

KAY COUNTY HEALTH NEWS

CERTIFIED HEALTHY KAY COUNTY!

Congratulations!

We had over 20 Kay County entities becoming certified this year! Want to join the list next year? Contact Anna Stuck at annas@health.ok.gov

BUSINESSES

- Kay Co Health Departments (PC & Blackwell)
- Edwin Fair (Outpatient, PACT, & Downtown)
- Cimarron Public Transit
- City of Ponca City
- Eastman National Bank
- Pioneer Tech Center
- Ponca City Med Center
- Dorada Foods
- Cookshack
- United Way PC
- First Nat'l Bank

EARLY CHILDHOOD CENTERS

- Blackwell & Ponca City
- Head Start & Early Start Centers

SCHOOLS

- Ponca City High School
- Ponca City West Middle School

CAMPUSES

- Pioneer Technology Center
- Northern Oklahoma College

Town of Kildare

FEBRUARY 5K SPOTLIGHT



Stillwater Makes A Change

COLOR RUN

Saturday March 7th 9am (registration 8am)

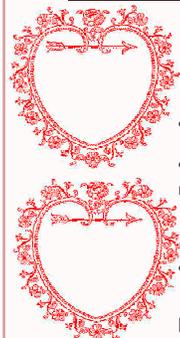
Boomer Lake

Proceeds benefit Stillwater Humane Society and will be matched!

\$30 fee (t-shirt included)

Facebook Stillwater Makes a Change

<http://shop.schoolathon.org/>



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Wellness Challenge

Try out this challenge with your employees! You can provide those who check the most boxes by the end of the month with a small prize or simply bragging rights. Darker squares have additional resources to help participants complete the task. All the files you need can be found under the “Healthy Business” tab of the Kay County Health Department website at kay.health.ok.gov.

| F | E | B | R | U | A | R | Y | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Bring a ‘packed lunch’ 5 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | During 15 min. break go for a walk / 5 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Keep the TV off during dinner / 75% <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Do 3 relaxation activities / 7 days* <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Tell a good (clean) joke | Read the news instead of watching it on TV / 3 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Go through and organize your stack of mail / papers at home | Do a Self-Breast Exam or Self-Testicular Exam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eat 2 servings of Fruit / 5 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Go for a walk after dinner / 5 nights <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Eat breakfast 10 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Write down 3 things you’re thankful for / 7 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Write a Thank You note to someone you’re grateful for | Intentionally reconnect with a friend | Write down the 5 most important tasks you need to complete this week | Organize your Tax Documents / Do your Taxes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eat 3 servings of Vegetables / 5 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Park 10 spaces further than you normally would 75% of the time | Get 8-9 hours of sleep / 7 nights <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Wellness Space February 2015 | | The next time you feel frustrated take 3 – 5 deep breaths | Get rid of 1 pair of shoes | Engage in a behavior in-line with your spirituality | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Don’t use the Drive-Thru this month (<i>go inside</i>) | No swear words for a whole day | Participate in ‘Random Acts of Kindness Week’ 3x <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <table border="1" style="margin: auto;"> <thead> <tr> <th>Su</th> <th>M</th> <th>T</th> <th>W</th> <th>H</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> </tr> <tr> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> </tr> <tr> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> </tr> </tbody> </table> | | Su | M | T | W | H | F | Sa | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | Recycle all of the items you normally would not / 1 trash bag | Celebrate Meatless Monday | Create a discretionary income budget for the week |
| Su | M | T | W | H | F | Sa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Drink 40 oz. of H2O / 10 days <input type="checkbox"/> <input type="checkbox"/> | Enjoy your night without your phone / 4 nights <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Order a water the next time you are dining out | Wash hands before eating 90% of the time | Clean out refrigerator | During an hour of TV—be active! <i>Walk around, jumping jacks...</i> | Use the stairs 3x instead of the elevator <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Keep track of how much sodium you ingest / 1 day <input type="checkbox"/> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brush your teeth after drinking pop/ soda 50% of the time | Submit February Evaluation | Submit answer to ‘Topic Jar’ | Check batteries in all of my smoke detectors | Wear my seatbelt 100% of the time | Drive the speed limit / 5 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Floss my teeth / 7 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | De-clutter one room in your home <input type="checkbox"/> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hold the door open for someone | Leave for work 15 minutes earlier than normal / 4 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Plan dinner meals for one week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Clean out your car | Clean out pantry | <i>Dig all of the change out of your couch and donate to the Wellness Brigade ;)</i> | Write 1 thing you love about yourself / 10 days <input type="checkbox"/> <input type="checkbox"/> | De-clutter one drawer in your desk or cabinet <input type="checkbox"/> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



