuce, washed, chopped and drained
1 cup	fat free Caesar dressing or dressing of your choice
$^1/_2$ cup	shredded Parmesan cheese or shredded cheese of your choice
1 cup	baked, seasoned croutons

Mix all ingredients in large bowl and toss. Refrigerate 30 minutes. Add onions, cucumbers, fresh tomatoes, orange slices, apple slices or other fruits and vegetables that are family favorites for a delicious and nutritious salad.

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.