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Right-Size Your Portions

When it comes to portion sizes, bigger is not always better! Because we live in a culture that promotes getting the most for your money, our idea of a correct portion size might not always be accurate. If you need help combating the “super-sized” message of our consumer culture, you can get back on track with these tips:

1. **Order a kids meal. You will get less food for less money.**
2. **Share your meal with a family member or friend.**
3. **Order water instead of soft drinks.**
4. **Avoid super-sizing. Supersizing usually provides more fries, more soft drink, and more calories.**
5. **Think twice about ordering the value meal combos. They usually contain larger serving sizes.**
6. **Avoid ordering the large hamburger.**
7. **Choose fast food only occasionally. Eat and prepare more foods at home.**

Motivational Interviewing Corner: Ambivalence

Ambivalence means having simultaneous conflicting feelings toward a person, object, or situation. We can all think of situations where we wanted or needed to make a change in our lives, but were ambivalent about doing so.

Ambivalence is often the central problem in behavior change and can contribute significantly to a person's lack of motivation. Ambivalence needs to be addressed before behavior change can actually be made.

Here are some questions that may help you unravel a participant's ambivalence.

Verbalizing Ambivalence

- In what ways has your (high blood pressure, smoking, weight) been a problem?
- What have other people said?
- If it is not viewed as a problem now, how might your (high blood pressure, smoking, weight) eventually become a problem?
- In what ways has it been inconvenient for you?

Recognizing Ambivalence (decisional balance)

- What are the good things about your behavior (inactivity, smoking, overeating)?
- What are the less good things about your behavior (inactivity, smoking, overeating)?
- If you continue down the road that you're on, what can you imagine happening?
- What would be the best outcome you could see for yourself?

Walk Your Way to being Healthier

By Genesee County Health Department

Research has revealed that walking is just as beneficial if not more than running. For one reason, walking is not as hard on your joints as running is. Running does burn little more calories than walking but it all depends on the amount of time you have. This is good news for walkers because taking a brisk 30 minute walk four to six times a week is just as good as running. You will benefit more if you walk each day.

Walking does not cost you anything and it can fit into almost everyone's lifestyle. Since the cost of gasoline is hurting most of our wallets, instead of driving, walk to local shops to fit exercise in and save money at the same time. Instead of taking the elevator, use the stairs. Park your car a ten minute walk away or use the restroom that is furthest away or on a different floor. During lunch or study breaks take a walk around the building, parking lot or campus.

Be smart and safe. Let someone know that you are going for a walk whether it's during the day or evening. Wear a whistle and or carry a cell phone or walk with a group of friends.



Not only is walking a great time to visit, but think of the many health benefits it has to offer such as: the prevention of heart disease, strokes, type 2 diabetes, colon cancer, hypertension (high blood pressure), depression, osteoporosis, lower back pain and improves strength and coordination.

Walking also improves: respiratory function, metabolism, concentration and memory, strength and endurance, increasing energy levels, strengthening immune response, more restful sleep, and managing weight. So take the next step into a healthier you!

Tips for Eating Healthy on a Budget

- When cooking a big meal, make extra to freeze, or use later in the week for lunches or quick suppers. Double recipes, then freeze half.
- Save your vegetable trimmings to make your own vegetable stock. Not only do you save money, but vegetable stock also makes a nutritious base for casseroles, soups, and Crockpot cooking.
- Buying in bulk is almost always cheaper; you can freeze perishable items (such as meat, milk, and even bread) in smaller portions to use as needed. It's always a good idea to buy non-perishable items in bulk (canned foods, dried beans, and grains, etc.).
- Use less expensive cuts of meat for casseroles that you slow cook; add extra vegetables and beans to make the meal go further.
- Capitalize on one-pot dishes, which generally save prep time, money, and dishwashing, and often make great leftovers.
- Look high and low (literally) to find the less expensive generic or store brands on grocery shelves, often very similar to higher-priced brand names though packaged under different labels. Stores deliberately place the highest-priced brand-name items at eye level, but if you compare the cost per unit, you'll be able to figure out the most cost-effective purchase. You can even try your own taste tests— blind, of course— to see where you can save money without sacrificing flavor.
- Take advantage of specials on staples—low-sodium broth, soups, whole grain pasta, brown rice, canned veggies, even bread and meat. Many of these items have a long shelf life or can be frozen for short periods of time.
- Limit your dining out, especially when it comes to fast food, since you'll find yourself spending unnecessarily on items that are high in fat, salt, and calories, which short-change you in the nutrition department.

