



the CommonHealth Compass

Announcing Two New Programs for TLC Agencies!

This year each TLC site will be able to choose between two CommonHealth programs. Both programs have been extremely well received and either choice is a great one!

Lighten Up! focuses on the importance of eating more fresh fruits and vegetables and smaller portions of meats. In this program you will discover how to eat healthier for less than you are spending now on your food budget.

Moving Forward with Fitness will help you identify ways to remove barriers to establishing a regular exercise routine – we are too tired, we don't have time, we are too tired or too fat, we are too embarrassed and we don't like to do it. Discover great ways to ease into a new fitness routine that will help you make strides in improving your blood pressure, your BMI, and your weight.

Both programs are available through June 30, 2013. Be sure to contact your Regional Coordinator to schedule one of these exciting programs.

Lighten Up!



There is a huge amount of scientific research pointing to foods and habits that make for good health. In an ideal universe, that's good news. If we exercise and eat right, we give our bodies what they need to work at their best. Sometimes though, it's challenging to make healthy decisions and too much information can make eating well seem complicated. Real life happens, and in the rush to satisfy daily hunger and desires, we may succumb to less-than-healthy choices.

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Time For a Change - Moving Forward With Fitness



Ask most people if exercise is important, and you'll get an overwhelming YES. But, it usually gets shoved aside as other details in life demand our time and attention. Starting and sticking with exercise isn't easy.

Interestingly, it's not our body but OUR MIND that is the biggest hurdle that keeps us from getting started and sticking with exercise. We love to stay with what we know and when we change something (like starting an exercise program) – there is almost always resistance.

Resistance is natural and our brain perceives change as moving out of a safe zone and triggers stress – which comes through as the excuses we make for not exercising.

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Lighten Up!

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It's still important to do our best to take care of ourselves. Stop making it hard to eat well by creating excuses that it is better to eat convenience foods. Find a way you can make a positive change – it can have a big impact. We have an opportunity, each time we eat, to fuel ourselves with what will work best for us in the big picture. If you find yourself slapping together a peanut butter and jelly or having a bowl of cereal for dinner (and those are the nights that you don't swing by the drive thru), make a point to attend an on-site program at your agency or view the "Lighten Up" video link for great CommonHealth ideas about planning, purchasing, and preparing foods to make you happier and healthier.

Isn't it time that you made a change for the better? Contact your CommonHealth Agency Coordinator today to see when the "Lighten Up – Eating Well is Easy" Program will be offered at your site. The program runs through June 2013. Each participant will receive a flexible cutting board (while supplies last) designed to make preparing more fruits and vegetables easier.

Be sure to contact your Regional Coordinator to schedule the **Lighten Up!** program. For information about the program flyer, coupons, handouts, and other resources, go to <http://www.commonhealth.virginia.gov/tlc/programs.htm#mfwf>.

Time For Change - Moving Forward With Fitness

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And boy, can we come up with excuses - we don't have the time OR the money, we're too tired, too fat, too weak, or too embarrassed, we don't like it, don't know how to do it and don't want to do it...on and on the list goes.

With this program we want to help you break through these barriers. We'll examine the most common barriers and provide some simple and effective ways to get around them.

Each participant will receive a CommonHealth incentive and great information about moving more for your health. Be sure to contact your Regional Coordinator to schedule the Moving Forward with Fitness program.

For information about the program flyer, coupons, handouts, and other resources, go to <http://www.commonhealth.virginia.gov/tlc/programs.htm#mfwf>.

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Honey Lemon Chicken

(Source: American Diabetes Association)

A deliciously sweet and sour chicken dinner or BBQ summer side dish!

Serves 4; serving size: ¼ recipe

Ingredients

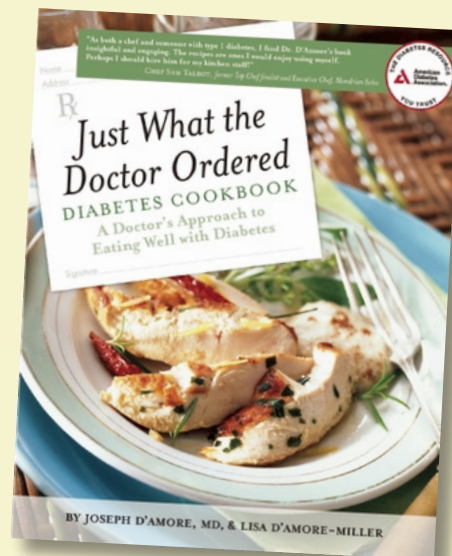
- 2 Tbsp honey
- 2 Tbsp freshly squeezed lemon juice
- 4 cloves garlic, minced
- ½ tsp black pepper
- 8 boneless, skinless chicken thighs

Preparation

Preheat oven to 375°F.

