

Special points of interest:

- * January 1st—NEW YEARS—
Make a resolution to be HEALTHIER—see related article.
- * January 10th—Relationship Fair, Sacred Heart Activity Building 8:30 am—5:00 pm. —couples, individuals, adults and teens. \$5 for lunch, materials, & child-care.
- * January 19th—Martin Luther King, Jr. Day—Polk County Health Center closed.



New Year's resolutions don't have to be overwhelming—Take small steps to a better you!

A New Year, A New You

The power of three!

Three points; three objectives; and three goals, that's all it takes to a healthier you!

Remember to take one step at a time and make small realistic changes that will last a lifetime.

1. Eat Healthy

A. Choose a variety of fruits & vegetables every day.

**Eat 2 servings of fruit a day.*

**Eat 3 servings of vegetables a day.*

**Limit juice to 6*

ounces a day.

B. Limit foods & drinks high in calories.

**Stop the Pop*

**Choose fat-free dairy products.*

**Choose lean meats & poultry.*

C. Eat a balanced diet.

**Make half of your grain choices whole.*

**Go meatless two nights a week.*

**Opt for fruit as your dessert.*

2. Be Active

A. Be active for at

least 2 1/2 hours a week.

** Take a 20 minute walk at lunch.*

**Go for a 15 minute swim.*

**Play ball with the kids/grandkids/dog.*

B. Make sure to include moderate to vigorous aerobic activity 5 days of the week.

**If you can sing while you are exercising—that is low intensity.*

**If you can talk while you are exercising—that is moderate in-*

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Simple as one, two,
three—be the best you
can be!

Cont. from front

tensity.

**If you can barely talk during exercise—that is vigorous intensity.*

C. On at least 2 days of the week perform muscle strengthening activities.

**Do push-ups,,sit-ups, or squats during commercials.*

**Dig up the garden for spring planting—for 15*

minutes.

**Pop in a yoga/Pilates tape and do it!*

3. Manage Stress

A. Get plenty of sleep every day.

**Shoot for at least 7—9 hours of sleep a day.*

**Avoid large meals or exercising within a few hours of bedtime.*

**Try to go to bed at night and to rise each morning at the same time.*

B. Balance work, home, & play

**Leave work at work!*

**Schedule some leisure time for yourself.*

**Spend fun time with your family & friends.*

C. Stay positive.

**Look for at least one good in everyday and share it with someone.*

**Make a list of your dreams and start taking the steps to make at least one come true.*

Powerful Parenting: The Asset Building Way

It's easy to get scared as a parent. Watching the news, crime, drinking and driving, teen pregnancy, gang warfare, and suicide. We wonder what's going to happen to our children. In fear, we may end up scaring our kids or we may look the other way, thinking—that won't happen to us! Whatever the approach, most parents feel uncertain at times. We would like to know the secret of healthy parenting in a world that often seems very unhealthy.

The idea of “developmental assets”, introduced by Search Institute in Minneapolis, gives a new sense of hope and practical direction for parents. Researchers at Search Institute have identified 40 assets that have a powerful, positive impact on young people. Children and teenagers who have 30 or more of these assets are less likely to get involved in risky behaviors. By incorporating the assets into your parenting, you can help your child grow up happy, healthy, and responsible.

For more information on the “40 Building Blocks” call Polk County Health Center at 326-7250.