

Healthy Living

CSA Flu Shot Clinic

When: Friday, October 16th from 12:00-2:00P.M.

Where: CSA office @ 6000 Aurora Ave Des Moines

**A light lunch will be provided for participants. **

Flu season can begin as early as October & last until May. Influenza (Flu) is a serious disease which can lead to hospitalization and sometimes death. Healthy people can get sick from the flu & spread it to others. A flu vaccine is the best way to reduce your chances of getting the flu & spreading it.



10 Tips for a Healthy & Active Lifestyle

1 Eat Nutrient-Packed Foods-eat MORE whole grains, fruits, vegetables, low fat dairy. Eat LESS of food high in fats, sugar and salt!

2 Energize with grains-quick energy comes from bread, pasta, oatmeal, cereals. Make sure to eat Whole Grain!

3 Power Up with Protein-proteins are a must have for rebuilding & repairing muscle. Eat lean, low fat cuts of beef, pork, chicken or turkey, eat seafood twice a week.

4 Eat Plant Protein-eat beans & peas! (Kidney, black, pinto, white, split peas, chickpeas, hummus)

5 Vary your fruits & Vegetables-eat a variety of colors, try red, blue or black berries, red and yellow peppers, and dark greens (spinach & kale). Choose fresh, frozen or canned 100% juice.

6 Don't forget dairy-fat-free milk, cheese, yogurt, and soy beverages help build & maintain strong bones for daily activities.

Alcohol Consumption: Are You Risking your Health?

- A drink is:
 - One 12oz can of beer is
 - One 5oz glass of wine
 - One shot of hard liquor (1 1/2oz)
- If you drink alcohol, taking a look at your drinking pattern and knowing your risk is important for your health, now and in the future. Drinking can put you at greater risk of health conditions such as cancer, obesity, high blood pressure, stroke and diabetes. Talk with your doctor or CSA staff if you have concerns.

7 Balance your Meals-use MyPlate as a reminder to eat all food groups, learn more at www.chooseMyPlate.gov



8 Drink Water-stay hydrated, drink water over sugary drinks, use a reusable water and keep it with you.

9 Know How Much to Eat-get personalized nutrition based on your age, gender, height, weight and activity level, ask your doctor or use SuperTracker, learn more at www.SuperTracking.usda.gov

10 Reach Your Goals-set realistic goals for you to achieve & celebrate! You can even get Presidential recognition for reaching your goals at www.presidentialchallenge.org



The President's Challenge