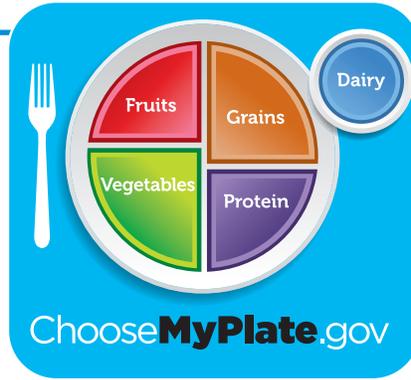


What's on Your Plate?

In June 2011, the USDA announced a new website and graphic – ChooseMyPlate.gov – to help people more easily see how a healthy meal looks. The graphic shows at a glance how much space each of the five basic food groups (grains, vegetables, fruits, dairy, and proteins) should take up on a dinner plate. Here are some suggestions to help you fill your plate with healthy foods.



- Use a smaller plate to help with portion control.
- Eat slowly to enjoy the taste and texture of your food.
- Stop eating when you are full.
- Make half your plate fruits and vegetables.
- If you need a snack, choose fruits, vegetables, or unsalted nuts. (They are nature's original fast foods!)
- Switch to nonfat or 1% milk, or calcium-fortified soy milk.

- Make at least half of your grains 100% whole grains. Check the ingredients on food packages.
- Eat beans, which are a natural source of fiber and protein.
- Twice a week, make seafood the protein on your plate.
- Keep meat and poultry portions small and lean.

Get daily advice from MyPlate on Twitter: <http://twitter.com/#!/myplate>

- Choose foods and drinks with little or no added sugars.
- When you have dessert, treat yourself to naturally sweet fruit.
- Read food labels and buy foods with the lower sodium numbers.
- Season your food more with spices or herbs instead of salt. When you use salt, sprinkle it very sparingly.
- Use oils instead of solid fats (e.g., shortening, stick margarine, butter, beef fat, chicken fat, and cream).
- Eat only as many calories as you use each day.
- Aim for at least 30 minutes of exercise every day – 45-60 minutes is even better.

Following these guidelines can help you reach a healthy weight and maintain it for a lifetime.

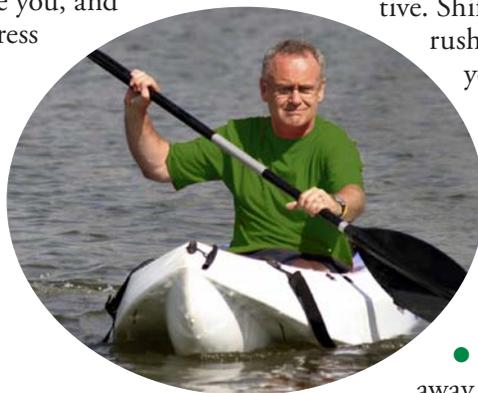
U.S. Department of Agriculture & Health and Human Services

Relax. You'll Live Longer

Everyone needs some stress to survive. It's what helps you prepare for and make a presentation, work on a challenging crossword puzzle, meet new people, and compete in a race. When you are on an amusement ride, exercising, or talking with someone you love, you experience positive stress. These stressors motivate and excite you, and are considered "good" stress. Without stress you would be bored and sluggish.

Too much stress, however, can cause headaches, depression, and a variety of illnesses. For example, having a lot of pressure and stress at work can increase your risk of heart disease. In a recent study of middle-aged Danish nurses, researchers found that heart disease doubled for nurses with high levels of stress at work.

Stress is a major cause of people missing work. If you dread going to work, are constantly afraid of getting fired, or don't trust your boss or co-workers, then stress is definitely affecting how well you perform your job. Here are some tips to help make your work life more enjoyable.



- Identify the things that stress you at work and at home. Then look for positive ways to make changes.
- If your stress is work-related, ask your boss to help you make changes in your routine. This could reduce your stress and, as a result, help you be more productive. Shifting your work hours so you avoid rush hour, for example, can help you keep your cool.
- Exercise regularly. Take a brisk walk during your lunch break, work out at the gym, and bicycle around the neighborhood after dinner.
- Make sure you get enough sleep and eat healthy foods. Caffeine can heighten your body's stress response.
- If your stress is intense or doesn't go away, see a health professional. Counseling can help you understand what triggers your stress, what stress does to you, and how to effectively deal with stress.

