

HEALTH

12 Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. The CDC offers the following steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.



LEE HILLIARD

1. Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

3. Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get

plenty of sleep.

4. Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

5. Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because

of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history. Get insurance from the Health Insurance Marketplace if you are not insured.

8. Get your vaccinations. Vaccinations help prevent diseases and save

lives. Everyone 6 months and older should get a flu vaccine each year.

9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Go to www.chcneo.com/ education for a link to the CDC "12 Ways to Health Holiday Song".

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If you read these columns please go to www.chcneo.com/articles and click on the "Read the column button" to let us know, and thank you!

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Easy ways to stay healthy through the holidays

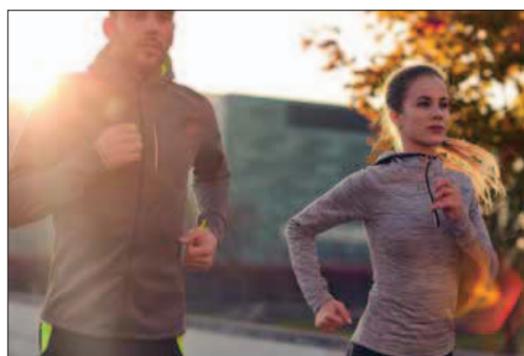
Staff Report

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Between all those holiday festivities and extra seasonal chores, it can be difficult to always stay on top of your health. Here are some easy ways to prioritize wellness this time of year.

Make Mornings Count

Evenings are especially busy around this time of year, so taking control of your mornings can be key. But, on dark winter mornings, the hardest part about working out can sometimes be just getting out of bed. Stay accountable by making workout plans with



STATEPOINT

Have fun this holiday season, without neglecting your health.

friends. Get your yoga-loving coworker to commit to a weekly class with you, or start a holiday steps

competition at work to motivate yourself to move more. Try Out Tech New, innovative

technologies can inspire you to take charge of your health. Wearable fitness trackers have been around for a while, but home DNA tests, like Orig3n's Fitness test, can help you optimize workouts by providing insights into your genes. Discover whether you have the genes that need an extra rest day, or whether you're better at high-intensity workouts or endurance exercises. Then, adjust your routine accordingly. If you're looking to eat more healthfully, the Orig3n Nutrition test analyzes your hunger and weight genes so you can learn about how your body processes fats (good to know for Christmas cookie portion control) and if you're predisposed to any food sensitivities. Ask for one for the holidays or gift a DNA test for your White Elephant swap.

Strike a Balance

Exercise accounts for only about 25 percent of weight loss, while healthy eating accounts for 75 percent. Indulge yourself this holiday season, but also make smart choices. Go for the apple pie and eggnog, but pair them with healthier choices earlier in the day. Enjoy the shrimp cocktail instead of the cheese and crackers, or have a light breakfast of yogurt before the holiday feast. It's all about balance. Instead of reaching for all the sweets and comfort foods in front of you, think about what you'd really like to eat. Choose wisely and mindfully.

Focus on Fun, Not Food

Don't overthink it! It's the holiday season and you're supposed to be enjoying yourself. If you spend your time at parties counting calories instead of counting down to the New Year, you'll miss out on the most important part of the season — time spent with loved ones. What's more, you may find yourself overindulging later if you're too restrictive. Instead, focus on the people in your life and the memories you're making.

Get Rest

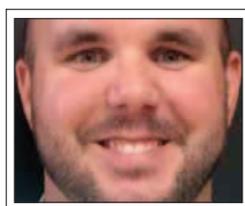
The most wonderful time of the year can be the most stressful when you have parties to plan, gifts to buy and financial obligations. A University of Chicago study found that people overeat on snacks — sometimes hundreds of additional calories — when they aren't getting enough sleep. Take a breather, and when you can, get yourself to bed early.

Start the new year right. Have fun this holiday season, without neglecting your health.

— StatePoint

Leaving tobacco behind

What is the single largest preventable cause of disease in the U.S.? Tobacco. Yet, 42 million Americans still smoke cigarettes. Quitting smoking is notoriously difficult, but with a little help, you can increase your chances for success.



SEAN BRIDGES

If you're a smoker and want to quit, an important step is picking a quit-smoking date. Smokers are encouraged to make a plan to quit by choosing a date to start.

Next, devise a strategy. Strategies can include knowing your triggers, planning how to handle cravings, and recognizing your own personal style in how you choose to quit.

- Triggers include people, places or things that can cause you to want to smoke, like stress, a cup of coffee, alcohol, or talking on the phone. Avoiding those triggers, at least as you begin your quit process, can help you stay in control.

- Cravings typically last 5-10 minutes, so it's important to have a plan to handle them. Making a list of others things you can do prior to the craving can help. For instance — distract yourself by calling or texting someone; review your reasons for quitting; keep your mouth busy with sugar-free gum or drink water; play the American Cancer Society's mobile game "Zombie Smokeout" to keep your hands busy!

There are many ways to quit smoking and one style rarely fits all. Identifying a style or method that suits you best can help your efforts.

Cold Turkey

Quit smoking abruptly and completely. Kicking the habit completely offers benefits you'll see right away. For instance, in 20 minutes blood pressure levels begin to drop; in one day risk of heart attack begins to decline. Tip — involve friends and family to support you in your efforts.

Slow & Steady

Gradually reduce to quit. Tip — avoid alcohol as drinking reduces inhibitions making it more difficult to maintain the determination to not smoke. Tip — instead of using a one-time event or lapse as an excuse to go back to smoking, look at what went wrong to overcome it next time. Then renew your commitment to staying away from smoking for good.

Motivation

Quit due to motivation. Tip — remember your

reasons for quitting and think of the benefits to your health, wallet, and family. Post them where they are easily seen like in your car, house or office.

Medication

Use medication to help you quit. Tip — medications now come in a variety of forms that include gum, patches, and lozenges. Tip — a combination of methods that could include medicine, change of personal habits, and emotional support offer the most successful ways to help you quit smoking.

If you're supporting someone to quit, it's important to recognize they need to do it for their own reasons, not because of pressure from a friend or family member. Take your cue from the person who is quitting and be strategic in the support that you offer. Ask them how you can help.

Quitting smoking and eliminating exposure to smoke is the best investment a person can make to improve their health. Many people make several quit attempts before they are successful, and with each attempt they can learn more about how to plan better for the next time. Analyzing what worked and what didn't, and being open to exploring new ways of quitting like counseling, medications, or a combination of methods, can help you reach your goal. Quitting, for even just one day, is an important step towards your success and a healthier life. Any day is a perfect day to quit smoking!

For more information and resources that can help you in your efforts to quit smoking, visit the American Cancer Society website at www.cancer.org.

For free quit-tobacco services, call the Oklahoma Tobacco Helpline at 1-800-QUIT-NOW. Services include coaching, support text messages, a FREE start kit with a two-week supply of patches, gum or lozenges, and more! Or visit their website at <http://www.okhelpline.com/>.

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Abilify 5mg	84	\$135.00	Tricor 145mg	90	\$130.00
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Vytorin 10mg/40mg	90	\$150.00	Estring 7.5mcg/24hr	1	\$115.00
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