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Winter Safety:

Frostbite: skin and body tissue just beneath it freezes; Loss of feeling, white or pale appearance in extremities (i.e. fingers, toes, earlobes, face). **Hypothermia:** Dangerously low body temp. Uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. **During winter storm drive** only if it is absolutely necessary: travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts. www.ready.gov

Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8669 OKhelpline.com

SMOKE-FREE ZONE

Smoking Triggers

Triggers are specific persons, places, or activities that make you feel like smoking. It is important to know your smoking triggers so you can learn to deal with them.

Cravings

Cravings are short but intense urges to smoke. They usually only last a few minutes. Plan ahead and come up with a list of short activities you can do when you get a craving.

<http://smokefree.gov/steps-to-prepare>

Crispy Green Beans with Pesto

Cal: 216.5 (1-1/2cups) Protein: 4.9g - Fat: 17.04g - Carbs: 13.9g - Sugar: 5.25g - Fiber: 5.5g
WW Old Points: 5 pts - Points+: 6 pts

1 tsp olive oil
1 garlic clove, minced
3 cups fresh green beans, ends trimmed and chopped into 1" pieces
1/4 cup pesto
1 tbsp. toasted pine nuts
Heat olive oil in a non-stick skillet. Cook garlic on medium-high heat for about 30 seconds, remove from skillet and set aside.
Add beans to the same skillet and sauté for about 6 minutes or until beans are cooked but still crispy. Return garlic to the skillet and cook an additional 30 seconds (just enough to quickly reheat garlic). Remove from skillet and cool down a bit.
Toss with pesto, sprinkle with pine nuts and serve.

www.greatest.com/health



MOVE IT!!

To keep colds at bay during the chilliest months of the year, exercise just might be the key. American College of Sports Medicine informs that studies have shown that people who exercise at least 45 minutes four or more days a week take 25 to 50 percent less time off from work because of illness.

"This reduction in illness far exceeds anything a drug or pill can offer." "All it takes is a pair of walking shoes to help prevent becoming one of the thousands predicted to suffer from the common cold this winter."
www.acsm.org



Rogers County
Health Department
Creating a State of Health

Path to Health

PICK YOUR NO'S:

Say NO to excess; excess sugar, excess sodium, excess alcohol, excess negative thinking.

Pick NO when asked to do anything that makes you feel uncomfortable or in danger.

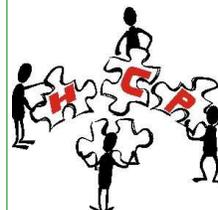
Say NO if pressured to ride with someone who is not sober.

Pick NO when offered any illegal drugs or prescription drugs that are not yours, and do not take them other than when and how prescribed for you.

Say NO to over scheduling and/or over promising your time.

HCP/RCHD

How will you be remembered?



**Healthy
Community
Partnership**
ROGERS COUNTY

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