

Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R

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H - ealth

"The first wealth is health." (Source: Ralph Waldo Emerson)

Make health a priority this year. Health should be more than the absence of disease – read on for ideas.

A - ttitude

"Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity

"A man's health can be judged by which he takes two at a time - pills or stairs." (Source: Joan Welsh)

The U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans* recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial."



For more information and for guidelines for children:
<http://www.health.gov/paguidelines/guidelines/default.aspx>

P - eople

"Love cures people - both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y - our body

"Take care of your body. It's the only place you have to live." (Source: Jim Rohn)

Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

N - O!

"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Source: Josh Billings)

Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list.

You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E - at healthy

"Rich, fatty foods are like destiny: they too, shape our ends." (Source: Author Unknown)

MyPyramid.gov recommends: "To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless baked chicken

Know how. Know now.

instead of fried chicken and choose fresh fruit instead of a fruit pastry.”

For more information on planning healthy menus, visit <http://www.mypyramid.gov>

W - wisdom

“A wise man makes his own decisions; an ignorant man follows public opinion.” (Source: Chinese Proverb)

Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

Y - our hands

Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.” (Source: Centers for Disease Control and Prevention)

Here’s how to wash your hands from the Centers for Disease Control and Prevention:

When washing hands with soap and water:

1. Wet your hands with clean running water and apply soap. Use warm water if it is available.
2. Rub hands together to make a lather and scrub all surfaces.
3. Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
4. Rinse hands well under running water.
5. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

E - nough sleep

“A good laugh and a long sleep are the best cures in the doctor's book.” (Source: Irish Proverb)

According to the 2008 “Sleep in America” poll by the National Sleep Foundation (NSF), “Working too much and sleeping too little takes a serious toll on people’s professional and personal lives,” Some of the findings of the poll included:

- 29 percent of those polled fell asleep or became very sleepy at work in the past month;
- 36 percent have nodded off or fallen asleep while driving

- 14 percent missed family events, work functions and leisure activities the past month due to sleepiness.

Cutting back on other activities rather than cutting back on sleep may be more effective in enhancing the quality of your life.



A - void portion distortion

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)

Rather than worry so much about “what” you eat, consider “how much” you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you’re eating.

R - eading materials

“Be careful about reading health books. You may die of a misprint.” (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from “professionals” with unusual-sounding degrees.