



Healthy Habits

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According to the Center for Disease Control (CDC) the flu vaccine reduces the odds of getting the flu by 70-90%. The flu vaccine also reduces the risk of hospitalization for flu and pneumonia by 30-70%.

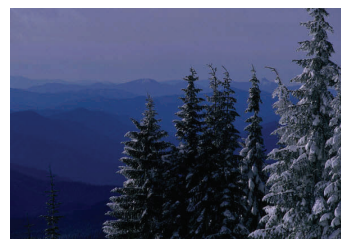
Usually flu vaccines are received in October and November. However, flu season peaks by February or later. It is okay to get the flu vaccines in December and January. The longer you wait, the higher your risk of getting the flu. Keep in mind that it can take 2 weeks for the flu vaccine to take effect. If exposed to the flu within the 2 week period, you can still get sick.

Keep on Track, Don't Look Back

The summer has passed and the fall leaves are gone. Do not let the cold winter weather hold you back. Now is the time to focus on how you can remain 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 still find healthy options in the winter by following these tips to prevent

the "snowball effect" of extra pounds and less activity during the winter months.



Winter Exercise Tips

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



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Outdoor Activities

- * Shovel the snow—keep your sidewalks and driveway clear of heavy snow. This is great exercise and burns a lot of calories. Remember to rest between shoveling activities to prevent over-exhaustion and injury. Take a break, go indoors to warm up with a cup of tea or lite cocoa.

- * Build a snowman or go sledding—what a great activity to enjoy with your children while building memories to share for a lifetime. Sledding down

the hill is a lot of fun, but the walk back up the hill burns those calories!



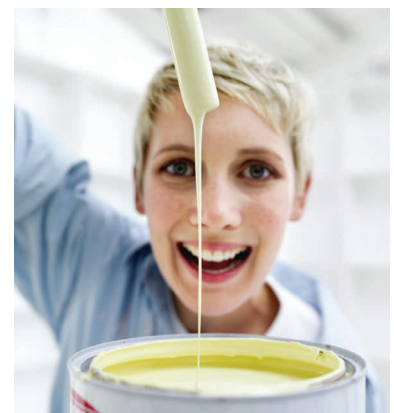
- * Outdoor sports—it is just as much fun to play tag football with family and friends in the winter as in the summer. Invite the neighbors over to play. After the game, go

indoors to warm up and plan another outdoor activity.

- * Photography—get outdoors and walk the neighborhood and park and take snapshots of the magical beauty of the landscape. Make a winter photo album or scrapbook (as an indoor activity) to share with your family for years to come.
- * Park your car as far away from the store when you go shopping and walk to and from the store.

Indoor Activities

- * Dance, dance, dance—Turn on the radio or put on your favorite tunes and dance up a storm! Invite your family to join in to burn off those extra calories.
- * Involve your family in a game of charades. Be imaginative and use your body to burn extra calories.
- * Household chores—Winter is a great time to clean and organize the closets, getting rid of the unwanted or unused household items. Clean the inside of the windows. You will be a step ahead with your spring cleaning! When spring comes, you can clean the outside of the windows.
- * Work on a project that you put off all summer. Paint a room, wallpaper or place a border to liven up a room.
- * Exercise indoors. Use cans of vegetables as weights for arm lifts. Jump rope. Hula-hoop. Tuck your feet under your couch to do abdominal crunches. Use a yard stick or broom to do right to left, then left to right waist twists. Add a little music to your exercise routine for more fun. Set the timer for at least 30 minutes of exercise. Try these exercises at least 3 times a week.



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 to get your daily requirements of the 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. 1 orange= 100 % daily requirements of Vitamin C, contains folate, Vitamin B, fiber and potassium.
- * **Legumes**—Kidney beans, garbanzo, lentils, white and black beans.
- * **Squash**—Usually in abundance in the winter. Squash is packed with vitamins and minerals. 1 cup of acorn squash = 115 calories, 9 grams fiber and 37% of the daily requirement of Vitamin C. 1 cup of butternut squash= 82 calories, 5.7 grams fiber, and 179% of Vitamin C.
- * **Cranberries**—Low in calories. 1 cup= 47 calories, 3 gm fiber, 20% daily allowance of Vitamin C. Add to salads, whole wheat breads or bran muffins.

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.

Increase your vitamin and nutrient intake.

This is a big key in keeping 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 is a source of zinc.

Wash your hands! By simply washing your hands frequently for 30 seconds, you can prevent the spread of those “nasty” germs to both yourself and to others.

Drink lots of fluids. Increase your intake of water. Drink orange juice or honey-lemon tea 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 helps act as a great decongestant if you are feeling stuffy. If you choose to take a hot bath, toss in some peppermint tea bags to make it extra soothing and fragrant.

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

Body Aches—Take recommended dose of Acetaminophen or Ibuprofen.

Cough—Cough drops or plain low sugar hard candy will help ease coughing episodes.

Avoid smoking and breathing second-hand smoke.

Call your healthcare provider—if your cold or flu symptoms get worse or last after 5-7 days.

Flu shot—Ask your healthcare provider if you should receive the flu shot. Anyone who has a chronic illness including heart, lung (such as asthma) or diabetes tends to have a weakened immune system but your healthcare provider will decide if the flu shot is best for you.

Cabinet for Health and Family Services
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- Full Name
- Medicaid Number
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- Reason for not taking part



Cranberry-Walnut Dessert

1 cup rolled oats
 1/2 cup skim milk
 1/3 cup dried cranberries
 3 tablespoons chopped walnuts



1. Place the oats in a bowl. Add the milk. Cover and refrigerate overnight.
2. Stir in the cranberries and walnuts when ready to serve.

Serving size: 2 ounces. Serves 4.

Calories	154	Carbohydrates	23 g	Sodium	17 mg
Protein	6 g	Fat	5 g	Fiber	3 g
Saturated fat	0 g				