



*Sedgwick County...
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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

The Holidays Healthier!

(Sedgwick County, Kansas) – Bad health habits (eating more, moving less and finding oneself in a generally more stressed situation) are often synonymous with the holiday season. The Sedgwick County Health Department offers the following tips to help you get through this season as healthy as possible:

- **Eat and drink in moderation.** Carefully monitor your fat, sugar, caffeine, and alcohol intake during the holiday season. Concentrate on sampling only one or two special foods at each holiday celebration.
- **Get plenty of sleep.** Pay attention to your body's need for sleep during this intense time of year. Be especially mindful this year because of H1N1 flu which may still be circulating in the community.
- **Don't skip meals before or after a big celebration.** This practice creates a famine-feast-famine cycle.
- **Eat breakfast!** Breakfast-eaters report maintaining a better mood and more energy throughout the day.
- **Lose the bowls of high-fat foods** like chocolate, and replace them with small low-fat crackers, popcorn, pretzels, and hard candy.

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- **Give yourself the gift of planned physical activity.** Make exercise a priority by scheduling it into your routine. Physical activity is an effective method for preventing weight gain during the holidays by burning calories, suppressing appetite, and helping deal with stress. Current recommendations are to engage in 150 minutes of intentional physical activity each week.
- **Drink water.** Not drinking enough water is the first thing that will impact your mood. Without it, you won't be able to exercise at peak levels, and you won't burn fat as readily. Drinking ample amounts of water is also important for keeping your kidneys, bladder and other internal organs functioning properly.
- **Get vaccinated against the flu!** You can receive your FREE H1N1 flu vaccine at the Sedgwick County Health Department's H1N1 Vaccine Clinic (4095 East Harry). The clinic will be open today (Wednesday, December 23) from 2-7 p.m. Next week the clinic will be open Monday, Tuesday and Wednesday (December 28 – December 30) from 2 – 7 p.m.

To help residents eat healthier during the holiday season, the Sedgwick County Health Department has created "The Holidays Healthier Cookbook." The cookbook includes healthier, lighter versions of many traditional favorites. This cookbook can be found online at www.sedgwickcounty.org.

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