Meet Lifestyle Counselor: Robin Walicki, BSN

Agency:

District Health Department #10

WISEWOMAN Affiliation:

6 years!

Professional Experience:

After graduating from the University of Michigan with a BSN in 1993, I started in public health with DHD#10. I left for several years to work in med/surg, OB, and long term care nursing, but I'm proud to say that I've now worked a total of 13 years here at DHD#10 in many different Health Promotion programs.



Favorite WISEWOMAN Success Story:

One of my WISEWOMAN clients (since 2003), who has become like a friend, always set a goal each year to cut back or quit smoking. After years of getting close to complete cessation, she got a prescription for Chantix in 2008. Unfortunately, she experienced interactions between Chantix and her blood pressure medication that made her very sick. In the end, her doctor worked out her medication issues, I talked her through some rough times, and she eventually quit smoking. Her daughter is now enrolling in BCCCP and plans to join WISEWOMAN.

Lifestyle Counseling Tip:

Humor. I love to laugh and have a good time talking with my clients. Even something as simple as poking fun at myself seems to lighten the mood and relax them.

Special Skills:

I have had many health issues over the years, including thyroid cancer, so empathy is the biggest skill I draw on with counseling WISEWOMEN. I also have a strong family history of diabetes, heart disease, and cancer. I understand what it feels like to be tired and down and wonder "Why bother?" I have shared with my clients that it's very important just to keep moving every day and draw on your inner strength as much as possible. Being here for the clients every year sets an example that they seem to appreciate. In addition, having experience in many different fields of nursing gives me a well-rounded approach to counseling.

More about Robin:

I have been married for almost 16 years to Jim "Pokey" Walicki. He was in a family towing business for 20 years, but now is a manager at Hill and Hollow Campground/AJ's Adventureland in Pentwater (owned by my Aunt and Uncle.) We actually met at the campground when I lived and cleaned bathrooms there every summer during high school. He used to irritate me by changing my mop water before I could get to it — I guess true love starts with aggravation! We now live only a half mile from where it all started!

Our daughter, Lauren, is 13 years old. She's an honor student and in the summer works at the campground and AJ's. We have been lucky to have lots of family support raising Lauren — my parents live next door to us, and my grandparents live in Pentwater also.

In our free time, we take our German Shepard "Kipper" for walks, go boating on Lake Michigan, watch TV together (Go Tigers!), or spend time with our disabled cat "Max." There is always something going on around Pentwater, so stop by anytime!

World No Tobacco Day 2009

May 31st marks World No Tobacco Day 2009. Created by the Member States of the World Health Organization (WHO), this annual celebration raises awareness about the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

This is an excellent time to quit smoking and to encourage your loved ones to quit! The great news is that the benefits of quitting are immediate. Within 20 minutes of quitting your blood pressure and heart rate decrease. Within 24 hours your chance of heart attack decreases, and within one year, your excess risk of coronary heart disease is half that of a smoker. Your risk of cancer and stroke continue to decrease over time. In addition to the health benefits, quitting smoking saves you money so that you can enjoy more of the things that you love.

This World No Tobacco Day, claim your right to health by quitting smoking! Talk to your health care provider or call your local health department about help with quitting, or consider visiting one of the websites available such as www.becomeanex.org from the American Legacy Foundation or www.ffsonline.org from the American Lung Association. You can also download a free Quit Kit from www.michigan.gov/tobacco. For more information on World No Tobacco Day, visit <http://www.who.int/tobacco/wntd/2009/en/index.html>.

May is Arthritis Awareness Month

Most people know someone with arthritis. Arthritis usually affects joints (hands and fingers, knees, hips, spine, etc.), but can affect other parts of the body as well. It is a disease that affects people of all ages and can cause crippling pain, stiffness, loss of movement and sometimes swelling. These symptoms result in people with arthritis less able to do the things they want to do. Related to this, arthritis is the leading cause of disability in the United States.

