



# HEALTHY FAMILIES

Monthly Tips & Information Newsletter

January 2018

When it comes to quality time with family, sitting down to enjoy a meal is the perfect way to get conversation going. Here's a good way to begin:



2-7 yr. olds

8-13 yr. olds

14-99 yr. olds

What is your favorite food and why?



If you did the grocery shopping, what would you buy?

If you could be any animal, what would you be and why?



What 3 words best describe your family?

What are you looking forward to in the next week?



What is your favorite vacation memory?



## Is it a Stroke? Act F.A.S.T.

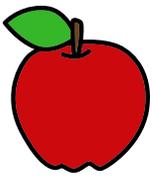
Stroke is the third leading cause of death in the United States and the leading cause of adult disability. A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

- |                   |   |
|-------------------|---|
| <b>F</b> - Face   | Does the face look uneven?  |
| <b>A</b> - Arms   | Does one arm drift down?  |
| <b>S</b> - Speech | Does their speech sound strange?                                  |
| <b>T</b> - Time   | Every second a brain cell dies. Call 9-1-1 at any sign of stroke! |

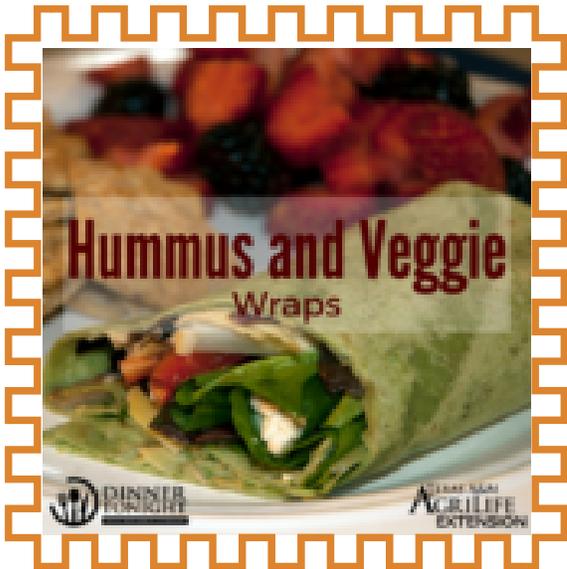
### Risk Factors for Stroke:



- Mini-strokes: When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear.
- High Blood Pressure: The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.
- Diabetes: Control the symptoms of diabetes with proper diet, exercise and medication.
- Obesity: Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.
- Smoking: Smoking increases risk of stroke by two to three times.



# Recipe:



Calories 190, Total Fat 9g, Saturated Fat 2g, Sodium 300mg, Cholesterol 5mg, Total Carbohydrate 21g, Dietary Fiber 5g, Sugars 3g, Protein 7g

## Instructions:

- Heat the olive oil in a skillet over medium-low heat. Add the red onions and cook slowly for 10-15 minutes, stirring occasionally, until soft and deep golden brown. Set aside and cool.
- Warm the tortillas on a grill pan or griddle over medium heat for 1 minute.
- Divide hummus and spread down the middle of each tortilla. Arrange the cooked onion slices and sliced red peppers over the hummus.
- Add the sliced artichoke hearts.
- Toss the salad greens with the balsamic dressing, then add to the wrap.
- Sprinkle crumbled feta over the greens.

## Ingredients:

- 1 tablespoon - olive oil
- 1/2 whole red onion, sliced
- 2 large whole wheat tortillas
- 1/2 cup - hummus
- 1 red bell pepper, sliced into strips
- 3 canned artichoke hearts, sliced
- 3 cups - mixed greens
- 1 1/2 tablespoons - Balsamic Vinaigrette
- 1/4 cup - Feta cheese crumbles



# Activity:

## Workout of the Month: Bicycling



Going for a 30-min leisure bike ride is the equivalent of walking 3.4 miles and can burn up to 235.65 calories.

Trying to manage your weight? Here are some myths and realities to help you get there:

### Myth: Calories Don't Count

**Reality:** Calories count and no matter where they come from, if a person eats more than their body needs they will gain weight.

**Myth:** Foods like grapefruit help you lose weight.

**Reality:** While these foods have good nutritional value, no evidence suggests these or other foods make the body burn fat.

### Myth: Snacks are Bad

**Reality:** Some people are able to manage their weight more easily with 5 or 6 small meals during the day instead of 3 big ones.

**Myth:** Drinking lots of water helps you lose weight

**Reality:** Drinking more water won't help lose weight over long term but choosing low-cal drinks will help reduce calorie intake.