



January Calendar:

- ▶ WIC: 3, 5, 6, 10, 11, 12, 17, 18, 19, 20, 23, 26, 27, 30, 31
- ▶ WILLOW SPRINGS CLINIC: 4
- ▶ MOUNTAIN VIEW CLINIC: 25
- ▶ FAMILY PLANNING: 13, 18, 27
- ▶ IMMUNIZATIONS 5, 9, 24
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 9, 23
- ▶ BREASTFEEDING SUPPORT GROUP: 3

- ▶ HOLIDAY'S (CLOSED):
- 2ND - NEW YEAR DAY OBSERVED;
- 16TH MARTIN LUTHER KING JR DAY

OVOLUME 114 | YEAR 12



Monthly Monitor

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Who is ready to get fit and healthy for life? It's time again for the 3rd annual Fit 4 Life challenge. This 12 week challenge focuses on not only weight loss and inches lost but giving individuals the tools and confidence to become fit and stay healthy through exercise and nutrition.

This 12 week challenge will start February 4th and end April 28th. The fee for the challenge is \$20 per person, with all the money collected going back into the challenge for prizes and incentives. Participants can register for the challenge the whole month of January at Healthy Lifestyles, 38 Court Square, West Plains. The official weigh-in will be held Saturday, February 4th at Healthy Lifestyles, from 9 am until 3 pm all day. There will be several people there and private rooms for people to weigh-in and get measured.

Here are some of the benefits participants of the

challenge will get. Participants will be able to work out for only \$10 a month during the challenge at The Firm Fitness Center, Curves for Women and the Civic Center. There will also be WOW (Workouts of the Week) each week of the challenge. Some of the WOW's will be exercise classes, some workouts with personal trainers and some will be focused on nutrition for participants. The WOW's offer a great opportunity for participants to try new fitness classes and talk to trainers about specific fitness questions free of charge. Workouts of the week locations and times will be put in the weekly newsletter that will be available at weekly weigh-ins, on the F4L Facebook page, and on the Howell County Health Department website.

Weekly weigh-ins are mandatory and participants can miss up to 2 weigh-ins, if they miss more they can still participate in the challenge but will not be eligible to win cash and prizes. Weekly weigh-ins can be done during regular business hours at Healthy Lifestyles each week.

For more information call the Howell County Health Dept. at 417-256-7078.



Go Health "Nuts"

Nuts are full of vitamins, minerals and heart healthy fats. Not to mention that certain varieties of nuts contain extra nutritional benefits. Here are the top 4 healthiest nuts to snack on and cook with according to www.eatingwell.com website: #1-Almonds, #2-Walnuts, #3-Pecans, #4-Pistachios. Crunch and munch your way to good health, but remember to watch portion sizes about 1 ounce of nuts is a serving.

6 Resolutions You Should Make in 2012

By [Kerri-Ann Jennings](#), December 21, 2011 - 12:26pm, www.eatingwell.com

The New Year is around the corner and chances are you're starting to think about what resolutions to make in 2012. Getting healthier (and thinner) is a popular goal, but how do you turn that good intention into a resolution you can stick to? The key is breaking down that broad goal of getting healthy into smaller, achievable parts. That's why I've come up with these six achievable resolutions you should make this year (as a registered dietitian and associate nutrition editor of *EatingWell* Magazine, I recommend these healthy habits often).

Resolution #1: Make water your default beverage

Sugar-sweetened beverages, like soda or [iced tea](#), are one of the top five foods that drive weight gain, according to a Harvard study. ([Find out the other top foods that make you gain, plus the top 5 that help you lose.](#)) Choosing water instead of calorie-laden beverages is a smart and easy way to drive down your overall calorie intake, so you may end up losing weight. Plus, a 2010 study in the journal *Obesity* found that adults who drank two cups of water before a meal ate less at the meal and lost more weight over 12 weeks than the group who didn't drink water before eating.

Resolution #2: Let vegetables dictate your meals

When I'm planning meals, one of the first things I consider is what vegetables I want to eat then I'll plan the protein and starch around that. Letting vegetables take the spotlight on your [dinner plate](#) helps you increase the total nutrition on your plate—vegetables deliver healthy phytochemicals, essential vitamins and minerals. Plus, they fill you up on fewer calories than other foods (even healthy foods, like whole grains), so taking a larger serving of vegetables and a smaller serving of whole grains and protein may help if you're trying to lose weight.

Resolution #3: Try new ways (besides salt) to flavor your food

There's no doubt about it—salt adds flavor to food. But too much salt is also linked to high blood pressure, a.k.a. the "silent killer." The daily recommended limit is 2,300 milligrams—the amount in just 1 teaspoon of table salt. Yet most Americans consume more than twice that. To flavor your food without overdoing the sodium, start with fresh ingredients and experiment with new flavorings. Acidic flavorings like lemon or lime juice and vinegar can help bring out a food's inherent savoriness, helping you reduce or even eliminate salt. A sprinkle of fresh grated lemon zest, chopped fresh or dried herbs, garlic or shallots can add an abundance of flavor.

Resolution #4: Choose fruit for your snacks

Snacks—actual, hungry-between-meals snacks, not the it-would-be-fun-to-eat-now kind—are a great opportunity to round out your diet with foods you're not getting in other meals. Fruit is a great choice for snacking, since fresh fruit tends to be low in calories, while delivering fiber and water—two things that can take the edge off hunger. Not only that, fruit provides healthy antioxidants, which may ward off free-radical damage that contributes to chronic disease and even wrinkles.

Resolution #5: Cook one new-to-you whole grain (then try another one!)

We all know we should be swapping out refined grains for whole grains—make half your grains whole is the USDA's recommendation for this food group. But I suggest taking that challenge one step further. Rather than merely opt for whole-wheat toast—again, why not try grains you don't normally eat? Wild rice, polenta, amaranth—there are lots of whole grains out there, each delivering a different flavor, texture and nutrition profile (in general, though, whole grains deliver healthy carbohydrates, your body's main energy source, as well as fiber, vitamins and minerals). Plus, people who eat plenty of whole grains tend to be leaner and have a lower risk of heart disease than those who don't.

Resolution #6: Eat fish twice a week

You know you *should* eat fish twice a week, but if you're like most Americans you're probably eating it less than once a week. Fish isn't just low in calories and packed with protein—it's also a source of the omega-3 fats EPA and DHA, which have been shown to improve heart health and reduce risk of dying from heart attack, reported Karen Ansel, M.S., R.D., in *EatingWell* Magazine. A 2009 *Nutrition, Metabolism and Cardiovascular Disease* study found that people who ate a 5-ounce serving of seafood five times a week for eight weeks lost nearly four pounds more than people who ate the exact same number of calories but no seafood.



The 2011 "Dirty Dozen" of fruit and vegetables with pesticides

These fruit and vegetables have the highest contamination of pesticides. If possible you should purchase these in organic forms.

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Imported nectarines
7. Imported grapes
8. Sweet bell peppers
9. Potatoes
10. Domestic blueberries
11. Lettuce
12. Kale/ collard greens

Here is the "Clean 15" that ranks lowest in pesticides.

1. Onions
2. Sweet corn
3. Pineapple
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Domestic cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

Remember to eat a variety of fruits and vegetables every day!