It’s time!!

2019 is the year to get healthy!!

Eat Healthier!

Move More!

Manage Weight!

Manage Stress!

Get Enough Sleep!

Don’t use tobacco!

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“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” Romans 12:1
Are you an Apple or a Pear?

You are a Pear shape if the majority of your excess weight is at your hips and lower body.

You are an Apple shape if the majority of your excess weight is at your belly and upper body.

This Apple weight pattern is linked to:

- Colon Cancer
- Type 2 diabetes
- High blood pressure
- Heart Disease

Keep an eye on that waistline!

Goal for Optimal Health:

Women—waist to be 35 inches or less.

Men—waist to be 40 inches or less.

Weight Loss Tips...

- Drink more water—8 glasses daily
- Be more active—30 minutes daily
- Eat more fruits & vegetables—5 servings daily
- Limit processed foods
- Get plenty of sleep
- Reduce stress

Remember a healthy weight loss is 1-2 pounds a week!
Ways to eat healthier in 2019

- Eat smaller portions.
- Use smaller plates.
- Avoid second helpings.
- Order salad dressings on the side.
- Cutting fat in diet can cut calories.
- Eat slower at meals.
- Eat raw veggies for snacks.
- Avoid other snack foods.
- Eat more fruits and vegetables—especially the ones you enjoy raw.
- Eat more fish and chicken.
- Get healthy fat in your diet—avocados, tuna, salmon, mackerel, trout, walnuts & almonds, etc.
- Use canola, peanut, or olive oil.
- Avoid solid shortening.
- Avoid fried foods.
- Avoid processed foods.
- Limit sweets.
- Get more fiber in your diet—whole grain breads, cereals, & crackers
Upcoming Events

- **Health Committee Meeting**—January 3, 2019 at 5:30 pm EST.
- **Daniel Plan**—January 2019
  *See Matt Loper or Ashley Neat for details*
- **Check.Change.Control.**—February 2019
- **5K and Biometric Screenings**—April 13, 2019 at DCC.

*American Heart Association.*

*Take a small step everyday*