

TANK TIMES

Brought to you by HealthChoice

Volume II.1

November 2009

WASH YOUR HANDS!

During the flu season, one of the most important things you can do stay healthy is to wash your hands frequently.

When you don't wash your hands regularly, you can pick up germs from other sources and then infect yourself by touching your eyes, nose, or mouth.

The Centers for Disease Control and Prevention recommends that you wash your hands:

- * Before, during, and after preparing food
- * After using the bathroom
- * Before you eat
- * After changing a diaper
- * After handling animals
- * When someone in your home is sick, wash your hands more often

The correct way to wash your hands is:

- * Wet your hands and apply liquid or bar soap
- * Rub your hands vigorously together and scrub all surfaces for 10 to 15 seconds (about the length of the *Happy Birthday* song)
- * Rinse your hands well and dry them thoroughly

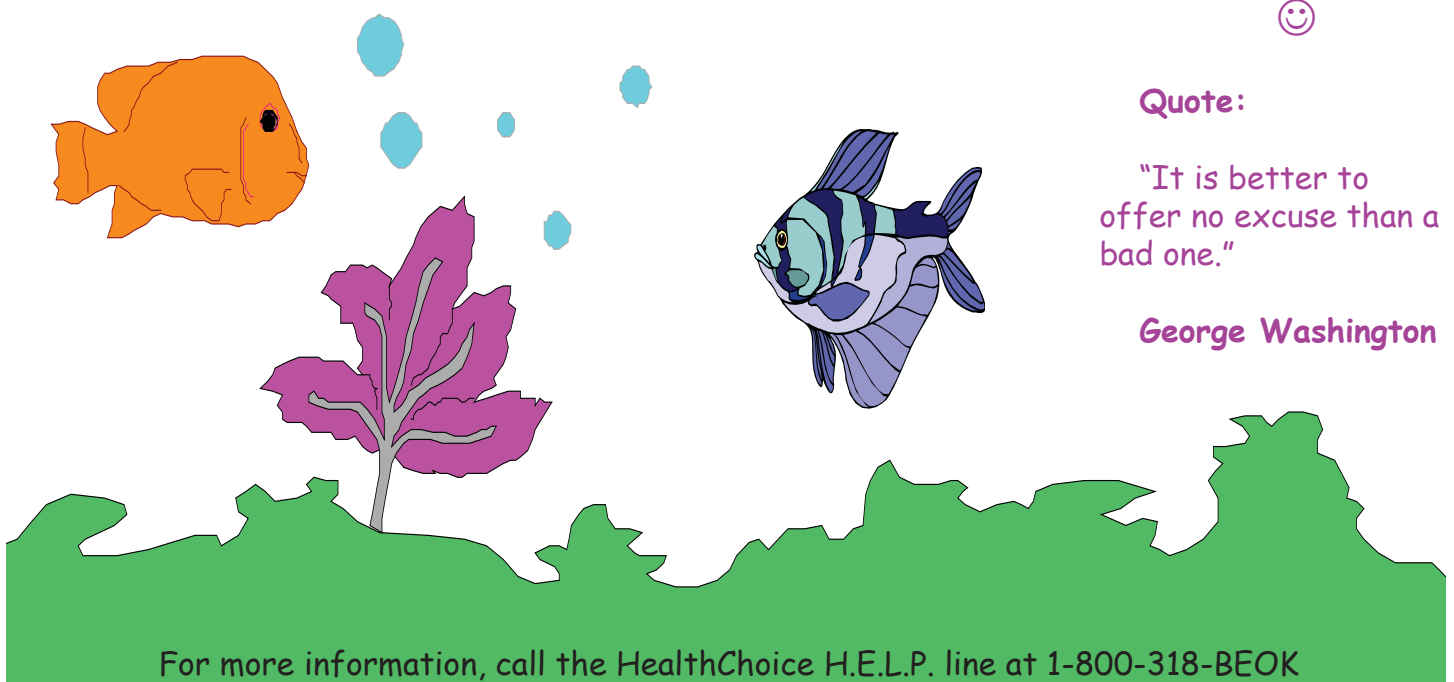
Source: [Centers for Disease Control](#)



Quote:

"It is better to offer no excuse than a bad one."

