



### Winter Car Kit

Since the cold winter months are upon us, its time to make sure you are prepared in case of a car-related emergency. You should include the following in your car emergency kit:

- ⇒ Cell phone, portable charger, and extra batteries
- ⇒ Blankets
- ⇒ Food and water
- ⇒ Booster cables
- ⇒ Flares
- ⇒ Tire pump
- ⇒ Bag of sand or cat litter (for traction)
- ⇒ Compass and maps
- ⇒ Flashlight
- ⇒ Battery-powered radio
- ⇒ First-aid kit
- ⇒ Plastic bags (for sanitation)

CDC

### Chilled Cantaloupe Soup

69 calories; 0.3 g fat; 0 mg cholesterol; 16.4 g carbohydrates; 1.4 g protein; 1 g fiber; 16 mg sodium; 35 mg calcium; 13.7 g sugar

6 servings

#### Ingredients:

- 1 cantaloupe—peeled, seeded and cubed
- 2 cups of orange juice
- 1 tablespoon fresh lime juice
- 1/4 teaspoon ground cinnamon

Peel, seed, and cube the cantaloupe. Place cantaloupe and 1/2 cup of orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour.

Garnish with mint if desired. Allrecipes.com



### 10 Ways to Get Fit While Doing Housework

- \* Make a playlist of fast-paced music to encourage you to move quickly
- \* Time your housework for at least 30 minutes of activity
- \* Dress for a workout
- \* Get a heart rate monitor
- \* Scrub a wall a day
- \* Use standing exercises, like calf raises, when doing dishes
- \* Turn every bend into a functional exercise like squats
- \* Engage your core
- \* Lay off convenient kitchen devices. Chop your own vegetables and don't rely on a mixer

Skinnyms.com- also approved by Health Educator-RCHD



# Path to Health

Oklahoma Tobacco Helpline

1 800

QUIT NOW

1-800-784-8669

OKhelpline.com

### Cigar Smoking

Although many individuals do not inhale cigar smoke, they still have an increased risk of lung cancer, coronary heart disease, and lung disease over that of non-smokers.

Did you know cigar smoke has:

- A higher level of cancer-causing substances than cigarette smoke
- More tar: For every gram of tobacco smoked, there is more cancer-causing tar in cigars than cigarettes
- A higher level of toxins: Cigar wrappers are less porous than cigarette wrappers. The nonporous wrapper leads to a higher concentration of toxins than cigarette smoke.

www.cancer.gov

### Toy Safety at Home

In 2013, there were approximately 256,700 toy-related injuries in the U.S.

To keep your child safe at home:

Check for safety labels that say the toy is nontoxic	Choose games that meet your child's abilities, age, and interest
Search for products with the American Society for Testing and Materials (ASTM) tag	Stay up to date with recent toy recalls
Remind your child to clean up after playtime to prevent accidents	Avoid toys with tiny parts if your child is under 3 years old
Examine toys for safety hazards, pointed edges, and broken pieces	Buy a small parts tester to make sure toys don't pose a choking hazard

Source: Department of Public Health

Mass.gov

### 7 Holiday Eating Tips to Keep You Healthy This Season

- 1) Eat structured meals—eat well-balanced meals with some protein and fiber to keep your blood sugar steady
- 2) Pack a healthy snack—you may be hungry before holiday festivities, so pack a piece of fruit and string cheese to keep hunger at bay
- 3) Indulge in favorite treats sparingly and watch your portions
- 4) Stay hydrated
- 5) Include plenty of fruits and veggies
- 6) Stick to your exercise routine—during the busy season, find time to keep up your exercise regimen. This will keep your weight in check, and may even prompt you to make healthier food choices
- 7) DON'T FRET—If you overate today, don't be too hard on yourself. If you ate too much today get right back on track...stress is unhealthy.

Huffingtonpost.com and approved by RCHD Health Educator



Healthy Community Partnership

ROGERS COUNTY

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