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Health

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-titude

“Health and cheerfulness naturally go together.” (Source: Joseph Addison)

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

P-ysical activity

“A man’s health can be judged by which he takes two at a time — pills or stairs.” (Source: Joan Webb)

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.”

P-eople

“Love cues 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 being too demanding or encouraging you to engage in harmful behaviors.

Y-your 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 saying no too 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 more time moving 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)

ChooseMyPlate.gov recommends: “Calories are the fuel you need to work and play. You even need calories to rest and sleep! Foods and beverages vary in how many calories and nutrients they contain. When choosing what to eat and drink, it’s important to get the right mix — enough nutrients, but not too many calories.”

For more information on planning healthy menus, visit www.choosemyplate.gov.

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-your 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 your hands with soap and water:

• Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
• Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.

• Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
• Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.

E-nough sleep

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

According to a December, 2013 Gallup Poll, 43% of Americans say they would feel better if they got more sleep.

“Insufficient sleep is a public health epidemic,” according to the Centers for Disease Control and Prevention (CDC). Insufficient sleep is linked to motor vehicle crashes, industrial disaster, medical and other occupational disorders. People who don’t get enough sleep also are more likely to suffering from chronic diseases such as hyper-tension, diabetes, depression and obesity, as well as from cancer.

The U.S. Department of Health and Human Services offers tips to help you get a good night’s sleep which are online at http://1.usa.gov/1zaCr8S.

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 dramatic 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 few actual accomplishments.

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Mailed to more than 11,000 households in Lancaster County acknowledged as “Nebraska Extension in Lancaster County with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to www.nlc.nebraska.gov/tbbs
http://lancaster.unl.edu/media
Teri Hlava, Vicki Jedlicka, Cole Meador, Kristen Houska, Emily Schuckman, Jim Wies, Jessica Wolter
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We will only use your phone number in case there is a problem with your mailing address.

More information is at http://fpc.unl.edu/small_business. For an information packet, contact Bill Gifford at jgifford1@unl.edu or 402-472-2819.

ULN’s National Food Entrepreneur Program

The University of Nebraska Food Processing Center offers one-day “Recipe to Reality” seminars for all individuals interested in exploring the idea of starting a food manufacturing business. A seminar will be offered on Saturday, Jan. 24, 8 a.m.—5 p.m. at UNL East Campus in Lincoln. Pre-registration is required and space is limited. Registration deadline is Jan. 7.

Other 2015 seminars in Lincoln are:

• Saturday, June 6
• Saturday, Aug. 8
• Friday, Oct. 30

For an information packet, contact Bill Gifford at jgifford1@unl.edu or 402-472-2819.