George Washington



For more information, call the HealthChoice H.E.L.P. line at 1-800-318-BEOK

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AVOID HOLIDAY WEIGHT GAIN

The annual Thanksgiving feast is something that we all look forward to and it marks the beginning of the holiday season. Plan ahead to enjoy this annual celebration without accumulating extra pounds. Here are some tips that can help you maintain your weight while enjoying good cheer this holiday season:

1. Make time for exercise everyday (especially Thanksgiving Day). Start a new tradition by taking a walk, riding a bike, or participating in some other physical activity.
2. Don't arrive to dinner starving. Eat a small, healthy meal before your big dinner and be sure it contains lots of fiber. Try a small bowl of oatmeal or a sandwich with whole grain bread.
3. Use your calories wisely on the foods you love. Don't eat food just because it's available.
4. Enjoy higher calorie foods in smaller portions. Enjoy a small serving of dessert rather than adding a ton of calories by eating an extra large serving.
5. Limit yourself to one plate of food; no second helpings.

Be realistic! During the holidays, set a goal to maintain your current weight and not to lose weight. This will only add more stress to the already stressful season.

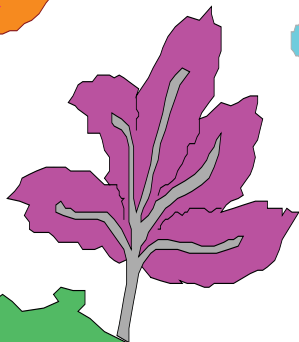
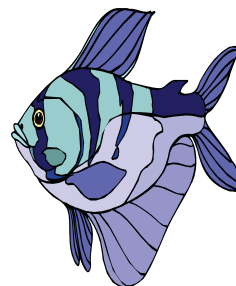
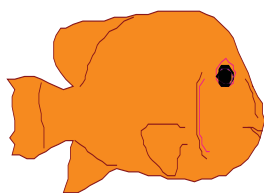
Source: WebMD Inc.



Quote:

"The trouble with eating Italian food is that five or six days later you're hungry again."

George Miller



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WHY BREAKFAST IS SO IMPORTANT

You've heard it time and time again — a healthy breakfast is the most important meal of the day. Breakfast helps "rev" up your system after a night of sleep and provides many important nutrients your body needs to help get you through the day.

Studies have shown that people who eat a healthy breakfast tend to be more alert, less tired, and more energetic. Breakfast eaters also find it easier to maintain a healthy weight.

Your body's energy wears off as increasing demands add stress to your body that is already running on low fuel. By lunchtime, even if you eat a healthy meal, it's hard for your body to maintain enough energy to get you through the day. That's why eating breakfast is so important. If you are in a rush, the Nemours Foundation suggests quick snacks like yogurt, fruit, or whole-grain muffins, but if you have time to sit down and eat a good nutritious breakfast, try the sample menu listed below:

- $\frac{1}{2}$ cup of fruit or vegetables
- 8 fluid ounces of milk
- Two servings of bread/grain, or
- One serving of bread/grain and one ounce of meat

Instead of struggling with low energy, add a healthy breakfast to your diet. Not only will it help you to maintain a healthier lifestyle, you may find the added "boost" you need to help you feel and look your best!

Resource: Nemours Foundation at www.kidshealth.org



Quote:

"One of the most sublime experiences we can ever have is to wake up feeling healthy after we have been sick."

Rabbi Harold Kushner



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SEASONAL ALLERGIES

For those who suffer with seasonal allergies, the fall season can be almost as bad as spring when it comes to itchy, watery eyes, runny nose, and sneezing. Here are some things you can do to help minimize your symptoms:

- ★ For tree and plant allergies, keep your windows shut and use an air filter to cut down on dust, pollen, and mold.
- ★ Make sure your vacuum cleaner is designed to reduce the amount of dust returned to the room, or have someone else do your sweeping.
- ★ Clean up the clutter. Having a lot of knickknacks around the house that collect dust and pollen can worsen your allergy symptoms.
- ★ If you have indoor pets, bathe them regularly and don't let them sleep with you.

For most people, allergies are just an annoyance to deal with each spring and fall. If your allergies are so severe that they often lead to ear or sinus infections, or if you have asthma, you should see your doctor.

Source: WebMD



Quote:

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson

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