



February Wellness Facts




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February is Heart Health Month

You can improve your heart health by eating more servings of fruits and vegetables each day and getting at least 30 minutes of physical activity. Try the following snack ideas:

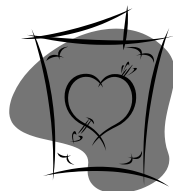
- 1 cup orange juice and 1 hard-boiled egg
- granola bar and apple 
- 1 apple with 1 oz cheese
- 1 small baked potato with 1/4 cup cottage cheese 
 - 1 cup yogurt with fruit added 
 - 1 medium carrot with 1/4 cup of ranch dressing

Edible Valentine Cards

For each card, you will need:

- 2 graham crackers
- 1 container chocolate pudding
- 1 container vanilla pudding
- Fresh or frozen red fruit for garnish

Make a pudding sandwich by spreading either chocolate or vanilla pudding in between the two graham crackers. Spread the top of the sandwich with the opposite flavor from the filling. Place remainder of filling flavored pudding in a plastic sandwich bag. Cut a small hole in the corner. Use this to write your valentine message on the top of the cracker. Garnish with a piece of red fruit. Serve immediately or freeze and serve as a frozen treat.



Too Cold to Exercise Outside?

According to John Castellani, PhD, of the US Army Research Institute of Environmental Medicine, there is not a specific temperature. The key is to protect your body temperature by wearing appropriate clothing that trap body heat as well as transfer perspiration away from the body. He suggests three layers:

1. An under-layer that does not absorb water such as polypropylene;
2. An insulating layer such as fleece or wool;
3. A water and wind resistant top layer.

Before going out to enjoy your outdoor sports, check the wind chill factor. Your cheeks, earlobes, and nose are the most difficult to cover are most at risk for frostbite when the wind chill goes below minus 20°F.