



# HEAL

Health Education & Awareness for a Lifetime

January  
2014

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



## Happy New Year

It's a new year and time that many of us make our resolutions for change. There are so many resolutions to choose - exercise more, organize at home better, increase family time, lose weight, save more money, etc. If we try to change too many things too quickly, nothing will change. Studies show that a real change takes 21 to 30 days. Here are some tips for making those resolutions really work.

- When you make resolutions, choose just a few - no more than three to five and stick to them.
- Choose one at a time to work on.
- Think about the steps you must take for each resolution to work.
- Make your resolutions **SMART**
  - \* **S**pecific - What, when, where and how are you going to do this? *I will start walking for exercise.*
  - \* **M**easurable - How much/many/long will I do it? *I will start walking 1/2 mile two times per week.*
  - \* **A**chievable - Can I get this done the way I have it planned? (You can't start by running a marathon.)
  - \* **R**ealistic - Is it realistic for me to do this with all the other things I have to do? (If you work on Saturday, pick another day to start.)
  - \* **T**imely - Does it have a beginning and an end? *I will start the first Saturday in January and keep doing it until the end of March.*
- Print out or make a blank calendar page with 30 days or blank blocks numbered 1-30.
- Write your resolutions at the top of the page.
- Write the steps to your resolutions in the date blocks.

As the days go by, cross the days off with a colorful marker. Seeing the days go by and the steps to your resolutions take effect, will encourage you to continue your efforts. At the end of the 30 days, ask yourself a few questions:

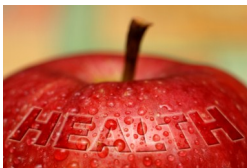
- How did I do?
- Do I need to refine my resolutions?
- Do I need change the steps to any of them?
- Do I even need to start over on one or more of them?
- Have I succeeded with any of my resolutions?

If you have been truly successful in making one or more of the changes you identified, choose a few more to try. Good luck and Happy New Year!



## Eight Ways to Live Healthier...

1. **Mindless Eating**...Never eat while watching TV, playing video games or working. Pay attention to what you are eating - the flavor, the texture, the temperature and the amount.
2. **Late Night Snacking**...Pick a cut-off time for eating at night and consider the kitchen "CLOSED", finish the day off with a favorite healthy snack and then brush your teeth.
3. **Constant Munching**...Pick specific times to eat a healthy snack - 10 a.m., 2 p.m., etc. and keep only a few healthy snacks around.
4. **Skipping Breakfast**...Plan some quick breakfast choices that are easy to make and take - smoothies, muffins, fruit and cheese combos.
5. **Eating When Upset**...Think of different ways to deal with the emotion rather than eating. Take a walk, meditate, call a friend, yell into a pillow - just don't reach for food.
6. **Eating Too Fast**...Slow down and put your fork down between bites, cut food into smaller pieces, chew slowly and never eat in your car!
7. **Not Sleeping Enough**...Get into bed the same time each night, turn off any electronics at least one hour before that time (the bluish light keeps the brain stimulated longer than regular light). Keep the bedroom cool and quiet.
8. **Too Much Couch Time**...Set time limits for how long you watch TV, play video games or surf the web. Take frequent breaks, stand up, walk around and stretch.



**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](mailto: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.. The next class series starts on February 11.** 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.



**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.