

Kerr County Newsletter

Vol. 2, No. 9

September 1, 2015

September Calendar of Events:

- September 4th: First Friday Wine Share @ Peterson Regional Medical Center
- September 5th: Hill Country Swap Meet @ HCYEC
- September 7th: Labor Day, County Holiday
- Run for Riverside 5K @ Riverside Nature Center
- September 14th: Commissioners Court
- September 17th: Chamber Mixer @ Copper Cactus in Old Ingram Loop
- September 19th: 3rd Annual Sock Hop downtown Kerrville
- September 25 – 27th: 50th Annual Kerrville Triathlon
- September 26th: Kerr County Market Days @ Courthouse
- September 26th: Family Free Days @ Museum of Western Art
- September 26th: 32nd Annual HCDJLS Fundraiser
- September 28th: Commissioners Court
- September 30th: County Fiscal Year Ends

Mark your Calendar for the Kerr County Employee Health Fair

*Wednesday, October 14, 2015
Hill Country Youth Event Center
10:00 am – 2:00 pm*

*Get your flu shots!! Enter to win Door Prizes!!
Visit with vendors offering health and safety information!!*

7 Healthy “Do’s”

Now that summer is coming to an end and school is back in session, it’s time to take a look at what we are doing for ourselves. If you’ve fallen off track or just want to amp it up a bit, follow these 7 Do’s:

1. **DO** eat at least three meals per day. Believe it or not, if you want to lose weight, it is important to eat and not skip any meals. Skipping meals can leave you feeling hungry, which will lead to overeating.
2. **DO** include a variety of foods. Diets that focus on one food or exclude whole categories of food are not healthy. Go for balance. Moderation is KEY! Sweets, pasta, and breads have a place in your eating plan.
3. **DO** quench your thirst. Water helps you burn calories, boosts your metabolism, and fills you up.
4. **DO** concentrate on your health. Products and diets that promise instant results are never a good idea. A slow, steady, balanced weight-loss plan is the most effective and safest. You will feel great, and you will protect your health.
5. **DO** make it a team effort. Staying motivated is imperative. Find an exercise buddy in your neighborhood or at the office and/or ask a friend or family member to help you stay on track.
6. **DO** get moving. If you are already eating healthy, exercise can tone muscle and give you lots of energy. Even just a few minutes a day can make a huge difference.
7. **DO** put **YOU** at the top of your daily To-Do List. It can get hard juggling work, family, and housework each day. It’s easy to let go of ourselves in the process. Shift your priorities so that you can make time for yourself without feeling guilty. Health is wealth!

**Happy Birthday
to all Kerr
County
Employees
celebrating a
September**

September National Awareness Month

- Childhood Cancer Awareness Month
- Children's Eye Health and Safety Month
- Children's Good Manners Month
- Cholesterol Education Month
- German-American Heritage Month
- Guide Dog Month
- Gynecological Cancer Awareness Month
- Hispanic Heritage Month
- Leukemia and Lymphoma Awareness Month
- Library Card Sign-Up Month
- Pediculosis Prevention Month
- Polycystic Ovarian Syndrome Awareness Month
- Preparedness Month
- Project AWARE Month (Marine Conservation)
- Prostate Cancer Awareness Month
- Self-Awareness Month
- Self-Improvement Month
- Sickle Cell Awareness Month
- Yoga Month

Did you know...



How much calcium is enough?

Young children (1 to 3 yrs) – 500 mg

Children (3 to 8 yrs) – 800 mg

Adolescents (9 to 18 yrs) – 1,300 mg

Adults (19 to 50 yrs) – 1,000 mg

Pregnant and nursing women – 1,000 to 1,300 mg

Senior adults (50+ yrs) – 1,200 mg

*One cup of skim (non-fat) milk contains 90 calories and 300 mg of calcium

Portion Control

Portion sizes can be confusing. Here are some tips on what portion sizes are:

- Fruit: 1 medium size whole fruit; 1 cup cut-up fruit or berries.
- Vegetables: 1 – 2 cups
- Protein: 3 – 4 oz of meat, fish, or chicken; 1 cup dairy; ½ cup beans
- Grains: 1 slice of bread; ½ - 1 cup grains, cereal or beans
- Healthy Fats: 1 tspn olive oil; a quarter of an avocado; 2 T vinaigrette salad dressing; 1 – 2 T natural peanut or almond butter; 1 – 2 T nuts

Here's how it should look:

- 1 oz cheese = Your thumb, tip to base
- Apple, small = Tennis Ball
- Chicken Breast, 4 oz = Your palm or a deck of cards
- Small orange or peach = Baseball
- Small sweet potato or baked potato – Computer mouse

Here are some extra portioning tips:

- Serve your meal on a salad plate. Your plate will look fuller with single portions than if you use a dinner plate.
- Store snack foods in snack bags so you are sure you are eating no more than one portion
- When dining out, if possible, ask for a kid's meal or half-portion – not the supersize portion. Or order an appetizer in place of a meal.

Chocolate Rootbeer Float



Ingredients

12 fl oz diet root beer

2 T chocolate syrup

1 cup fat free vanilla frozen yogurt

Instructions

Divide soda between 2 glasses. Add a Tablespoon of chocolate syrup to each and stir. Put ½ cup frozen yogurt into each glass and serve immediately.

Yields 1 float per serving

4 Weight Watcher Points Plus Value per serving

½ cup of non-fat vanilla frozen yogurt has approx. 200 mg of calcium