

Lakeshore Health Notes

Manitowoc County Health Department

January/February 2018

Stay Active and Healthy in the New Year



The Holiday season has come to a close and for many of us that can mean “recovering” from all of the rich foods that accompanied the holidays and starting to think about our goals for the new year. Follow these tips to get your New Year off to a healthy start.

1. Stay active.

Being active is your secret weapon in the New Year. It can help make up for eating more than usual and has many other health benefits. Walking is a great way to be active. Try these tips to incorporate more walking into your activities:

- Skip the search for a close-up parking spot. Park farther away and walk to your destination.
- Make a few extra laps around the mall. Walk the length of the mall before going into any stores. The mall is also a good place to walk during bad weather.
- Start your day by taking the stairs. Remember to stretch your legs and take short physical activity breaks throughout the day.

2. Eat healthy.

Healthy eating is all about balance. You can still enjoy your favorite foods. The key is eating them only once in a while or in small portions and balancing them out with healthier foods.

- If you are traveling in the New Year, take healthy snacks along, like fruit and nuts. That way, you can avoid the temptation of convenience foods high in fat, sugar, and salt.
- If your favorite home recipes call for chicken with breading, try healthier baked or grilled variations.
- Resolve to make new habits. While at parties and other gatherings, fill your plate with fruits and veggies first, and pick small portions of just your favorites of the other items.

3. Plan activities that don't involve eating.

In addition to enjoying a meal with friends and family around the table, take the party outside.

- Try a seasonal activity with your family. Go ice skating or jump start your bucket list for the year. Visit the museum, or exhibit you've been wanting to see.
- Make a “walk and talk” date with a friend or family member. Skip the Frappuccino and explore a part of your town or city that may be new to you.

As you wrap up the holiday season and think about the new year, take steps to keep you and your loved ones active and healthy. The possibilities are endless.



Take Steps to reduce Radon

Radon is a gas that you can't see, smell, or taste but it can be dangerous. It's the second leading cause of lung cancer in the U.S. Radon is in the ground naturally. But sometimes it gets into the home through cracks in the floors or walls.

Having your home tested is the only effective way to determine whether you and your family are exposed to high levels of radon. Testing homes for elevated levels of radon is simple and inexpensive. And, if discovered, radon problems can be fixed.

Short term radon test kits that meet EPA guidelines can be purchased from the Manitowoc County Health Department for \$6. Analysis is included in the price. To obtain a test kit people can come to the Health Department at 1028 S. 9th Street, Manitowoc or call the health department at (920) 683-4155 for more information.

For additional information on local radon levels by zip code, how to test, the health risk and how to reduce radon levels in a house look at the Wisconsin Department of Health and Family Services website at www.lowradon.org.

Newsletter Mailing Change Request Form

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*Manitowoc County Health Department
1028 S 9th Street
Manitowoc, WI 54220*

or

panglee@co.manitowoc.wi.us

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