In a bowl, combine honey, lemon juice, garlic, and pepper.

Coat chicken with honey mixture, and arrange in a baking dish. Bake for 40 minutes, until juices run clear when chicken is pierced.



Nutrition Information

Exchange/Choices: ½ Carbohydrate;
4 Lean Meat; 1 Fat
Calories: 255 – Calories from Fat: 100
Total Fat: 11.0 g, Cholesterol: 100 mg,
Sodium: 95 mg, Total Carbohydrate: 10 g,
Dietary Fiber: 0 g, Sugars: 9 g, Protein: 27 g



Healthy Lunch Alternatives for Kids

Instead of peanut butter and jelly, try a new approach to packing a lunch. Kids do love to dip their food. You can cut raw veggies or use baby carrots plus a side container of thousand island or ranch dressing. Add multigrain chips and salsa. You can use your favorite mini cookie cutters and cut cheese and lean meats into fun shapes.

Try cheese slices in the shape of feet or ham cut in the shape of an ice cream cone. Use holiday themed cutters to change it up.

Apples cut into slices can be dipped in flavored yogurt or peanut butter.

A handful of dried fruit will help balance the savory taste of other items with something healthy for the sweet tooth. As an extra treat, try printing a note of encouragement on special paper and tuck it into the lunch bag. "I'm Proud of You" or "Good Luck on Your Spelling Test" notes can work wonders.

There are plenty of insulated lunch bags that will help keep your child's lunch tasty and fresh. Don't forget that grown-ups can have a dipping-day lunch, too.



Backpack Safety

Backpacks are a common sight in today's schools. Almost every child seems to carry one in some form or another. And there is ample evidence to link backpack misuse or overloading to the back pain more and more children are reporting.

Recent studies have reported that up to 64% of children suffer from back pain (Negrini, 1999).

That number may be alarming, but it does not really matter. What matters is if your child is one of them.

Back to school doesn't have to mean back to back pain for school children. The child should be able to stand straight with a filled backpack and not have to tip forward to walk. Make sure straps are adjusted so they stay on both shoulders. Use the chart to determine if your child is carrying too much weight on his or her back.

Backpack Maximum Weight Chart For Children

Weight of Child (in pounds)	Maximum Backpack Weight (in pounds)
60	5
61-75	10
76-100	15
101-125	18
126-150	20
151-200	25

Source: American Chiropractic Association, American Academy of Orthopedic Surgeons, and the American Physical Therapy Association and www.About.com/Ergonomics.



Back-to-School Safety

It's August! Do you know what that means? **BACK-TO-SCHOOL!**

While you're scrambling to pull together fall clothes and school supplies and sort through your transportation options, be sure to keep a few safety tips in mind.

Many schools are now joining the **Safe Routes to School** program to encourage walking or biking to school. Whether you're part of this movement or your child already rides a bike or scooter to school, be sure that he/she wears a properly fitted helmet. The helmet should fit snugly, be flat on top of the head and have a buckled chin strap. It should not move up and down or from side to side. Be sure to replace any helmets that have been in an accident. Helmets only do their job once!

Helmets belong on the head when riding a bicycle, but not when playing on a playground. Teach your child to take the helmet off beforehand. Bike helmets can get stuck in openings on playground equipment, causing a child to strangle.

One item that doesn't belong near a child's neck is a drawstring. So, look closely at your child's jackets, "hoodies," or sweatshirts to ensure there are no drawstrings in the upper portion of the garment. You also should take a look at waist or bottom drawstrings on your child's jackets and other upper clothing. New regulations specify that you shouldn't be able to see more than 3 inches of the string when the clothes are stretched wide.

The Consumer Product Safety Commission (CPSC) has received 26 reports of children who died when the drawstring on their clothing became tangled on playground slides, school bus doors and other objects. Waist and bottom drawstrings have been caught in doors or other car parts resulting in dragging incidents.

Is soccer your child's sport? If so, CPSC recommends that soccer coaches, school officials and soccer field maintenance personnel anchor goals to the ground so they do not fall over and cause a serious injury or death.

For more information about the Safe Routes to School program, check out <http://safety.fhwa.dot.gov/saferoutes/>.

For more information about the Consumer Product Safety Commission, go to <http://www.cpsc.gov/>.



Visit CommonHealth Online!

www.commonhealth.virginia.gov/tlc

If you have any questions, comments or concerns, please e-mail us at wellness@dhrm.virginia.gov



101 N. 14th Street
Richmond, VA 23219