



MSAD #1 Wellness Newsletter Fall 2009



Preventing the Flu: Good Health Habits Can Help Stop Germs

Preventing the flu is most important, especially now that the virus is widespread in many parts of Maine. The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There are also flu antiviral drugs that can be used to treat and prevent the flu.

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
4. **Clean your hands.** Washing your hands often will help protect you from germs.
5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information: www.cdc.gov www.maineflu.gov

Light Pumpkin Pie

This pumpkin pie saves 100 calories per slice from the traditional version and it tastes identical!

- 1 cup ginger snaps (about 16 cookies)
- 16 oz can pumpkin
- ½ cup egg whites (about 4)
- ½ cup sugar
- 2 tsp pumpkin pie spice
- 12 oz can evaporated skim milk

Preheat the oven to 350°. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the bottom of the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in the center comes out clean, about 45 minutes. Store in the refrigerator. Slice in 8 wedges and serve with fat free whipped cream.

Serves 8. Each slice: 165 calories, 1.5g fat, .5g saturated fat, 1.5mg cholesterol, 170mg sodium, 32g carbohydrate, 2g fiber, 6g protein. Diabetic exchange: 2 bread.

www.foodandhealth.com

Weight Management Checklist

Excess weight is a risk factor for many illnesses, including heart disease, diabetes and cancers of the breast, uterus, colon and more. Take action to reduce and manage your weight.

- ✓ Check with your doctor to find your optimal weight range and to get an OK before engaging in any exercise program.
- ✓ Go online to the government's MyPyramid.gov Web site to find your daily calorie allotment for weight loss. Then reduce your caloric intake as needed and increase the number of calories you burn through physical activity.
- ✓ Track everything you eat and drink in a food diary. This can show you what food habits need changing so that you can cut calories.
- ✓ Instead of thinking of a "diet," make a lifetime commitment to eating foods that are low in calories, fat and sugar, and high in fiber. The less processed the better.
- ✓ Drink plenty of water daily. Many people feel hungry when they are actually thirsty. Also, drinking water before meals helps curb your appetite.
- ✓ Work on managing stress so you don't respond to it by overeating.
- ✓ Set realistic short- and long-term weight-loss goals and plan nonfood rewards for meeting each of them.

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Walk For Health

Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Everyone has something to gain from a 30-minute brisk walk enjoyed most days of the week: increased cardiovascular fitness, reduced stress, increased energy, improved sleep and eating habits, lowered risk of osteoporosis, obesity, heart attack and stroke.

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Look On The Bright Side!

Tap into the power of a positive attitude by staying optimistic. You will discover that it can work wonders for you both emotionally and physically. Take a few moments before bed to remind yourself of the good things in your life as well as what you want to accomplish during the next day. Then, greet each morning with a fresh, can-do approach to the opportunities ahead.

Wellness Committee Members

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