

KAY COUNTY HEALTH NEWS

Financial

CHECK OUT OUR NEW LOOK!

It's Time to get Certified!



CERTIFIED HEALTHY OKLAHOMA

Applications are open!
Visit
certifiedhealthyok.com

Welcome to the beginning! The beginning of the back-to-school rush, the holidays, the re-beginning of our newsletter, and the beginning of the Certified Healthy Oklahoma application period! This process began in 2003 as a collaboration between the Oklahoma Turning Point Council, the Oklahoma

Academy for State Goals, the Oklahoma State Chamber, and the Oklahoma State Department of Health. It is designed to help showcase organizations and communities that are committed to fostering environments that support healthy choices. Every year at this time, a checklist of healthy activities is released as an application for interested parties. These criteria are chosen by a committee that is seeking to define elements, policies and programs that will assist and challenge Oklahomans to eat better, move more and be tobacco

free. Applicants who participate in these activities regularly throughout the year can receive "Certified Healthy" status (announced in January) and attend a special luncheon honoring those who qualify. Beyond a (very) nice certificate and a (very) delicious lunch, there are several other benefits provided by the Certified Healthy Oklahoma program. Communities and schools qualify for grants made available only to those that have certified status. Additionally, the criteria provide a great collection of ideas to expand and diversify

our wellness initiatives. In Ponca City, an annual luncheon to prepare for the application gives agencies a chance to collaborate and brainstorm with other health-minded entities. It's never too late to begin a health or wellness initiative! -Anna Stuck

Who Can Get Certified?

- ◆ businesses
- ◆ campuses
- ◆ communities
- ◆ congregations
- ◆ schools
- ◆ early childhood centers
- ◆ restaurants

August Race Spotlight



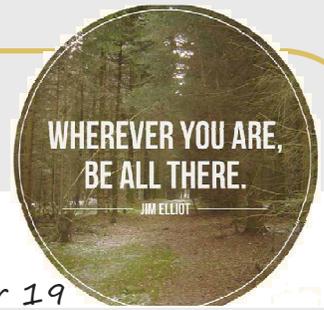
Tulsa's Veteran's Park

8:30pm August 23rd

www.glowrun5k.com/tulsa.html

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Choose Lunch Challenge

August 18 – September 19

Home Lunch Haiku

*healthy lunch I made
left on the kitchen counter
time for a Big Mac*

The Choose Lunch Challenge comes from the OKHealth Wellness Program. Participants endeavor to bring their lunch to work at least 3 days a week. A tool kit has been created with several great resources to help you celebrate this event!

Including:

- ⇒ meal planner/tracker
- ⇒ +40 recipes
- ⇒ healthy meal guide
- ⇒ portion guide
- ⇒ sample menus with grocery lists



Download the toolkit

at

kay.health.ok.gov

under the

"healthy business" tab

Quick Tips to Enjoy the Benefits of Home Lunching

Basic key for success:
PLAN



Eat fresh, clean, whole foods. Stored and prepared safely.



Eat healthy versions of foods you already like



Limit or avoid sugar and chemically processed food



Eat real fiber (from whole foods, not snack bars)

Prepare appropriate portion sizes (see guide)



Watching your savings add up as you reduce food and gas costs!



Reward yourself!

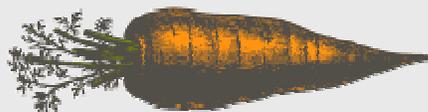
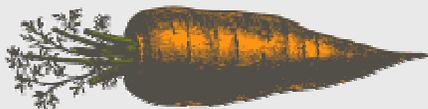


Look for more information under the "Healthy Business" tab on the Kay County Health Department website: kay.health.ok.gov

Questions?
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RECIPE ROUND UP

PROVIDED BY OKLAHOMA
DEPT. OF AGRICULTURE



Cantaloupe Salsa

Ingredients:

- ½ cantaloupe diced, about 3 cups
- 2 cups coarsely chopped cherry tomatoes
- ¼ cup diced red onion
- 1 orange, juiced about ¼ cup
- 2 Tbs. lime juice
- 1 jalapeno pepper, seeded and chopped (optional)
- Salt and pepper to taste
- Tortilla chips

Instructions:

In a large bowl combine first seven ingredients and the jalapeno, if desired. Refrigerate until serving. Serve with chips. Makes about 5 cups.

Summer Squash Stir Fry

Ingredients

- 6 cups of any type of summer squash
- 1 onion chopped
- ¼ cup diced sweet pepper
- 2 cloves garlic, crushed
- 2 Tbs. olive oil
- ¼ cup chicken or vegetable stock
- ½ tsp. chopped fresh oregano, or herb of your choice
- ½ cup shredded pepper jack or cheddar cheese
- Chopped fresh parsley (optional)

Instructions

Slice the squash into bite size strips or chunks. In a skillet sauté onion, pepper, and garlic in olive oil until barely softened; remove from skillet. To skillet add squash and stir fry 3 to 4 minutes until tender crisp. Add onion mixture, stock and oregano; simmer until liquid has almost evaporated. Serve, sprinkling with cheese and garnish with parsley or oregano. Serves 4.





Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1
Livin' On A Prayer
Palms together, fingers pointing up, push hands down.
10 seconds

2
Like A Prayer
Palms together, fingers pointing down, pull hands up.
10 seconds

3
Can't Touch This
Hands together, fingers interlaced, extend arms with palms reaching forward.
10-20 seconds

4
Thriller
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds/side

5
Pump It Up
Arms above head, grab ahold of opposite elbows, lean side to side.
8-10 seconds/side

6
Straight Up
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds

7
I'm Your Boogie Man
Arms at sides, roll shoulders up and back.
3-5 seconds, 3 times

8
Get Back
Sit down, place hands on lower back for support, lean back.
10-15 seconds

9
The Twist
Cross one leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds/side

10
Shake, Rattle & Roll
Arms at sides, shake hands out.
8-10 seconds