

# TANK TIMES

Brought to you by HealthChoice

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## TIPS ON KEEPING YOUR NEW YEAR'S RESOLUTIONS

It's that time of year again! Time to make a commitment to change and then feel guilty next month because you haven't. Here are some tips to help you keep your resolutions:

- ★ Make a plan then map it out into small steps. If your goal is to lose 20 pounds by June, then break it down into how much weight you are going to lose this week then next week and so on.
- ★ Make your goals realistic. Avoid resolutions like "I'll never eat chocolate cake again."
- ★ Don't try to change everything in your life all at once. Make a list and choose one or two things. When you reach those goals, look at your list again and pick another.
- ★ Keep track of how well you are doing. Write down your successes as well as your setbacks. Look at the steps you took to succeed when you feel like your resolve is weakening.
- ★ Tell your family and friends your goals. They can be the best support you will have in reaching your goals

Source: [Findapsychologist.org](http://Findapsychologist.org)



Quote:

"If you think you can, you can. If you think you can't, you're right."

Mary Kay Ash

For more information, call the HealthChoice H.E.L.P. line toll-free at 1-800-318-BEOK

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## WINTER SPORTS SAFETY

### Skiing/Snowboarding:

- ☛ Wear goggles, a helmet, wrist guards and knee pads.
- ☛ Never ski alone.
- ☛ Be especially cautious entering and exiting the ski-lift line.
- ☛ Stay on marked, open trails, be aware of other skiers, and don't ski out of control.
- ☛ Never stop in the middle of a busy trail or where you're not visible to skiers uphill.

### Sledding:

- ☛ Wear a helmet, heavy gloves, and boots.
- ☛ Kids under 6 years old should always ride with an adult.
- ☛ Sit with feet facing forward. Never lie flat or go headfirst. This increases the risk of head or abdominal injury.
- ☛ Practice stopping a sled by dragging your feet in the snow.

### Ice Skating:

- ☛ Skate in the same direction as the crowd, and don't dart across the ice.
- ☛ To prevent collisions on the ice, learn how to stop correctly and safely.

Source: Parents Magazine



### Definition

Treeware:  
Hacker slang for  
documentation  
or other printed  
material."

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## TIPS FOR WINTER WARMTH AND SAFETY

Following are some tips to keep you safe outdoors this winter:

- \* Wear loose, lightweight clothing in layers. The air trapped between the layers will insulate your body and help keep you warm. If you need to, you can remove layers to keep from becoming overheated.
- \* Also remember, mittens will keep your hands warmer than gloves. You can lose a lot of your body heat from your head; so be sure to always wear a hat.
- \* Try to stay dry. Hypothermia can develop when your body loses heat faster than it retains it; so replace wet clothing with dry as soon as possible.
- \* Avoid overexertion if you are not physically fit. The strain from cold temperatures and heavy labor, such as shoveling snow, can cause a heart attack.
- \* Frostnip is the early warning sign of frostbite. It usually affects areas of the skin that are exposed to the cold, such as the cheeks, nose, and ears. Frostnip will turn those areas white and they will be numb. If you notice these warning signs, get indoors, remove any wet clothes, and immerse the chilled body parts in warm (not hot) water until the feeling returns.
- \* Make sure your car is winterized. Check your antifreeze and make sure your tires are inflated to the right pressure.
- \* If you are going to be traveling, check the road conditions and weather reports for your route.

Source: Mayo Clinic



Quote:

"We shall never know all the good a simple smile can do."

Mother Teresa

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## GOOD HEALTH HABITS FOR PREVENTING THE FLU

The single best way to prevent the flu is to get vaccinated each fall. However, good health habits and taking antiviral medications are other important measures you can take to help protect yourself against the flu.

Some good health habits are:

- ✓ **Avoid close contact.** Avoid close contact with people who are sick. Or if you are sick, keep your distance from others to protect them from getting sick too.
- ✓ **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- ✓ **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- ✓ **Clean your hands.** Washing your hands often will help protect you from germs.
- ✓ **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

If you choose to take antiviral medications, remember, they can only be prescribed by a physician.

Source: [Centers for Disease Control and Prevention](#)



Quote:

"Curiosity killed the cat, but for a while, I was a suspect."

Steven Wright

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