

This Issue:

Did you know?

Upcoming events

Healthy Holiday Habits



Like

Like us on Facebook or check out our website at clarkecountypublichealth.org

If you have specific topics you would like to read about in our newsletters, feel free to contact our Health Educator at 641-342-3724 or EMAIL clarkehe@2mediacombb.net.

Got Health?

Clarke County Public Health

Did you know?

- The first Thanksgiving was actually a three-day celebration.
- It's unclear if colonists and Native Americans ate turkey at the first Thanksgiving.
- Today, a special part of Plymouth, Massachusetts, looks just as it did in the 17th century.



- While president, Thomas Jefferson refused to declare Thanksgiving as a holiday.
- The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.
- The first Macy's Thanksgiving Day Parade didn't feature any balloons.
- In 1939, Thanksgiving was celebrated on the third Thursday in November—not the fourth.
- About 46 million turkeys are cooked for Thanksgiving each year.
- You might consume up to 229 grams of FAT during the big meal...that's 2,061 calories alone!
- Only male turkeys actually gobble.
- Most Americans like Thanksgiving leftovers more than the actual meal.
- There are four places in the country named Turkey.
- An estimated 50 million pumpkin pies are eaten on Thanksgiving.



UPCOMING EVENTS:

October 30th
*Trunk or Treat
5:30-7:00pm*

November 2nd
*Wine Walk
5:30-8:30pm*

November 12th
*County offices closed
in observance of
Veterans Day*

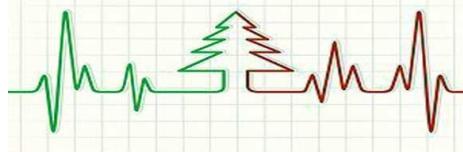
November 22nd-23rd
*County offices closed
in observance of
Thanksgiving Holiday*



Black Friday is the busiest day of the year for plumbers.

Healthy Holiday Habits

Stay Healthy DURING THE HOLIDAYS



During the four-week holiday period the average weight gain is more around one pound than the five to 10 pounds that some people think it is. Even though the good news is only one pound, people typically don't lose the one pound once they've gained it. On average, a person gains two pounds per year which breaks down to approximately 20 pounds in a decade!

If you are wondering why this is bad, think about this: add 20 pounds in your 40's, another 20 pounds in your 50's and all of a sudden you have increased your risk for heart disease, cancer and diabetes. But don't worry! It gets worse....

Overweight people tend to gain more than just the one pound; studies show that overweight people gain about five pounds during the holidays. What is it about the holiday lights, the smell of gingerbread cookies and Christmas music that packs on the pounds? It's not just one thing, but a bunch of things like

- Stress
- Alcohol
- Big celebratory meals
- Sweets
- A reduction in exercise

Drink Wisely

Extra drinks per week during the four weeks of the holidays adds extra calories and can lead to poor sleep and a greater consumption of food. This may not sound so bad but they definitely contribute to that one pound weight gain. Plan your nights accordingly that will lead to indulging in alcohol and skip the nights that are less festive.



Appetizers

Protein will help satisfy you and ultimately help you eat less, but you must choose your protein wisely. Four pieces of shrimp cocktail is a good protein choice for only 46 calories. Chicken skewers and prosciutto wrapped asparagus are other good options for smart protein starters.



Plan indulgences

At your favorite family get together with your Grandma's famous chocolate cake, plan to indulge in a small slice! This will take away the guilty feelings and overeating that may follow. Try



to plan for no more than two each week during this season.

Freeze leftovers

At a big holiday meal people often consume 3,000 calories and do it again with the leftovers the next day. Instead of keeping the leftovers in the fridge, freeze them right away so it takes more effort to dig them back out. Another way to be prepared is buying Tupperware ahead of time to load up doggie bags for guests to take home.



Keep your healthiest qualities in check

Are you a breakfast eater? Do you always have a healthy afternoon snack? People will often put their healthy behaviors aside during this time of year. Acknowledge two (we all have some!) of your very best habits and focus on keeping them consistent throughout the holiday season.



Wake up and get your exercise on

Research shows that women who worked out in the morning moved more during the rest of the day and responded less to pictures of tempting food compared to the days they did not work out in the morning. Schedule it in so this habit doesn't go to the back burner during this time of year!