



Family Health

November 2009

Newsletter

November:

An Attitude of Gratitude

GRATITUDE

Family, food, and football are usually the highlights of Thanksgiving, but it is also a good time to focus on gratitude. Research suggests that grateful people have more energy and optimism, are more resilient to stress, have better health, and suffer less depression. Get the family involved this Thanksgiving and try these gratitude activities:

- At dinner time have each family member share something they are grateful for.
- Make a Thanksgiving Box--Have your family write notes about what they are thankful for and stick them in a box beginning a week before Thanksgiving. At Thanksgiving dinner open the box and read the notes.
- Go to a homeless shelter to help cook and serve Thanksgiving dinner.
- Gather food to take to a local food bank
- Give each family member a gratitude journal. Encourage them to write down at least three things that they are grateful for every day.

Fitness Fun

Working up an appetite with your relatives before Thanksgiving dinner is a great way to burn calories and bond with your family. Flag football, Frisbee, and soccer are fun team games that get everyone running around. Hiking, biking, and walking are wonderful non-competitive activities many generations can do together. If weather prevents you from playing outside, dig out the old game of Twister or get competitive with the Wii Fit.

Does your family have a fun fitness tradition on Thanksgiving? If not, try to start one this year.



Prevention Corner

November is **American Diabetes Month**—a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation. For more information visit:

www.diabetes.org/communityprograms-and-localevents/americandiabetesmonth.jsp

Don't forget to register for **Maintain Don't Gain**, Healthy Utah's holiday health challenge. You will be given numerous resources to help you hold off the added pounds. To sign up visit your myHealthyUtah account: www.healthyutah.org/myhu (Employees and Spouses are eligible to participate)

If you have a family member that uses tobacco encourage them to quit on November 19th, which is the **Great American Smokeout**. The purpose of this event is to set aside a day to help smokers quit smoking, quit using tobacco products, for at least one day, with the hope that they will quit completely.

www.cancer.org/docroot/subsite/greatamericans/smokeout.asp

Although winter doesn't come as a surprise, many of us are not prepared for its arrival. If you are ready for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. For **healthy winter tips** visit: www.cdc.gov/Features/WinterWeather/

Kids Corner: Turkey Time Activity

What you'll need:

- Solid-color adult- and child-size socks
- scissors
- pinking shears
- dried beans
- twist ties
- stiffened or regular felt in assorted colors
- one large and two tiny pom-poms for each turkey
- fabric glue

How to make it:

1. Cut off the top of each sock. Leave about 6 inches to the toe for each adult sock and 5 inches to the toe for each child's sock.
2. Fill a sock with beans until it is two-thirds full.
3. Gather the sock's opening, and close with a twist tie.
4. Pull sock edges down and over exposed twist tie; glue to secure.
5. Use pinking shears to cut out 6 turkey "feathers" from felt and glue over this area; this will be the back of the turkey.
6. Cut out a felt wattle and beak; glue them to the front of a large pom-pom.
7. Glue on two tiny pom-poms for eyes.
8. When dry, glue head to the front of the turkey.



FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Honey-glazed Sweet Potatoes

Serves 8

Instead of topping canned sweet potatoes with a glaze and miniature marshmallows, this version uses fresh sweet potatoes and a lighter sweet coating, which brings out the flavor of the sweet potatoes and saves calories.

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| 1/4 cup water | 1 tablespoon olive oil |
| 2 tablespoons brown sugar | 2 pounds sweet potatoes (about 4 large),
peeled and cut into wedges |
| 2 tablespoons honey | Cracked black pepper or chopped herb
of choice (rosemary, sage or thyme), to taste |

Directions

1. Preheat the oven to 375 F. Lightly coat a 9-by-13 inch baking pan with cooking spray.
2. To make the sauce, in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.
3. Place a single layer of sweet potatoes in the baking pan. Pour the sauce over the sweet potatoes. Turn to coat them.
4. Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.
5. Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

Nutritional Analysis (per serving)

Calories 146g, Total Fat 2 g, Saturated fat < 1 g, Protein 2g, Sodium 42 mg, Carbohydrate 31 g, Fiber 4g, Potassium 553 mg, Calcium 46 mg



Holiday Road Travel Tips

The holiday travel season is fast approaching and many people will be traveling to visit family and friends. Here are tips to make your journey a safe one.

- **Tune Up.** Make sure your vehicle is in top condition. Check your oil, battery, antifreeze, windshield wipers, brakes, and tires. Make sure you have a full tank of gas.
- **Plan Ahead.** Check the weather, road conditions, and traffic; leave early if necessary. Familiarize yourself with directions and maps before you go, and let others know your route and anticipated arrival time.
- **Be Prepared.** Keep a safety kit with a flashlight, jumper cables, flares, and other

warning devices. Don't forget to bring food, water, a blanket, batteries, medication, and mobile phone.

- **Rest up.** Get a good night's sleep before any long-distance trips. Take breaks every few hours. Get out of your vehicle to stretch and have a healthy snack. If you get really tired, pull over and take a nap or get a hotel room.
- **Stay focused.** Avoid an accident by keeping your thoughts on the road. Don't mess with the music, talk on your cell phone, or let children distract you.
- **Buckle up.** Seat belts are the best protection you have in your vehicle.

Enjoy your trip!