Occupational and Environmental Medicine & American Institute of Stress



Is It Skin Cancer?

The cure rate for skin cancer could be 100% if all skin

cancers were brought to a doctor's attention before they had a chance to spread. Unfortunately, many people don't know the warning signs, and therefore don't seek treatment.

Skin cancers don't all look the same. One might start as a small, smooth, shiny lump. Another might appear as a flat, red spot that is rough, dry, or scaly. It might bleed, or it might develop a crust. Don't wait for the area to hurt. Skin cancers seldom cause any pain.

Skin cancers are mostly found on areas of the skin that are exposed to the sun – the head, neck, hands, and arms. However, skin cancer can occur anywhere. To protect yourself, check regularly for new growths or other changes on your skin.

- Look at your skin in a well-lighted room using a full-length mirror and a hand-held mirror. The best time to do this is after your bath or shower.
- Begin by familiarizing yourself with any birthmarks, moles, and blemishes – where they are and what they look like.
- Check for anything new – a change in size, shape, color, or texture of a mole, or a sore that doesn't heal. Check all areas – including your back, scalp, face, arms, and legs.
- Changes in your skin are not necessarily cancer. But if you notice anything unusual, see your doctor. The earlier a skin cancer is found, the better the chance for cure.

Look at a slideshow of skin cancers: http://www.medicinenet.com/skin_cancer_pictures_slideshow/article.htm

The National Cancer Institute uses an "ABCDE" acronym to help you self-screen for melanoma (a serious skin cancer).

Asymmetry: The shape of one half does not match the other half.

Border that is irregular: The edges are often ragged, notched, or blurred. The pigment may spread into the surrounding skin.

Color that is uneven: The mole is not the same color throughout. Shades of black, brown, tan, white, gray, red, pink, or blue may be seen.

Diameter: There is a change in size, usually an increase. Melanomas can be tiny, but most are larger than the size of a pea (larger than 6 millimeters or about 1/4 inch – about the size of a pencil eraser).

Evolving: Over the past few weeks or months, the mole has changed in size, shape, shades of color, symptoms (itching, tenderness), or surface (such as bleeding).

National Institutes of Health

School Is Just Around the Corner

For many families, it's nearly time to get used to new schedules for school. It can be a challenge to juggle the demands of work, school, after-school events, social and religious activities, and the pull of television, video games, and the Internet.

Here are some ideas to help you and your kids stay on top of school activities and still have time for family.

● **Ease into the school year now.**

Wake the kids up 30 minutes earlier than usual this week, and another 30 minutes earlier the next week, until they are waking at the time they'll need to be up for school. Make sure your child goes to bed early enough to get the sleep he or she needs.



- **Organize clothes closets** and shop sales for needed clothes. Back-to-school items sell out early, so don't delay!
- **Eat dinner together.** Eating around the dinner table gives your kids a chance to talk about what happened during the day. It also helps you keep up with what they are thinking.
- **Share chores.** Chores help kids transition to the adult world as you teach them essential life skills. And you free up more of your time to drive them to after-school events or help them with homework.
- **Create a master calendar.** Make it large enough so you can write down every commitment – including homework time and exercise time. Post the calendar in a central place for all to see. Keep a pen nearby so people can add events to it.

USA.gov & Alabama Cooperative Extension System

Get back-to-school tips from the American Academy of Pediatrics: www.aap.org/advocacy/releases/augschool.cfm

ASK THE WELLNESS DOCTOR

Q: How can I start a walking group?

A: Go to www.wellsource.info/wn/ask-walkgroup.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: paulaw@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: "Lower Your Blood Sugar Level" available at: www.wellsource.info/wn/hc-bloodsugar.pdf. To keep your blood sugar level low – or get it that way – eat non-starchy vegetables in place of processed and high-starch foods.