More information under the
“Healthy Business” tab on the Kay
County Health Department website:
kay.health.ok.gov

Questions?
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405.372.8200 x291



RECIPE ROUND UP

Kale and Caramelized Onion Grilled Cheese

Ingredients:

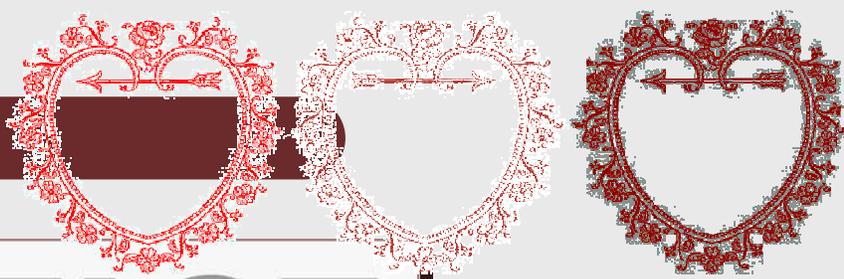
4 medium kale leaves, stems removed 2 tsp canola oil
2 medium red onions cut into ½ -inch-thick slices
¼ tsp black pepper ⅛ tsp salt 1 tsp red wine vinegar
8 (1-oz) slices multigrain bread Cooking spray
1 oz finely grated Parmesan cheese, divided (about ¼ cup)
3.5 oz shredded Swiss cheese

Instructions:

Preheat oven to 300°.

Bring a small pot of water to a boil; add kale. Remove from heat; let stand 4 minutes or until kale is bright green. Drain; rinse kale under cold water until cool. Pat leaves dry. Heat a skillet over medium-high heat. Add oil; swirl to coat. Add onion, pepper, and salt. Cook 10 minutes or until onion is tender and browned, stirring frequently. Remove from heat; stir in vinegar, tossing to coat. Coarsely chop onion. Heat a large nonstick skillet over medium heat. Lightly coat 1 side of each bread slice with cooking spray. Working with 2 slices at a time, arrange bread in pan, sprayed side down. Cook 1½ minutes or until bread begins to brown. Sprinkle 1 tablespoon Parmesan on 1 bread slice in pan. Top with 1 kale leaf, one-fourth of onion mixture, and about ¼ cup of the Swiss cheese. Top with other toasted bread slice. Transfer sandwich to a baking sheet. Repeat procedure with remaining 6 bread slices, Parmesan, 3 kale leaves, onion mixture, and Swiss. Bake sandwiches at 300° for 5 minutes or until cheese melts.





OFFICE STRETCHES TO DO AT YOUR DESK



LEGS



Hamstring Stretch You get to put your feet up for this one! To ease the hamstrings and lower back, push your chair away from your desk and put your right heel up on the desktop. Sit up straight, and bend forward just until you feel a gentle stretch in the back of your leg. Flex your foot for a few seconds, then point it. Bend forward a bit farther, flex your foot again, and hold for 10 seconds. Repeat on the other side.



Standing Thigh Stretch Stretch the front of your thigh by standing up straight, placing one hand on a chair or desk for stability. Grab one of your ankles for your pant leg and bring it up toward your buttock. Remember to maintain an upright position, keeping your back straight and your knees parallel to one another. Hold for 15-30 seconds. Relax and slowly return to the starting position, then repeat the stretch with your other leg.



Leg Extensions Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor. Flex and point your toes five times. Release, and repeat.

BACK



Lower Back Stretch Sit forward in your chair and bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight, and be careful not to lean forward. Hold for 30 seconds. You'll feel tension in your lower back and the upper part of your buttock. Relax and slowly return to the starting position, then repeat the stretch with the other leg.



Back and Bicep Stretch Place your hands on the edge of your desk and slowly push your chair back until your head is between your arms and you're looking at the floor. Then slowly pull yourself back in. Repeat 15 times.



Reach For The Sky Sit up tall in your chair or stand up and stretch your arms overhead, interlocking your fingers. Turn the palms to the ceiling as you lift your chin up, tilt your head back, and gaze up at the ceiling, too. Inhale, exhale, release. Stretch both arms over your head and reach for the sky again. After 10 seconds, extend the right hand higher, then the left.

Other tips to keep yourself moving at work:

- Take the stairs instead of the elevator - two at a time to get a harder workout!
- Have good back posture as you work at your desk.
- Sitting on an exercise ball will help your posture more!
- Park away from the door so you have to walk farther.
- When you can: Stand rather than sit, and walk rather than stand.
- If it's nice out, eat your lunch while walking outside!