



Health Education

Top 10 Ways to Put More Steps in Your Day

Health experts say walking 10,000 steps a day, or about five miles, can dramatically cut your risk of disease. It's not as hard as you think! Take these steps — and see how quickly your steps add up:

1. Use stairs instead of elevators.
2. After eating lunch, walk for the balance of your break.
3. Go to a colleague's workstation to deliver a message instead of sending an e-mail.
4. Use stairs instead of escalators in shopping malls.
5. Park farther away from a building entrance and walk to it.
6. Walk your shortest errand each day instead of driving.

7. When doing laundry, make more trips by carrying one load at a time up and down stairs.

8. Walk the dog.

9. Take a child for a stroll.

10. Walk around your neighborhood with a friend.

With such simple steps, not only will your employees be talking about walking, they'll be doing it too.

Article from

Back-To-Work Therapy

http://www.imakenews.com/wseb/e_article001069748.cfm?x=bctvqQB,b1H3kkl5

Do not forget to sign up for your On The Move (OTM) points when you exercise at least 20 minutes per day at a FDL community center. Start earning your incentives and feeling better!



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Special points of interest:

- Health Education Calendar
- Booster Seat Prices
- Apple Bread Pudding Recipe
- Flu Shots
- Women's Health Brunch

Booster Seats

Back to School --- Don't forget your Booster Seat!

Booster seats are for big kids! Last school year, 98% of children in grades Pre-K through 4th grade at the Ojibwe School were under the recommended weight and height to be using a car's installed seatbelt, putting the children in danger of injury if the driver had to brake suddenly or if there was a motor vehicle accident. Children should ride in a booster seat until they are 4'9" **AND** 80 pounds.

Why aren't seat belts good enough?

When used correctly, a booster seat can prevent injuries. In a crash, booster seats correct the position of the adult seat belt across the child. Any restraint is better than no restraint, but boosters are 60% safer than seat belts alone. In a crash, poor-fitting adult seat belts can result in serious injury to your child's abdomen, neck and head. Until your child is big enough, a booster seat is needed.

Fond du Lac Public Health Nursing offers low-rise booster seats for \$10.00 and High Back Booster seats for \$22.00.

Please join us for a carseat / booster seat class. Monday October 13th, Monday October 27th, Thursday November 6th, Thursday November 20th, Monday December 8th, and Monday December 22nd. All classes start at 2:00. Please enter at door #3 by Social Services. **To register please call 218-878-3759.**

Food Safety

With the winter holiday season approaching, it is important to remember basic food safety in order to keep you and your family healthy. Food safety risks at home are more common than most people think. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

Clean: Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

Separate: Keep raw meat and poultry apart from foods that won't be cooked.

Cook: Use a food thermometer – you can't tell food is cooked safely by how it looks.

Chill: Chill leftovers and takeout foods within 2 hours of being cooked and keep the fridge at 40 °F or below.



Low Back Booster \$10.00 High Back Booster \$22.00

Women's Health Brunch

Tribal Center ENP

October 11, 2008

10AM—Noon



To find out more about food safety, visit: befoodsafe.gov



Have more questions? Click on Ask Karen or call 1-888-MPHotline.

Apple Bread Pudding

INGREDIENTS

- 1/4 C. granulated sugar
- 1 t. ground cinnamon
- 2 C. 1% lowfat milk
- 1 C. egg substitute
- 1 T. brown sugar
- 1 1/2 t. vanilla extract
- 8 slices stone-ground 100% whole-wheat bread, toasted and cut corner-to-corner
- 2 large apples, cored & diced

OPTIONAL

- 1 1/2 Pint lowfat vanilla frozen yogurt

Number of Servings: 9

DIRECTIONS

1. Heat oven to 375 degrees. Coat a 9" square baking dish with nonstick spray. 2. Mix sugar & cinnamon. In a bowl, blender, or food processor whisk or blend milk, egg substitute, brown sugar & vanilla extract. 3. Arrange half the toast in baking dish; sprinkle with half the cinnamon-sugar and apples. Repeat layers. Pour milk mixture over top. 4. Bake uncovered 40-50 minutes until a knife inserted in center comes out clean. 5. Cut in squares; top with scoops of frozen yogurt.

Recipe from:

<http://recipes.betterrecipes.com/betterrecipes/recipes/printRecipe.jsp?recipeId=00000001122>

Halloween Safety: Tips For Parents About Treats

- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- Tell children not to accept--and, especially, not to eat--anything that isn't commercially wrapped.
- When children bring their treats home, discard any home-made candy or baked goods. Parents of young children should also remove any choking hazards such as gum, peanuts, hard candies or small toys.
- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.
- Children shouldn't snack while they're out trick-or-treating. They should wait until they get home and parents have had a chance to inspect the goodies. To help prevent children from munching, give them a snack or light meal before they go--don't send them out on an empty stomach.

<http://www.fda.gov/oc/opacom/kids/treats.html>

Quit Smoking & Save \$

• 1 pack a day = \$ 130/month

• 1 pack a day = \$ 1,591/year

• 1 pack a day = \$ 7,957/five yrs

Change your life, be healthy and have more fun!

Widoowkowishin Quit Plan Center

For information call the Fond du Lac Reservation

Smoking Cessation Educator at 878-3707

Winter Health and Safety Tips for Cold Months Ahead

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions and a person's age and state of health. Follow these tips in cold weather:

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
- Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.
- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing on ice and snow.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you or someone you are trying to help has hypothermia or frostbite.
- Recognize the symptoms of hypothermia that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.
- Holiday traveling and winter can also be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.