There are things that people with arthritis can do to improve their symptoms including: seeing a health provider for proper care; learning how to better self-manage your arthritis; reducing excess weight and; participating in regular physical activity.

For additional information on what you can do to improve arthritis symptoms, please call the:

- Michigan Department of Community Health Arthritis Program at (517) 335-8402 or go to the website at www.michigan.gov/arthritis.
- Arthritis Foundation Michigan Chapter at 1-800-968-3030 or go to the website at www.arthritis.org.

3rd Annual Bone and Joint Health Conference

The Michigan Arthritis Collaborative Partnership and the Michigan Coalition for Bone Health, are proud to co-sponsor "Comprehensive Management of Bone and Joint Health: the Multi-disciplinary Approach.

This conference will be held on Tuesday, May 19, 2009, at the Lansing Community College West Campus. The conference will feature topics such as: physical activity, nutrition and weight management, self-management including emotional aspects of living with a chronic disease, and clinical updates for both arthritis and osteoporosis.

The conference is free to those attending and registration is on a first-come, first-serve basis. To register for the conference, please contact Amber Matthews at (517) 335-7992 or MatthewsA1@michigan.gov.

For more information regarding the conference and/or self-management and physical activity programs for people with arthritis, please contact Steve Springer, Arthritis Program Coordinator, at (517) 335-8402 or springers@michigan.gov.

Coping with Stress in Uncertain Times

Times are tough, and with everything from jobs, houses, and nest eggs on the line, stress levels are high.

Constant stress takes an enormous toll on your body. When you're stressed for long periods of time, you have higher levels of the hormone cortisol in your bloodstream, which puts you at a greater risk for heart disease, sleep problems, digestive problems, and depression.

With that in mind, here some stress-busting strategies:

Exercise. Working out improves your mood, releases tension, and boosts your confidence. Make time for at least 30 minutes of exercise, three times per week.

Meditate. Using relaxation techniques – meditation and other breathing exercises – can help you feel more calm and focused.

Eat a healthy diet. Start your day with a healthy breakfast, and keep yourself revved with balanced, nutritious meals throughout the day.

Get plenty of sleep. Try not to skimp: getting plenty of z's will help you ward off the effects of stress.

Make time for small pleasures. Make dinner plans with friends, take a bath, listen to music – do small things everyday that make you happy.



American Cancer Society, *Healthy Living* April 2009.

Why Do We Beat Ourselves Up? A Look at Self-Destructive Thoughts

If we had friends that treated us the way that many of us treat ourselves, they wouldn't be our friends for very long. Imagine a friend who calls up just to complain – about **you**. Or an alleged buddy who quickly says "I told you so" when you screw up. Or someone who encourages you to give up instead of encouraging you to do your best.

Why do we do this? Why do we treat ourselves in such horrible ways? For some, the negative self-talk is so bad that it would literally be considered verbal abuse if coming from another person. Do any of these sound familiar? "I'm not good enough." "I knew I'd fail." "I can't believe I messed it up again." "Why can't I be more like (fill in the blank)?" "I don't deserve to be happy." If someone said these things to you, imagine the impact it would have on your confidence.

Negative reinforcement can easily turn into a damaging self-fulfilling prophecy where you live down –instead of up– to expectations. It's a bad habit that could strangle any growth and needs to be dealt with **now**. This is not "friend" talk. Yet it's exactly the kind of destructive feedback we give ourselves.

This kind of language can have serious consequences, but people turn it on themselves all the time. Why? What did we do to deserve this? Is our self-esteem so low that we think we need to be talked to—even by ourselves— like this? Hopefully not.

You're a fantastic person on an exciting journey, in the middle of creating a life that you want. Don't put up with that negative voice in your head. You deserve better. If anything, your self-esteem needs to be built up, not torn down. What's so wrong with reminding yourself of how wonderful you are? Isn't that what you would do for a friend who needed a word of encouragement?

Sometimes, this can be easier said than done. Any self-bashing you might do may actually have its roots in something other people have told you over the years. Harsh words can leave scars that never go away. Still, that doesn't mean we have to carry on the legacy of beating ourselves up.

You deserve to be treated with respect, encouragement, and patience. You demand that much from people you know. Demand it from yourself.

http://www.sparkpeople.com/resource/wellness_articles.asp?id=212