

FALL/WINTER 2018



# NEWSLETTER

## FALL INTO ACTION! DAILY TIPS FOR FAMILY EXERCISE

The season for wonderful fall weather is here! The days and nights are cooler. Our weekends are now full with ball games, social events and yard tasks. A variety of physical activities with family and friends can make getting exercise rewarding and fun. As a bonus, family exercising together serves also as quality time -- no small consideration given our jam-packed schedules.

Regular exercise is necessary for physical fitness and good health. Our bodies are meant to move around and actually crave exercise. Physical activity can reduce the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

According to the Department of Health and Human Services, adults should exercise 30 minutes most days of the week and children are recommended to exercise 60 minutes every day. Once you begin to exercise regularly, you will discover many more reasons why exercise is so important to improve the quality of life. Exercise can also reduce stress, lift moods, and improve sleep. So, let us fall into action with getting on the move this season!

Check out this website, <https://healthyforgood.heart.org/move-more/articles/daily-tips-to-help-keep-your-family-active> for ways to help your family turn every day into an opportunity to get fit -- and have fun -- together.



***“You always have time for the things you put first”- Unknown***

# THE IMPORTANCE OF FAMILY MEALS

Family mealtime is declining over time in the United States. Compared to the rest of the world, American children eat together less often than in most other countries. When children eat with their parents, they generally eat more vegetables, milk, and fruit and less unhealthy fats such as saturated and trans fat. Also, children are more likely to consume breakfast. Most studies reveal children who often eat together with their families are less likely to be obese, too.

Beyond nutritional and health benefits, family meals improve kids grades in school, encourage a broader vocabulary, decrease use of controlled substances (alcohol, tobacco, drugs, and marijuana) and reduce problems with depression.

In 1996, Washington State University (WSU) partnered with the Washington State Dairy Council to start a program called “Eat Better, Eat Together” (EBET) to encourage families to improve nutrition and increase family time at the dinner table. EBET program resources include Eat Together, Eat Better lessons, educational materials and incentives, and Eat Together, Eat Better Leader’s guide. These materials were developed in partnership with the USDA FNS SNAP-Ed, WSU Extension Food Sense, and the Washington State Dairy Council. If you interested in this program visit <https://nutrition.wsu.edu/eteb/>



# TIS THE SEASON FOR PRODUCE

Choosing fruits and vegetables in-season is a great idea for several reasons: it saves you money, it saves the environment due to fewer transportation miles causing less carbon emissions. In addition, in-season produce can taste better than out-of-season fruits and vegetables.

The health benefits of a diet rich in produce help reduce your cancer risk according to the American Cancer Society. They recommend the following: consuming at least 2½ cups of vegetables and fruits each day, eating a variety of colorful produce, choosing 100% juice, if you drink vegetable or fruit juices and limit creamy sauces, dressings, and dips with fruits and vegetables.

To view produce available during the cooler seasons of the year go to Fruits and Veggie More Matters at <https://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>.



# HEALTHY WEIGHT CHALLENGE FOR THE HOLIDAYS

Many Americans gain between 1 and 5 pounds each holiday season. It may not seem much, but most people never manage to lose those extra pounds. So, before you do ScaleBackAlabama (SBA) for next year’s resolution try, “Eat Smart, Move More, Maintain, Don’t Gain” Holiday Challenge.

This healthy weight program is brought to you by Eat Smart, Move More of North Carolina. It is a FREE seven-week challenge that provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season. It begins November 13th and ends December 31st. If you are ready for the challenge, you can register now at <https://esmmweighless.com/holiday-challenge-live/>

## TOUCH DOWN TREATS

Half time! Now you are ready to dig into your flavored chicken wings, beefy meatballs, triple meat pizza and deli sandwiches with chips, however you begin to think about the additional workouts to burn off those extra calories. So, why not score a healthy touch down with reduced fat and low calorie tailgate-worthy snacks without a personal foul to your health? Try a few of these slimmed-down appetizers from registered dietitian, Tanya Zuckerbrot, who put together these 10 treats to get you through football season without packing on the pounds. Tune into <http://www.mensfitness.com/nutrition/healthy-recipes/10-healthy-tailgating-snack-ideas>



## CARDIO CIRCUITS FOR INSIDE ACTION

Create a cardio circuit work out that requires little space and equipment for the inside of your home. It offers more cardio benefits, and it will help you burn 30 percent more calories. Cardio circuits are exciting and help spice up your exercise routine. Moving quickly from one exercise to another means your mind doesn't have time to wander or tune out. Visit the American Heart Association to download a great circuit plan to do on the inside during cold months at <https://healthyforgood.heart.org/move-more/infographics/create-a-circuit-home-workout>



## LESS SCREEN TIME, MORE GO TIME

Screen time—that means television, movies, computers games, and web-browsing, any screen that causes you to sit and stare with little physical action. According to the American Academy of Pediatrics, screen time for kids should be limited to one or two hours a day. Children who watch more than two hours of TV a day are more likely to be overweight and often suffer from irregular sleep patterns.

Screen time can be enjoyable, but it shouldn't be a reward for good behavior or a punishment for bad behavior. Make screen time a "non-event" in your school or home. Instead, use recognition and

encouragement for physical activity and healthy eating with your kids. For some action perform great "go" activities instead, such as the following: playing on the playground, riding bikes in the park, playing basketball or tag football, skating at the local rink, brisk walking around the track or the mall, jogging with your dog, and dancing to your favorite upbeat music. Make an effort to promote less screen time and more go time. Track sreen time and use this handy log from the "We Can" Program of the National Institutes of Health at <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/screen-time-log.pdf>



**Healthy Wellness Initiative**  
**Alabama Department of Public Health**  
**The RSA Tower**  
201 Monroe Street, Suite 710  
Montgomery, AL 36130



# NEWS AND EVENTS

## **ALABAMA 21ST CCLC NEW GRANTEE CONFERENCE**

October 16 – 18, 2017  
Hampton Inn & Suites Orange Beach/ Gulf Front  
Orange Beach, AL  
Contact Mark Ward @ [mward@ALSDE.edu](mailto:mward@ALSDE.edu)

## **AMERICAN PUBLIC HEALTH ASSOCIATION MEETING AND EXPO**

November 4 – 8, 2017  
Georgia World Congress Center & Omni Atlanta  
Hotel at CNN Center, Atlanta, GA  
<https://www.apha.org>

## **DIABETES, CARDIOVASCULAR, AND OBESITY CONFERENCE**

November 17, 2017  
Alabama Cattlemen's Association  
600 Adams Avenue, Montgomery, AL  
Contact Debra Griffin @ (334) 206-2066

## **OBESITY TASK FORCE MEETING**

November 29, 2017, 9 AM – 12 PM  
Network with AL partners across the state to  
combat obesity issues  
The University of Alabama, Tuscaloosa, AL  
<http://adph.org/obesity>

## **SCALE BACK ALABAMA 2018 (SBA) KICK-OFF EVENT**

January 9, 2018  
Online pre-registration starts December 1, 2017  
<https://scalebackalabama.com>

## **INNOVATIONS IN WELLNESS CONFERENCE**

December 8, 2017  
Hill Student Center, UAB Campus, Birmingham, AL  
Contact (205) 975-7775 or go to  
[employeewellness@uab.edu](mailto:employeewellness@uab.edu)