

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

May 2009

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LET'S GET MOVING...tips to get started

Plan ahead: Schedule physical activity into your daily routine and do your best to stick to it. A commitment to being active needs to be long-term, and should become a normal part of your everyday lifestyle. If time is limited, try getting up earlier or walking during your lunch break.

Equipment: You do not need expensive equipment to begin exercising. Start with a good pair of training shoes and comfortable clothes. Take a water bottle and don't forget to wear sun-screen and a hat in summer.

Get support: You are more likely to succeed if you have the support and encouragement of family or friends. Group activities are a great way of staying motivated and a good opportunity to get involved in your local community.

Choose an activity that is right for you: When choosing a new activity, take time to consider what would best suit you. Think about convenience, budget, pre-existing medical conditions and whether or not you will enjoy the activity. You wouldn't take up water-skiing if you couldn't afford it, had to travel for hours and don't like getting wet!

Be creative: Try something different – let your imagination run wild. Vary the places you go walking or try line dancing or water aerobics - there's bound to be something out there that's perfect for you.

Keep at it: Occasionally there may be periods of time where you lose focus and go off track. Do your best to get back to doing some physical activity when you can – try to think positive, plan ahead and always keep the benefits in mind.

Set goals: Set both short and long-term goals so you have something to work towards. Be realistic – you won't be able to run a marathon in two weeks time; but you might be able to walk every day for a week. Keep track of your achievements.

Reward yourself: It's important to reward yourself when you achieve your goals. Having an added incentive can also help you to get going when you don't feel motivated. A reward could be anything from buying your favorite magazine, getting a manicure or going away for the weekend.

Listen to your body: Exercising is not about 'no pain, no gain'. If an activity causes you pain either slow down or stop altogether. Pain is a sign that something might be wrong. If you are worried, see your health practitioner before continuing.

Have fun: Enjoyment is essential for maintaining a long-term commitment to being more physically active. Be selective in the activities that you choose, get in involved in group activities and stay positive – you're worth the effort.

Catrina's Corner

Spring is finally here! Flowers are blooming, birds are singing,, and it's time to get moving. It's tough to stay active in the winter, but now that warmer weather is here to stay, it's the perfect time to set some exercise goals. Included, you'll find some helpful tips on how to begin an exercise regimen...big or small. Don't forget to eat a few healthy snacks throughout the day, especially when exercising, to boost your energy level. Kati has written a great article to help make snacking throughout the day simple. Check it out on page two. She'll also be preparing some snacks for us at this month's support group, so bring yourself, a partner, or friend for this time of learning, making friends, and most importantly...eating. I look forward to seeing you all there. Just remember that we'll be meeting in a different location and please note that there has been a date change for this meeting. See you soon.



Clinic Dates

May 29, 2009
8:30 am - 4:30 pm

July 10, 2009
8:30am - 4:30pm

July 31, 2009
8:30am - 4:30pm

Clinic is located on the 2nd floor of the courthouse in Harrison. Look for the Family Planning clinic sign

Our office will be closed on May 19th for a District Wide meeting and May 25th in observance of Memorial Day.

Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - Snacking Your Way to Better Health

There are times in life when you just don't feel like eating. This may be due to feelings of depression, fatigue, or illness; however, when you feel this way, it is still important to eat. Many recommendations are available to assist you in eating during these times and most involve incorporating more snacks into your day instead of eating a few large and heavy meals. Snacking is also recommended to assist in the management of the side-effects caused by HIV medications. These side-effects include nausea, vomiting, diarrhea and weight loss. Snacking has also been shown to

help keep cholesterol levels low and provide energy throughout the day. Snacking every 3-4 hours can also help you reach your nutritional needs even when your appetite is fine. By incorporating snacks into your day, you can increase the amount of calories and nutrients you consume. Snacks can range from nutritional beverage supplements to a scaled-down version of meals you regularly eat (think of them as "mini meals"). You can also try incorporating the recipes listed in this month's

newsletter. Both are rich in many nutrients and could be a beneficial addition to your regular diet. Questions or concerns about your diet? A topic you would like me to address? Send me an email at katimora@moranutrition.com.



RECOMMENDATIONS FOR STOPPING THE SPREAD OF THE H1N1 VIRUS

- As always, people with respiratory illness should stay home from work or school to avoid spreading infections, including influenza, to others in the community.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth.
- Wash hands frequently with soap and water, especially after you cough or sneeze, to lessen the spread of respiratory illness. Alcohol-based hand sanitizers are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash after you use it. If no tissue is available, you can also cough or sneeze into your shirt sleeve.
- People experiencing severe symptoms including cough, fever, fatigue, sore throat, chills, headaches, body aches possibly along with diarrhea and vomiting, should call their physician.



Support Group

May 20, 2009 Cooking with Kati
* date and location change

June 15, 2009 Guest Facilitator
Andrea Eiseler

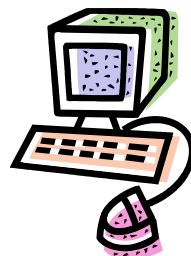
July 20, 2009 Independence Day Picnic
*location change

August 17, 2009 Cooking with Kati
* location change

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com
www.cmdhd.org



Questions? Comments? Concerns?

Contact:

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Phone: 989-539-6731, Ext. 8221