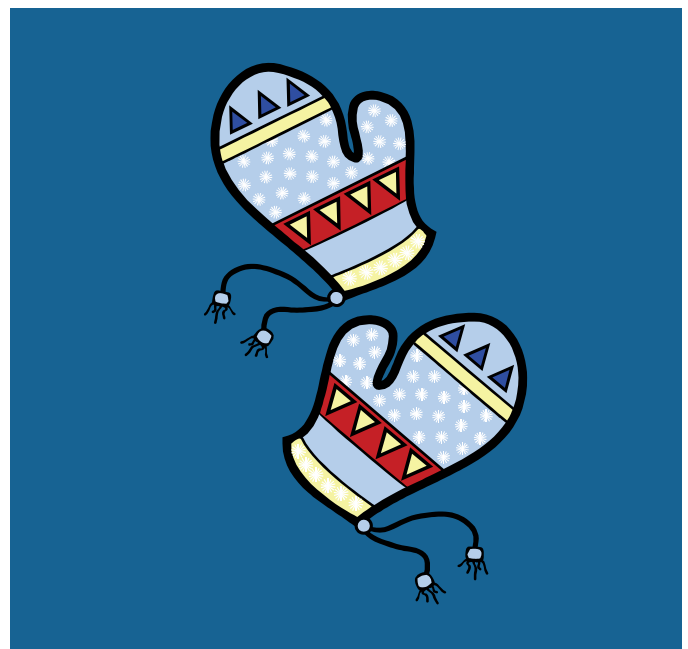
- Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.

Additionally, weather-related illnesses also afflict millions during the winter months. From the common cold to influenza, many sicknesses spread from person to person when an infected individual coughs or sneezes, and simple precautions can help stop the spread of those germs.

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often.
- Avoid touching your eyes, nose or mouth.
- Stay home from work when you are sick and check with a health care provider when needed.
- Practice other good health habits, such as getting plenty of rest, managing your stress level and drinking plenty of fluids.

For more on this article or on safety kits visit:

http://www.redcross.org/article/0,1072,0_312_3683,00.html



October 2008

Health Education Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>2</i> Bimajii FDL Library 4:30— 5:30 PM On The Move 12-1 PM TC 3-4PM Sawyer CPR/FA CAIR 8:30-4:30	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>7</i> CPR/FA MNAW 8:30-4:30 Water Workout Pool 12-1PM	<i>8</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>9</i> Bimajii FDL Library 4:30— 5:30 PM	<i>10</i>	<i>11</i> Women's Health Brunch ENP 10-Noon
<i>12</i>	<i>13</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>14</i> Water Workout Pool 12-1PM	<i>15</i> Elder Exercise 9-11AM Cooking Class ENP 5-7PM Water Aerobics Elders Pool 8-9	<i>16</i> Bimajii FDL Library 4:30—5:30 PM On The Move 12-1 PM TC 3-4PM Sawyer	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>21</i> On The Move Brookston 3-4 Water Workout Pool 12-1PM	<i>22</i> Elder Exercise 9-11AM Cancer Conference @ Black Bear Water Aerobics Elders Pool 8-9	<i>23</i> Bimajii FDL Library 4:30—5:30 PM Cancer Conference @ Black Bear	<i>24</i> Cancer Conference @ Black Bear	<i>25</i>
<i>26</i>	<i>27</i> Elder Exercise 9-11 Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>28</i> Water Workout Pool 12-1PM	<i>29</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>30</i> Bimajii FDL Library 4:30—5:30 PM	<i>31</i>	

November 2008

Health Education Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>4</i> CPR/FA MNAW 8:30-4:30 Water Workout Pool 12-1PM	<i>5</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>6</i> Bimajii FDL Library 4:30—5:30 PM On The Move 12-1 PM TC 3-4PM Sawyer CPR/FA CAIR 8:30-4:30	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>11</i> HOLIDAY	<i>12</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>13</i> Bimajii FDL Library 4:30—5:30 PM	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>18</i> On The Move Brookston 3-4 Water Workout Pool 12-1PM	<i>19</i> Elder Exercise 9-11AM Cooking Class ENP 5-7PM Water Aerobics Elders Pool 8-9	<i>20</i> Bimajii FDL Library 4:30—5:30 PM On The Move 12-1 PM TC 3-4PM Sawyer Great Native American Smokeout	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>25</i> Water Workout Pool 12-1PM	<i>26</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>27</i> HOLIDAY	<i>28</i> HOLIDAY	<i>29</i>
<i>30</i>						

December 2008

Health Education Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>2</i> CPR/FA MNAW 8:30-4:30 Water Workout Pool 12-1PM	<i>3</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9	<i>4</i> Bimajii FDL Library 4:30— 5:30 PM On The Move 12-1 PM TC 3-4PM Sawyer CPR/FA CAIR 8:30-4:30	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>9</i> Water Workout Pool 12-1PM	<i>10</i> Elder Exercise 9-11AM Cancer Ed Support Group 5-7 PM Library Water Aerobics Elders Pool 8-9	<i>11</i> Bimajii FDL Library 4:30—5:30 PM	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i> Elder Exercise 9-11AM Water Aerobics Elders Pool 8-9 Yoga McKnight MNAW 12-1PM	<i>16</i> On The Move Brookston 3-4 Water Workout Pool 12-1PM	<i>17</i> Elder Exercise 9-11AM Cooking Class ENP 5-7PM Water Aerobics Elders Pool 8-9	<i>18</i> Bimajii FDL Library 4:30—5:30 PM On The Move 12-1 PM TC 3-4PM Sawyer	<i>19</i>	<i>20</i>
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