



Protect Yourself from Zika

OSDH -Local transmission is not currently occurring in the US; however, the best way to prevent infection is to avoid mosquito bites while traveling to areas with Zika virus. Exposure prevention tips include: Use air conditioning or window/door screens to keep mosquitoes outside. If you are unable to protect yourself inside your home/hotel, sleep under a mosquito bed net. Use mosquito repellents according to instructions. Wear long-sleeved shirts and long pants. Empty standing water from containers.

Greek Yogurt with Warm Black and Blueberry Sauce

Cookinglight.com

Ingredients:

- 2/3 cup frozen blueberries
- 2/3 cup frozen blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon butter
- 2 cups plain 2% reduced-fat Greek yogurt

Combine first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low, gently boil 10 minutes or until sauce thickens. Stir in butter.

Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce. Serve immediately.

Add lowfat granola for a crunchy topping.



FITNESS:

Enjoy the Outdoors

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together, it's also a great way to create bonding time.

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Path to Health

Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8689 OKhelpline.com

HELP FAMILY OR FRIEND QUIT TOBACCO

- Express care, skip criticism.
- Remember, the user will need to make the decision.
- Ask how you can help.
- Be patient with mood swings.
- Be "on call." they may need to talk often or reassurance.
- Offer encouragement.
- Encourage non-tobacco activities.
- If you use tobacco, don't use around them or consider quitting too.

Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

Gardening may also reduce stress if you practice "mindfulness" while you do it—concentrate solely on the task at hand. Leave your phone inside so you only have one thing to think about and do—both are proven to reduce stress. Make it a joy. Keep it a hobby not a chore.

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Healthy Summer Eating

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

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