

TANK TIMES

Brought to you by HealthChoice

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WHY BREAKFAST IS SO IMPORTANT

You've heard it time and time again — a healthy breakfast is the most important meal of the day. It helps rev up your system after a night of sleep and provides many important nutrients your body needs to help get you through the day.

Studies have shown that people who eat a healthy breakfast are generally more alert and energetic. People who regularly eat breakfast also find it easier to maintain a healthy weight.

Your body's energy wears off as the day's demands add stress to your body. By lunchtime, even if you eat a healthy meal, it's hard for your body to catch up and maintain enough energy to get you through the day. That's why eating breakfast is so important. If you're in a rush, the Nemours Foundation suggests you opt for quick snacks like yogurt, fruit, or whole-grain muffins; but if you have time to sit down and eat a good nutritious breakfast, try the sample menu below:

- 1/2 cup of fruit or vegetables
- 8 ounces of milk
- Two servings of bread/grain, or
- One serving of bread/grain and one ounce of meat

Instead of struggling with low-energy levels everyday, try eating breakfast. You may find the added boost to your body is just what you needed to help you feel your best!

Resource: Nemours Foundation



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

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IS YOUR CHILD TOO SICK TO GO TO SCHOOL?

It's early in the morning and your child complains about not feeling well. What do you do in a situation like this? How do you decide if your child is too ill to go to school?

First, check to see if a fever is present. If your child has a temperature above 100.4 degrees, the Mayo Clinic recommends you wait 24 hours before sending your child to school.

Next, review any other symptoms your child may be having. If your child has more than one bout of vomiting or diarrhea, they may have a stomach flu or some other bug and they should be kept home until symptoms clear up.

A persistent cough, especially during the day, could mean your child has a cold, allergies, or asthma that is acting up. It could also indicate a secondary illness such as a sinus infection or pneumonia. Depending on the severity of the cough, you may want to consider keeping your child home until symptoms improve.

If your child's eyes are red, cloudy, or have a yellow discharge, they may have pink eye (conjunctivitis). Be aware that it can be highly contagious. Until these symptoms go away, it's best to keep your child home.

The best thing kids can do to prevent illness is to wash their hands thoroughly and frequently. Germs are the number one way illnesses are transmitted from one child to another. Also, make sure your child eats properly and gets plenty of exercise. This helps them build a strong immune system to help fight off or recover more quickly from illness.

Resource: Mayo Clinic



Quote:

"My illness is due to my doctor's insistence that I drink milk, a whitish fluid they force down helpless babies."

W. C. Fields

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HOW MEN CAN PREVENT THE TOP 4 HEALTH THREATS

The number one health threat men face is heart disease, followed by cancer, unintentional injury, and stroke.

Heart disease is responsible for approximately 430,000 deaths per year. Many of these deaths could be prevented if men adopted healthier lifestyles. This means quitting smoking and other types of tobacco use, maintaining a healthy weight, consuming alcohol only in moderation, and exercising for at least 30 minutes most days of the week.

Cancer prevention guidelines are the same as those for heart disease; however, it's also recommended that men eat five servings of fruits and vegetables each day because they have natural ingredients that help keep cancer away.

Unintentional injury occurs more often in men than women because men tend to be the ones that repair things around the house or work in more dangerous environments. It's important that recommended safety measures be followed to help prevent injury. This includes wearing a helmet and protective eye wear when necessary.

To reduce the risk of stroke, men should have their blood pressure checked on a regular basis and take their blood pressure medications as prescribed. They should also follow the guidelines mentioned above for heart disease and take a daily dose of aspirin to help prevent stroke. Please check with your doctor before beginning aspirin therapy.

Men can increase their chances of living longer, healthier lives by practicing a little prevention.

Resource: Mayo Clinic



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HALLOWEEN TRIVIA

- * Halloween is on October 31st which is the last day of the Celtic calendar. It was originally a pagan holiday intended to honor the dead. Halloween was originally called *All Hallows Eve* and it dates back more than 2,000 years.
- * Halloween was brought to North America by immigrants from Europe who celebrated the harvest around a bonfire. Festivities also included sharing ghost stories, singing, dancing, and fortune telling.
- * Orange and black are the designated colors of Halloween. The color orange is associated with the fall harvest and black is associated with darkness and death.
- * Halloween is the second most commercially successful holiday following Christmas.
- * Approximately 99% of pumpkins marketed in the United States are used as jack-o'-lanterns at Halloween.
- * The very first jack-o'-lanterns were actually made from turnips.
- * Scarecrows, another popular Halloween decoration, symbolize the ancient agricultural roots of the holiday.
- * In the United States, Halloween candy sales average about \$2 billion annually.

Resource: Halloween Trivia and Fun Facts



Quote:

"Life is a great big canvas,
and you should throw all the
paint on it you can."

Jim Davis

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