



FLORIDA DEPARTMENT OF HEALTH IN FRANKLIN COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

WELLNESS NEWSLETTER DECEMBER 2015

Join The Holiday Challenge!



**Eat Smart, Move More,
Maintain, don't gain!**

HOLIDAY Challenge

Sign up at www.esmmweighless.com

Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Last year, over 1700 Floridians received helpful advice on enjoying the holidays in a more healthy way. Some of the tips included choosing fresh fruit as a festive and sweet substitute for candy, limiting fats, salt and sugary foods and finding fun ways to stay active, such as dancing to their favorite holiday music. Being active for at least 2 1/2 hours a week and helping kids and teens be active for at least 1 hour a day also adds healthy balance to the season.

The Florida Department of Health is teaming up with North Carolina State University to offer the Maintain, Don't Gain! Holiday Challenge for a second year. Rather than focusing on trying to lose weight, the FREE seven-week challenge provides participants with tips, tricks, and ideas to help maintain their weight throughout the holiday season.

The Holiday Challenge includes:

- Seven weekly newsletters delivered to your inbox with tips to:
 - * Host a healthier Christmas dinner
 - * Manage holiday stress
 - * Fit physical activity into your busy day
 - * Survive a holiday party
 - * Daily tips
 - * Mid-week Challenges
 - * Healthy holiday recipes
 - * Motivation and support from other participants

You may (click here) [sign up](#) for the 2015 challenge on the Eat Smart, Move More, Weight Less website.



Healthy Holiday Eating Tips

Eat regular meals - skipping meals can lead to overeating.

Stay hydrated - drink lots of water.

Eat a protein -paced snacks an hour before your holiday meal.

No guilt— enjoy your favorite holiday dishes, in moderation.

Fill up on salad and fresh vegetables first.

Think color—Colorful food makes a festive looking plate!

Get active— 10 minutes bursts of activity boost your metabolism!

Aim to maintain—You can enjoy the holiday season without weight worries when you commit to leading a healthier lifestyle.

Pork Tenderloin with Cranberry Salsa



Ingredients:

Cranberry Salsa

- 1 med. Poblano pepper, seeds and ribs discarded, finely chopped
- 1 cup chopped fresh or canned pineapple chunks, drained
- 1/2 cup dried sweetened cranberries
- 1/4 cup finely chopped red onion
- 1 teaspoon grated peeled ginger root
- 1/2 teaspoon ground cinnamon

Ingredients:

Pork Tenderloin

- 1 lb. pork tenderloin, all visible fat and silver skin discarded
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder

Instructions: Preheat oven 425 degrees F

1. Discarded the seeds and ribs of the poblano.
2. Finely chop the poblano. Put in a medium bowl. Add the remaining salsa ingredients and toss gently. Set aside
3. Place the pork on a baking sheet, tucking the narrow end under to allow the pork to cook evenly.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the pork. Bake for 23 minutes, or until pork is barely pink in the center and registers 150 degrees F on an instant read thermometer.
5. Transfer to cutting board. Let stand for about 5 minutes before slicing (the pork will continue to cook during the standing time, reaching about 160 degrees F) Serve the pork slices with the salsa on the side.
6. Nutritional Facts: Makes 4 servings (3 ounces pork and 1/2 cup salsa per serving) Calories: 222, Total Fat: 4.5g, Sat. Fat: 1.5g, Cholesterol: 74mg; Sodium: 205mg; Total Carbs: 21g; Dietary Fiber: 3g; Protein: 25g

The DOH-Franklin/Gulf **Closing the Gap Program** will be hosting healthy cooking demonstrations at the **Piggly Wiggly Grocery Store & Dollar General Market** in December!

Be sure to check out the healthy recipes and enjoy a delicious sample!

Piggly Wiggly Grocery

December 14, 2015—2pm-4pm

Dollar General Market

December 16, 2015—2pm-4pm

December 22, 2015—2pm-4pm

For more information please contact: Talitha Robinson or Alma Pugh at

850-653-2111 ext. 102/133.

TOP 10 Fruit Facts

1. Eating lots of fruit lowers the risk of developing chronic disease



6. Fruits are nutrient dense, and provide our bodies with essential vitamins & minerals

2. Fruit makes you strong



7. Fruit makes you glow

3. Water content in fruit makes your skin soft & supple



8. Fruit boosts brain power

4. All fruits have antioxidants which combat free radicals



9. Fruit helps prolong the natural changes of aging by protecting & rejuvenating cells

5. Fruit is high in fiber, helping ward off fats & cholesterol from the body



10. Fruit makes you HAPPY!

National Influenza Vaccination Week



HAVE YOU GOTTEN YOUR FLU VACCINE?

IT'S NOT TOO LATE!

DECEMBER 6-12, 2015

IS NATIONAL INFLUENZA VACCINATION WEEK

GET YOUR FLU VACCINE.

IT'S SAFE AND YOUR BEST PROTECTION AGAINST THE FLU!

A yearly flu vaccine is recommended for everyone 6 months and older.

Vaccination is especially important for protecting those at high risks for serious flu complications, including:

- Young children
- Pregnant women
- Adults 65 years and older
- Anyone with chronic health conditions like asthma, diabetes, and heart disease.



The newsletter is written by FDOH Franklin-Health Educators. The information is provided on the purpose of education only and is not for the use to diagnose and/or treat any medical and/or mental health condition.

For specific medical advice, diagnosis, and/or treatment please contact your primary care provider.