

KAY COUNTY HEALTH NEWS

IDEAS FOR HOLIDAY WELLNESS INSIDE!

Walktober 2014 Results

Over 100 people participated in this year's Walktober! A very special thank you to all teams who participated. We doubled in size this year. If you walked with us this year please be sure to return the evaluations when they go out at the end of this week. The more input we have the better the event will be next year!

29,179,291 steps would get us to the Great Pyramid in Egypt and back again!

Team Average

1. Don't Wake the Dragon	432773
2. Cookshack Whole Hogs	391563
3. MAD (Mid-America Door) Trackers	387536
4. Mid-America Door Highlifters	362864
5. Cookshack Sugar Shakers	346537
6. Mid-America Door Custom Glazers	326533
7. Cookshack Smokin' Butts	320143
8. Osage Casino Holy Walkamolies	309541
9. Ponca City Devo Auth Chicas Bonitas	296544
10. Humble Chiropractic	295614
11. Ponca City U.B. Fit	257372
12. Ponca City Kickin' Asphalt	248932
13. Doin' it for Elvis	242480
14. ENB (Eastman National Bank)	212618
15. Osage Casino Sole Steppers	197030
16. Osage Casino Mission Slimpossible	171355
17. Eastman	116722
18. Ponca City Striders	112353
19. Quints	101110
20. UCAP Yo Yos	97612
21. Senior Center Movers & Grovers	58845

Top Walkers!

- Bobby M.** 712120
(Cookshack Whole Hogs)
- Carl S.** 688108
(Cookshack Smokin' Butts)
- Holly L.** 675840
(Don't Wake the Dragon)
- Christine K.** 612586
(Eastman National Bank- ENB)
- Deborah B.** 540226
(Ponca City U.B. Fit)



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Maintain, Don't Gain these holidays!



Wondering how to capitalize on your Walktober success? Try a Maintain, Don't Gain campaign to help your employees avoid the holiday weight-gain. The point of this challenge is not to lose weight, but simply maintain during this traditionally food-centric time of year. The challenge can be as simple as a pre & post weigh-in or involve teams, prizes, and activity tracking. Most Maintain challenges start mid-November and run through January 1st.

November Race Spotlight

Daddy Long Legs 5k
Thursday November 27th, 9am
Wentz Camp & Pool
2932 LA Cann Dr
Ponca City
Call 580.767.0430
5k & 1m fun run

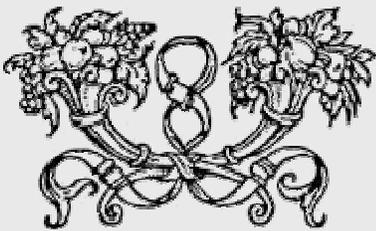
Visit the "Healthy Business" tab of the Kay County Health Department's website to find tracking sheets for your own

Maintain, Don't Gain program!

Kay.health.ok.gov

More information under the
"Healthy Business" tab on the
Kay County Health
Department website:
kay.health.ok.gov
Questions?
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**RECIPE
ROUND
UP**



Oven Roasted Okra

Ingredients:

- 1 pound of okra pods, whole
- Olive oil
- Garlic, minced (garlic salt or powder is also OK)
- Salt and pepper to taste

Instructions:

Preheat oven to 400. Brush pods with olive oil and season with garlic, salt and pepper. Roast at least four minutes and then turn the pods over for another four minutes.

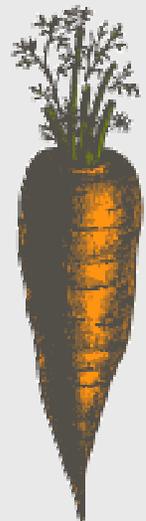
Sweet & Spicy Pumpkin Fries

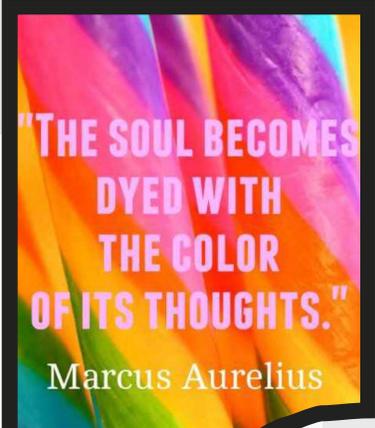
Ingredients:

- 1 pie pumpkin, peeled, seeded and cut into ½ inch fries
- 1 Tbsp. pure maple syrup
- 1 Tbsp. Sriracha (less if you don't want as much spice)

Instructions:

Preheat oven to 400 degrees. Spray large baking sheet with oil. Toss pumpkin fries, maple syrup and Sriracha in a large bowl. Arrange in single layer on baking sheet. Roast for 35 minutes, flipping fries halfway through. Enjoy with a glass of water close by.





EAT HEALTHY LOOK HEALTHY



If you want radiant, healthy skin, the right nutrition will keep you looking your best. Make sure you get plenty of these skin-nourishing nutrients and take a look at your digestive health to help you get that healthy glow from the inside out.

CHOW DOWN FOR HEALTHY SKIN

Vitamin A

is important for overall skin health. It's found in carrots and low-fat dairy products.



Vitamin C

helps fight wrinkles. Get a healthy dose in sweet potatoes, winter squash, melons, and citrus fruits.



Omega-3 Fatty Acids

nourish the skin and help regulate oil production. You can find them in fish and flax seed.

SUPPLEMENT YOUR COMPLEXION

It's weird but true: having a healthy digestive tract can make your skin look amazing. So take care of your gut with the right stuff.

Fiber

Foods rich in fiber help your digestive system remove waste.



Probiotics

These healthy bacteria can help bring balance to your digestive tract.



Digestive Enzymes

You want to get as much nutrition from the foods you eat as you can, so look for a quality digestive enzyme supplement.



Foods to Avoid



- Candy and Sweets
- Trans Fats
- Salty Snacks

Source: <http://www.webmd.com/beauty/skin-101>
Learn more at USANA.com.

