

Mind, Body & Soul Moody's Collision Centers

Volume # 2 Issue # 10

Wellness Calendar

This Winter is loaded with Healthy Living Activities as well as being **National...**

September is **National Childhood Obesity Month**

September 7th is **Suicide Prevention Week**

Suicide is the second leading cause of death for persons ages 10-24. Stay active in your children's lives and their social media!

October is **Auto Battery Safety Month**

October is **Eat Better, Eat Together Month**

When families sit down and eat together they eat more nutritiously and a greater variety of foods.

November is **Great American Smokeout Month**

Research shows that smokers who have support are more likely to quit for good!
Call 1-800-227-2345 for more information.

November 15th is **America Recycles Day**

December is **National Drunk Driving Prevention Month**

December 6th is **National Flu Vaccination Week**

If you did not get a flu shot in October at work please visit a local Rite Aid or Hannaford and present your Anthem card. This is 100% covered.

National Obesity Month

- One in 3 children in the United States are overweight or obese.
- Childhood obesity puts kids at risk for health problems such as type 2 diabetes, high blood pressure and heart disease.
- Since 1980, childhood obesity rates have more than doubled.
- Portion sizes of less healthy foods and beverages have increased over time in restaurants, grocery stores and vending machines. Children eat more without even realizing it.
- Sugar sweetened beverages is the largest source of added sugar in the United States. On a given day 80% of youth will consume one of these beverages.

Make sure your child gets at least 60 minutes of physical activity every day.

Visit choosemyplate.gov to look up nutritional information of food, track your calorie intake and find healthy recipes.

Reduce sedentary time watching television etc. to no more than 2 hours per day

www.cdc.gov/obesity

Opportunity is missed by most people because it is dressed in overalls and looks like work."

-- Thomas Edison

Read the nutrition label when shopping

1 Start Here →

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more) In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat **two** cups. That doubles the calories and other nutrient numbers, including the %Daily Values as shown in the sample label.

General Guide to Calories
 40 calories is low
 100 calories is moderate
 400 calories is high

Important: Health experts recommend that you keep your intake of saturated fat, **trans** fat and cholesterol as low as possible as part of a nutritionally balanced diet.

This guide is based on a 2,000 calorie diet.

Eating too many calories per day is linked to obesity.

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/>

Health Screening

Total cholesterol: Your **total cholesterol** score is calculated using the following equation: HDL (high density lipoproteins – “good cholesterol”) + LDL (low density lipoproteins) + 20 percent of your triglyceride level. With HDL **cholesterol** higher levels are better. Low HDL **cholesterol** puts you at higher risk for heart disease.

Blood pressure: When your heart beats, it contracts and pushes blood through the arteries to the rest of the body. This force creates pressure on the arteries. This is called systolic blood pressure.

A normal systolic blood pressure is below 120.

A systolic blood pressure of 120 to 139 means you have prehypertension, or borderline high blood pressure. Even people with prehypertension are at a higher risk of developing heart disease.

BMI (Body Mass Index) - BMI is a person's weight in kilograms divided by the square of height in meters. BMI can be used for population assessment of overweight and obesity.



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- <http://www.webmd.com/hypertension-high-blood-pressure/guide/diastolic-and-systolic-blood-pressure-know-your-numbers>
- http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp
- http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html