



HEAL

Health Education & Awareness for a Lifetime

December
2013

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



Ideas for Healthy Stocking Stuffers



Stocking stuffers are so often left to the last minute and end up being candy. Not that there's anything wrong with that idea! The holidays are all about special treats. But...here are some ideas for healthier alternatives.

For runners, walkers and fitness enthusiasts...

- Earbuds that fit behind the ear
- Water bottles that hold an id card, key and a few dollars
- Reflective vest
- Touch pad gloves
- Moisture-absorbing beanie
- Small flashlight with a wrist strap
- Blister block
- Lip balm
- Anti-chafing cream
- Cooling towel
- Chamomile-infused Epsom salts
- Heart rate wrist monitor
- Yoga mat
- Herbal tea bags
- Resistance bands
- Clif Bars in seasonal flavors
- Shock absorbent socks
- Aromatherapy heating/cooling pads

For children...

- Frisbees

- Jump ropes
- Hacky Sacs
- Healthy trail mix
- Honey straws
- Bike reflectors
- Reflective patches
- Toothbrush, paste and floss
- Pedometer
- Hand sanitizer for belt loop or bag
- Lip balm
- Single Serving cereal boxes
- Granola single-serving bags
- Clementines
- Bell or horn for bike
- Sidewalk chalk

For those who love to cook...

- Salts from around the world
- Herb packets
- Collapsible silicon measuring spoons and cups
- All-natural flavorings
- Herb mincer
- Silicon collapsible mini-pinch bowls
- Small bottle of olive oil or flavored vinegar

Let your imagination run wild by looking at sporting goods and cooking websites or searching for "healthy Stocking stuffers."

Have a healthy holiday! Here are ways to avoid the holiday weight gain we all dread! These are easy and sensible, so try them and enjoy the season.

Start Out Small...our typical portions are bigger than they should be. Take a smaller serving than you think you want and remember you can always go back for more. If you eating out, ask the server to put half the food in a to-go box before they bring the meal to the table.

Watch the Drinks...eggnog, hot chocolate and the like can quickly add on pounds. Enjoy your drink and then follow it up with a glass of water or herbal tea. The water will balance out your calorie intake and keep you hydrated.

Move It...make or keep a walking habit every day. It doesn't have to be miles long, even ten minutes, three times a day will help burn the additional calories and make you feel better.

Eat Mindfully...look at what you eat and think about the taste and texture. Mindless eating happens easily when we eat something and don't pay attention because we're talking to others or watching TV. Take a few pieces of the food or snack and walk away.

Bring Something Healthy...office parties and pot lucks are infamous for sweets and delicious fattening foods. If you are asked to bring something, make it healthy. Veggies and cheese, hummus and chips, there are lots of great ideas on the web to choose from.

Get Some Rest...holidays are demanding of our time and energy. It seems we never stop during the season. Plan some down-time with your family or some quiet time for yourself and get a nap on busy days. Don't cut yourself short on sleep - keep your bedtime routine as much as possible.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes are scheduled for **January 7– February 4 from 6:30-8:30 p.m.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



Stop Smoking Classes... Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya Hobby at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).

Basic First Aid... Please call for more information on the next class at the Health department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Hands-Only CPR, No Excuses



The next Hands-only CPR class is on Thursday, January 16 from 7-9 p.m., 2014 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person, **the fee must be paid in advance and there is no refund.**



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.