



### January Calendar:

- ▶ WIC: 3, 4, 7, 10, 11, 13, 18, 20, 24, 25, 27, 28, 31
- ▶ WILLOW SPRINGS CLINIC: 5
- ▶ MOUNTAIN VIEW CLINIC: 26
- ▶ FAMILY PLANNING: 4, 11, 18, 19
- ▶ IMMUNIZATIONS: 6, 14, 25
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 10, 24

- ▶ HOLIDAY'S (CLOSED):  
CLOSED 17<sup>TH</sup> MARTIN LUTHER  
KING, JR DAY

OVOLUME 102 | O YEAR 11

# Monthly Monitor

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## Fit 4 Life Weight Loss Challenge

Are you ready to get Fit 4 Life? The second annual F4L Weight Loss Challenge will start February 5<sup>th</sup>, 2011.

Participants 12 and older can sign up the month of January at Healthy Lifestyles, 38 Court Square, 417-256-4592. The official weigh-in and measurements will be taken on Saturday, February 5<sup>th</sup> at the The Firm Fitness Center, 1610 Freedom Drive from 9 am-3 pm. There will also be an optional 5K at 10 am weather permitting.

*-This is a 12 week weight loss / fitness challenge for individuals age 12 and older, and a BINGO for kids 5-11*

*-There will be an official first and last weigh in, measurements taken and optional 5k race at the beginning and end of the challenge.*

*-Weekly weigh ins are mandatory and can be done anytime during the week at Healthy Lifestyles*

*-Cost is \$20 per person*

*-Cash and Prizes will be awarded (last year the top team won \$1000)*

Participants will be able to workout for free for the 12 weeks thanks to some of our generous sponsors at the following locations: The Firm Fitness Center and Curves for Women.

There will be a workout of the week (WOW) or nutritional talk each week. Prizes will be offered at workouts and weekly weigh-ins as incentives. The weekly weigh in is mandatory and participants can miss up to 2 during the 12 weeks. If they miss more than 2 they can still participate in the challenge but will not be eligible for prizes.

Information on weekly workouts and tips will be available in a weekly newsletter that will be on the F4L Facebook page, paper copies at weigh in or on the Howell County Health Department website under the F4L tab.

Other sponsors include: McDonald's, Healthy Lifestyles, Howell County Health Department and Donahue Roofing.

For more information about the challenge please call or go to the Facebook page or HCHD website.



**HAPPY NEW YEAR!**

The staff at the Howell County Health Department would like to wish everyone a **HEALTHY and HAPPY 2011!**

The first wealth is health ... ~Ralph Waldo Emerson

# Fast Way to Lose Weight? Get Moving

By RealAge



Torching a few extra calories from your day would be a great way to edge closer to your high school size. And here's a really easy way to do it: Just flip a switch.

Specifically, the on-off switch on your TV remote. In a study, people who chopped their TV time in half dropped an extra 100 calories a day without even trying.

## Small Change, Big Results

Some researchers believe that small day-to-day changes -- like watching a little less TV -- is where it's at when it comes to improving your health. Think about it: Even if the time you take away from TV viewing is spent talking on the phone, reading a book, or writing in a journal, you'd still burn more calories with those semi-sedentary activities than you would if you lounged on the couch watching sitcoms instead.

## A Little Burns a Lot

The TV skippers in the study not only burned more calories during the day but also took in fewer calories as well. Clearly, less time spent absorbing tantalizing advertisements full of fast food burgers and gooey chocolate chip cookies helps keep the refrigerator door shut as well.

## 3 Simple Tips for Losing Weight

**Go to sleep.** Getting enough sleep every night keeps you slim. Why? When your body doesn't get the 7 to 8 hours it needs every night, it doesn't get a full resupply of serotonin and dopamine, two feel-good brain chemicals it craves. So it looks for ways to replenish them, and guess what immediately releases both in the body: sugary foods. That's why when you're tired you start craving sweets! So tuck yourself in early and stay slim.

**Keep your hands full.** You'd think that sitting around playing video games, solitaire, or surfing Yahoo! would be a recipe for putting on pounds. Nope. When your fingers are flying, they're not knuckle-deep in a bowl of chips. Now, that's not to say that endless hours on your duff are good for your waistline, but when you keep your hands and brain occupied, you're not automatically reaching for something to eat. In fact, you're probably not even thinking about food. So the next time you start to open the fridge door, turn on the computer or pick up your knitting instead.

**Pick and stick.** Yeah, sure, variety may be the spice of life. But it can also be the death of dieting. When you have a lot of choices for a meal, it's a lot easier to slip out of good eating habits and into buffet binges. One way to avoid trouble is to eliminate choices for at least one meal a day. Pick the meal you rush through most, and then automate it. For most people, that's lunch. Find a healthy lunch -- maybe salad with grilled chicken or a turkey sandwich on whole wheat bread -- and have it for lunch every day. Every day. Yes, every day. The less you think about food, the easier it is to control your appetite. And decreasing choices decreases temptations.

**All three tips are from two weight-loss experts: RealAge superdocs Michael Roizen, MD, and Mehmet Oz, MD, authors of the huge best-seller, [YOU: On a Diet](#).**

## EMPLOYEE SPOTLIGHT FOR DECEMBER SHARON OWEN

Sharon Owen, Clinical Receptionist was the spotlight employee for the month of December.

Sharon has been with the Health Dept for 12 ½ years starting when we were still South Central Public Health. Sharon not only works as receptionist she also works in the WIC (Women, Infant, and Children's Nutrition Program) Dept as needed and works as a resource person very closely with the nurses.

Sharon has been married for 32 years and has had 4 children and now 3 grandchildren.

Sharon says the best part of her job is getting to meet so many interesting people and knowing that she is helping each one in some way!