



Wyoming Health Council

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HEALTH BEAT - January 2009

We are pleased to welcome you to the new, re-focused *Health Beat* e-newsletter of the Wyoming Health Council (WYHC). Our new *Health Beat* will be a quarterly publication that will contain information, tips and resources to help *everyone* implement a worksite wellness program to promote healthier living!

Keep Those Resolutions All Year Long

The start of a new year often means the start of new habits. Eating healthier food and becoming more physically active is often on the top of many people's list. To be successful, begin with small realistic goals!

- **Eat breakfast every day.** Skipping breakfast makes you more likely to eat more later on in the day! Choose a quick, healthy breakfast such as yogurt with fruit or toast with sliced banana and a bit of peanut butter.
- **Drink water.** Make water more appealing by keeping it cold in a fridge or adding a slice of fruit for flavor.
- **Eat smaller food portions.** When eating out, save some of your meal and take it home to make another meal or split one meal between two people.
- **Start or maintain your physical activity routine.** Regular physical activity is an important part of staying healthy! Keep up your good habits before, during, and after the New Year. If you need extra encouragement, be physically active with a co-worker or start an activity such as gardening or bicycling.
- **Prepare a healthy lunch at home and take it to work.** Taking your lunch to work helps you avoid last-minute lunch choices, which often result in selecting high-fat and high-calorie options. Think about healthy lunches before your next trip to the grocery store, and stock up on healthy food items so that making your lunch will be easy.

Want more ways to help you stick to your healthier living New Year's resolutions? Visit these websites: www.cdc.gov , <http://about.com/health/> , www.health.msn.com or www.cancer.org .

Other Helpful Web Links

<http://www.nata.org/newsrelease/winterexertips2008.pdf>—Tips to stay motivated and in shape during the winter months.

www.mypyramid.gov – The Food Pyramid, its 12 models geared to different people, online tools, and dietary guidelines

www.definitionofwellness.com – A great holistic wellness facts, tips, and self-assessments!

<http://www.healthywomen.org/> - National Women's Health Resource Center

<http://www.health.com/health/> - Health news, wellness, and medical information

<http://www.health.gov> – A portal to key health information from the U.S. Government

<http://www.bam.gov/> - CDC wellness site for children

<http://kidshealth.org/teen/> - Nemours Foundation wellness site for teens

http://www.health.harvard.edu/Wellness_and_Prevention/ - Disease prevention and general health and wellness information from Harvard

Coming Soon!

WYHC is in the process of developing a totally new agency web site that will have a *Worksite Wellness* page with lots of tools and resources to help us *all* live healthier lives!