"Weigh to Go"

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Winter Wonderland

Are you wondering how you can stay active and continue making healthy choices over the winter months? Summer is usually busy and offers all kinds of outdoor activities to keep you physically active. There are also many more fresh fruits and garden vegetables to choose from in the summer. You can find healthy choices in the winter months as well. Follow these tips to prevent the "snowball effect" of gaining extra pounds and not staying physically active during the cold winter months.

Flu season peaks by February. Many people get the vaccine by October or November but it is okay to get the vaccine in December and January. The longer you wait, the higher your risk of getting the flu. Keep in mind that it can take 2 weeks for the flu vaccine to take effect, if you are exposed to the flu within the 2 week period, you may still get sick.

Winter Exercise Tips

Before heading outdoors for winter activities, remember to wear warm clothing to fight the cold air. Wear layers of clothing that you can take off one by one if you become too warm. Wear a hat that covers your face exposing only your eyes and mouth. Don't forget the mittens or gloves and extra socks to keep your hands and feet warm. Boots are great and usually have non-slip tread to prevent falling on slippery areas. If you get too cold or feel your hands and feet getting numb, go indoors and warm up with a cup of lite cocoa with marshmallows.

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Outdoor Activities

- Build a Snowman—make a creative snowman and put different pieces of clothing on him/her. Make a family of snowmen so Frosty will not be standing alone.
- Sledding—Use a sled or inner tube to go down hillsides. But be sure you choose an area that is free of obstacles such as trees or rocks. Walking back up the hill is great exercise! Invite your family and friends to join you.
- Snowball Fight!—Have fun

throwing snowballs with friends or family. Remember to pack the snowball lightly and throw towards the lower body, you do not want to hit any one in the face.
- Outdoor Sports—It is just as fun to play tag football in the winter. What fun to roll around on the ground as you tackle your play mate. While you're on the ground, how about making a snow angel?
- Photography—Pretend you are a photographer. Ask your parents to buy a disposable camera for the holidays. Get outdoors, walk with a friend or family member, taking snapshots of the beautiful winter wonderland. Using the pictures, make a winter photo album or scrapbook (as an indoor activity) to share with your family, friends and school.

Indoor Activities

- Dance, dance, dance—Turn on the radio or put on your favorite music and dance up a storm! Invite your family or friends for a dance party to burn off those extra calories. Pretend you are a singer, singing and dancing on the stage. Why not use instruments? Make a drum out of oatmeal boxes, make a shaker with rice or beans in a can with a lid and use a hairbrush as your microphone. Have a friend put you in the spotlight! Use a flashlight to showcase you as the star!
- Make a circus act—Perform all kinds of magical acts by juggling, twirling or shaking with the hula-hoop (see who can last the longest without it falling to the floor). Jump rope, dress up like a clown and do silly, funny tricks.
- Chores—Make this indoor activity fun by helping your family tidy up. Toss out unused toys or household items or give them to someone who may be able to use them. Clean out your closet and make a hide away spot for gathering your friends and telling spooky or funny stories.

Winter Foods

- Lean turkey- Choose as your meat by the slice. Make sandwiches on whole wheat bread, pita bread or a tortilla wrap. Add lots of vegetables for added nutrition and your daily requirements of 5 vegetables a day.
- Fruit- Oranges, tangerines and apples are plentiful in the winter. Frozen packages of fruit are a good choice, but be careful of the packaging preservatives; read the labels for high contents of sugar and choose the ones that are natural.
- Beware of fudge, candy canes and sweets that are high in sugar and fats over the holidays to prevent the excess pounds. Choose vanilla wafers, animal crackers or plain popcorn.
- Choose cereals high in fiber with no added sugar.
- Pretzels are a better choice than potato chips. Look for the low salt pretzels and then dip them in a low-calorie dip, peanut butter or salsa.

Cold and Flu Season

While getting a cold or the flu may be unpreventable in the winter months, there are some things you can do to prevent the risk of getting sick.

Take a daily vitamin. This could help keep the flu bug away.

Zinc—May be a good supplement to take in the winter when you have the sniffles. It builds a healthy immune system. A zinc lozenge or a cup of green tea are good sources of zinc.

Wash your hands! By simply washing your hands frequently, you can prevent the spread of those "nasty" germs . Wash your hands for 30 seconds, keep track by singing the "Happy Birthday" song two times.

Drink lots of fluids. Increase your intake of water. Drink orange juice, milk or other 100% fruit juices to give your body added nourishment when you are sick. Fluids will also replace the fluid loss when you are running a fever.

Sleep—Getting lots of rest will help you recover faster. The more you sleep the less energy your body requires and allows your body to fight the cold.

Hot bath or shower. Steam acts as a great decongestant if you are feeling stuffy. If you choose to take a hot bath, pour in some bubble bath to make it extra soothing and fragrant.

Clear soups. Choose soups like chicken noodle, clear broth and other soups that will give you good nourishment and soothe your sore throat.

Flu shot—Ask your healthcare provider if you or your child should receive the flu shot. Anyone who has a chronic illness (including asthma, heart problems or diabetes) should have a flu shot, but check with your healthcare provider first.

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http://chfs.ky.gov/dms/hi/default.htm

Beef Ranch Wrap

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

4 small whole wheat flour tortillas
4 Romaine lettuce leaves, rinsed & drained
4 (2 ounce) slices seasoned roast beef
¼ cup reduced fat Ranch dressing
12 grape tomatoes, rinsed & drained
¼ cup sliced onion

On each tortilla, layer a lettuce leaf and roast beef slice. Toss tomatoes and onion in Ranch Dressing, spread down length of each tortilla on center. Turn bottom of tortilla up toward center and fold in sides to form wrap. Serve 4.

Content in grams:

Calories: 330 Protein: 19 Fat: 19 Carbohydrates: 26 Fiber: 3

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.