



HEALTHY AT 80

www.communityhealthdayton.org

February 2015

New Day's Resolutions

Achieve a Little Health Every Day!

In 2015, you don't need to commit to just one healthy resolution for the entire year. You can achieve simple goals for health every day!

Are you hoping to be more active? Resolve to cut down on screen time or take the stairs, one day at a time.

Would you like to eat healthier? Take a day to de-salt, learn a new recipe, or get your family involved in the kitchen, one day at a time.

Take this year to focus on small daily resolutions that can spark larger lifestyle changes we can continue for the rest of the year and beyond!

https://www.healthiergeneration.org/live_healthier/everyday_health

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80



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Support for Your Goals

Learning how to live a healthy lifestyle is important, and takes research and support. One of the many resources available is information from your family's doctor. A healthcare professional can give you personalized advice and tips for a healthy, active family. Inform your healthcare provider of your family's eating habits and physical activity levels, and give them a look into your general daily life. This will help your doctor determine if there are any specific areas your family can improve to live healthier. Let your doctor help you determine what your family's diet should look like and if you should be eating more or less or different types of foods.

Everyday (and Night) Health

Along with eating nutritious foods and exercising regularly, there are other important components needed to build a complete healthy lifestyle.

Get More Sleep

Sleep is an essential part of being healthy. In order for your mind and body to function at their best, you need to have good rest each night. On average, children need about 10 hours of sleep each night and adults need about 8 hours. But due to busy schedules and around the clock access to technology, many people are not getting enough rest.

- ⇒ **Create a Bedtime Routine** ~ Stick to quiet, calm activities before bedtime and avoid TV, computers, and telephones during the hour before bed.
- ⇒ **Sleep in a Dark Room** ~ A peaceful environment means better sleep. It means your continuous sleep will be longer and those hours of sleep will be more restful. Keep the bedroom cool, quiet, and dark. You can even try eye shades or blackout curtains, and then let in bright sunlight in the morning to help wake up.
- ⇒ **Food and Sleep** ~ Food can disrupt our sleeping patterns. Avoid big meals before bed, and eliminate fatty and fried foods that can create stomach issues and may keep you awake. And it's not just important to go to sleep but just as important to stay asleep. You can limit sleep interruptions from late night trips to the bathroom and bad dreams by avoiding drinks and meals close to bedtime.

https://www.healthiergeneration.org/live_healthier/everyday_health/get_more_sleep/



Community Health Centers
of Greater Dayton

Today I will...

We're kicking off the year with a month of daily resolutions rather than one New Year's resolution, with the idea that we're more likely to achieve small goals for health every day rather than one big goal for health once a year. Select one of the resolutions below, and check that goal complete before you go to bed tonight!

I will eat something 100% whole grain today.

Today I will drink water.

Today I will schedule my physical activity into my busy day.

I will get 8 hours of sleep tonight (9 if I'm a kid).

Today I will stretch at work.

Today I will take the stairs.

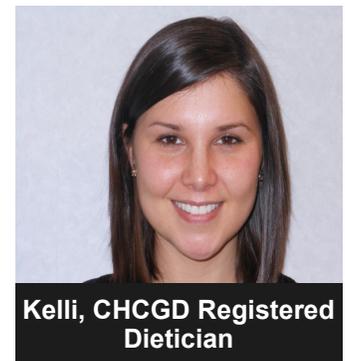
I will eat an extra serving of vegetables today.

Today I will lead by example.

Today I will find a local walking path.



Nutrition Bites!



February is American Heart Month, which emphasizes incorporating healthy habits to promote heart health.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. There are many diet plans out there, but research has specifically shown that we can improve our heart health through incorporating anti-inflammatory food items into our diet.

The anti-inflammatory way of eating is based on high intakes of fruits, vegetables, whole grains, and legumes. It also incorporates the intake of healthy fats such as those found in fatty fish, olive oil, and avocados. One big component of the plan is a low intake of red and processed meats. This way of eating reduces inflammation in the body, which is the starting point for many chronic diseases/conditions.

Delicious & Nutritious

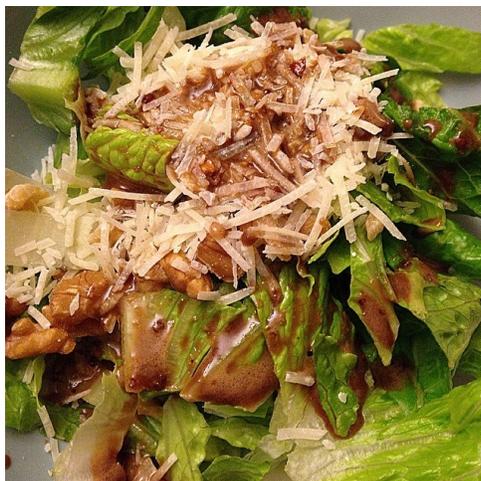
Here is a great recipe to go along with the anti-inflammatory plan! To help you increase your intake of green leafy vegetables, try putting this homemade balsamic vinaigrette on them! Making salad dressing is an easy and affordable way to jazz up any salad. The best part about is that you control what goes in. No thickeners or additives! It's great on salads, of course, and also works well to top grilled chicken or tempeh, or in a pasta salad!

Balsamic Vinaigrette

- 1 cup balsamic vinegar
- 1/3 cup olive oil
- 1/4 cup maple syrup
- 2 tsp garlic powder
- 2 tbs grainy mustard
- 1 tsp salt
- 1 tsp pepper
- dash red pepper flakes
- 1/4 tsp dried oregano



⇒ Add all ingredients to a blender or magic bullet. Blend well. You can store this in the fridge in a mason jar or the cup you blended it in. This lasts for up to a month!



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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