



W.E. H.E.L.P.

*(Wellness Education-Helping Each other Learn Prevention)*

Coastal AHEC  
September 2009

### The High Cost of Cheap

Not all calories are priced the same. Thanks in part by skewed subsidies, our food system has made it inexpensive to eat badly.

#### \$1.00 can buy:

- 1,200 calories of potato chips
- 875 calories of soda
- 250 calories of vegetables
- 170 calories of fresh fruit

Time August 31, 2009

### Warming Up, Stretching, and Cooling Down

#### 1. Warming up

Before a workout, us slow movements to warm up the muscles you will use. You should walk, jog slowly, or do the activity that you are about to participate in at a reduced pace. This warms up your muscles, preparing them for the more intense activity of the workout itself.

#### 2. Stretching

Once your muscles are warmed up, stretch them. Stretching "cold" muscles



Is not effective and may cause injury.

No single stretching routine is appropriate for every activity, stretching exercises such as the lower back curl, side stretch, hamstring stretch calf stretch, and triceps stretch are a base for you to build on. It is important not to rush when you perform these movements. A pulled muscle can hold you up much longer than a few minutes of warming up/stretching needed with each workout.

When performing stretching exercises do not bounce. Bouncing can tear muscle fibers. Scar tissue can form as a result limiting how much the muscle can stretch in the future.

#### 3. Cooling down.

After you workout, cool down by slowly moving the muscles you used at a reduced pace, much as you did to warm up. Do this for about five to ten minutes. Then stretch your muscles as you did before the workout. This cool-down period helps ease your body back to normal levels of muscular activity.

Reference: *Prentice Hall Health 2007*

### 10 Signs of Alzheimer's\*

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar task at home, at work, or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



\*National Alzheimer's Association

**\*If you wish to unsubscribe/subscribe to W.E. H.E.L.P., please send an email to :  
tdickerson@cahctx.org**

Please share this newsletter with all your family, friends, and coworkers.

## Action Steps for Parents to Protect Your Child and Family from the Flu this School Year



**The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:**

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

**If flu conditions become MORE severe, parents should consider the following steps:**

- **Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- **If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

**Follow these steps to prepare for the flu during the 2009-2010 school year:**

- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home. Talk to your school administrators about their pandemic or emergency plan.

**For more information: Contact CDC 1-800-CDC-INFO (232-4636) or <http://www.flu.gov>**

# ONLINE SAFETY TIPS



The new school year means increased computer use and more time online. While the Internet contains a wealth of educational and social opportunities for kids, the Texas Cable Industry has teamed up with the Attorney General's office to educate parents and children about the dangers posed by Internet predators.

## CYBER SAFETY ON-DEMAND VIDEO

Recently, the Texas Cable Association joined with the Attorney General Greg Abbott and the Internet Safety Coalition to launch an "On-Demand" Cyber Safety Video that is aimed at protecting children and educating parents about the dangers facing children on the Internet. This video is part of cable's continued commitment to helping parents manage the media coming into their homes—whether over television or the Internet—and to ensure its appropriateness for children.



Texas Cable operators have made the video available to their subscribers through on-demand cable services across Texas. Texans with service can access programs at their convenience and pause, rewind and fast forward them. Texas cable customers should check their local listings or call their cable provider for more details. In addition to being accessible through cable networks' on-demand services, the video is available on the Attorney General's web site, located at <http://www.texasattorneygeneral.gov>.

According to the launch release, since 2003, the Attorney General's Fugitive Unit and the Cyber Crimes Unit,

which protects children from online sexual exploitation, have arrested 33 men for using the Internet and maintaining online social networking accounts in violation of their parole.



## CYBER SAFETY RISK AND TIPS

**The three main risk associated with all connected technology are:**

- Inappropriate Contact. Teach kids to recognize and protect themselves against contact with cyberbullies, hackers, phishers, and predators. People aren't always who they say they are. Teach kids to keep away from Internet strangers: the Internet is a place to enhance existing relationships, not a place to meet new people.
- Inappropriate Content. This includes both content that is viewed and uploaded by kids. Help kids understand that the Internet is forever: everything they post online is tracked and stored and will follow them to future job interviews and college entrance interviews.
- Inappropriate Conduct. Because the web environment can feel anonymous, some youth become disinhibited. Teach kids that the Internet is a public forum: anonymity is a myth. Help them to be the good person online that they are when

they're off line.

**Once children understand these core risks, three simple guidelines will help parents provide a safe and healthy experience online:**

- Keep Current with technology. You don't have to be an expert, but a little understanding goes a long way towards keeping your children safe online. Get the basic technical training and learn about new products as they're released.
- Keep checking your children's Internet activity. Know where they go online. Let them know that you'll keep checking because you want them to understand that the Internet is a public forum and never truly private.
- Keep communicating with your children about everything they experience on the Internet. Know their lingo, and ask when you don't understand something. Work to keep communication lines open.

**\*Information provided by the Internet**

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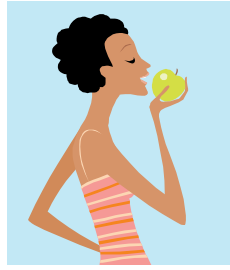
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## Chili Peppers

Hot peppers (chilies) are often used to spice up dishes, and they are especially popular in ethnic cuisine including Mexican, Indian, Thai, Vietnamese, Arab and Spanish cooking. Chilies are an excellent source of vitamin C if you can withstand their powerful bite.

Contrary to popular belief, the hottest part of the chili is not the seeds but where the seed attaches to the white membrane inside the pepper. This area has the highest concentration of capsaicinoids. Capsaicinoids are flavorless, odorless substances that act on pain receptors in the mouth and throat. Capsaicin is the primary capsaicinoid. Capsaicinoids can be found throughout the flesh of chili peppers though their concentration varies in different areas so that one part of the pepper may not be hot and another part of the same pepper quite mild.

The seeds are often hot because they are in such close contact with the white membrane



## FRUIT AND VEGGIES—MORE MATTERS™ MONTH

### Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

### Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

### The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.



### Chili Peppers cont'd.

There are several varieties of chili peppers and each differs in flavor and intensity. Even within each variety, there may differ in how "hot" eat particular chili is. Typically, larger chilies are more mild because they contain less seeds and white membrane in proportion to their size. Most varieties can be found dried, canned, or fresh.

## Featured Recipe!!! Cherry Pepper Salad

### Ingredients:

- 1 ¼ cup fresh sweet cherries, pitted
- 1 cup each thinly sliced sweet yellow and green peppers
- ¼ cup thinly sliced mild chili pepper
- 2 Tbsp finely chopped onion
- 2 Tbsp white wine vinegar
- ½ Tbsp olive oil
- 2 tsp sugar
- Salt and pepper to taste
- 1 Tbsp pickled ginger strips, optional
- 4 cups mixed greens

### Per Serving:

Calories	80
Protein	2g
Fat	2g
Calories from fat	23%
Cholesterol	0mg
Carbohydrates	15g
Fiber	3g
Sodium	100mg

### Steps:

1. Toss together all ingredients except greens
2. Refrigerate 1 hour or longer
3. Serve on mix greens

For more on nutrition and healthy recipes visit <http://www.fruitsandveggiesmatter.gov>