



# Health Tribune

Thinking about your health in Portage County  
 Provided by the Portage County Health Department



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*January is...*

## *A Time for New Year's Resolutions*

Many people make losing weight their New Year's Resolution. Instead of focusing on weight loss, resolve to make 2012 your healthiest year yet. This can be achieved by setting wellness goals that include eating right, being physically active, getting enough sleep, not smoking, limiting stress, and knowing your health numbers.



### Wellness Goals:

1. Eat right. Include whole grains, fruits, vegetables, low-fat or nonfat dairy products, and lean meats in your diet each day.
2. Exercise regularly. Include fitness activities that improve flexibility, strength, and cardiovascular health.
3. Get enough sleep. Adults need 7-9 hours of sleep each night.
4. Don't smoke. If you don't smoke, GREAT! If you do smoke, set a quit date and stick to it.
5. Limit stress. Learn to balance work and play. Surrounding yourself with positive people and take time for relaxation.
6. Know your numbers. Make sure to have health tests and screenings on time. Don't forget to get your recommended immunizations.

Date			
Blood Glucose			
Blood Pressure			
Cholesterol			
Weight			
BMI			

## *Did you know...?*

A great way to have fun while exercising is taking part in the Portage Park District parks and trails. There are 10 parks throughout Portage County as well as a hike and bike trail that links Kent, Kent State University, and Ravenna to the 32-mile Summit County Metroparks.



The Centers for Disease Control and Prevention has recommendations for adults regarding immunizations. The **Portage County Health Department Nursing Clinic** offers adult immunizations **every Tuesday from 8:00am-10:00am by appointment only**. Call 330-298-4490 to inquire about what immunizations you might need or to schedule an appointment.



In May 2011, the U.S. Department of Agriculture (USDA) launched the new MyPlate to replace MyPyramid. The ChooseMyPlate.gov website offers many helpful links including recipes, helpful tips for eating right and exercising, and an electronic tracker to plan, analyze, and track your diet and physical activity. These and other resources can be found at <http://www.choosemyplate.gov/>.

### 5 Ways to Handle Stress:

1. Go for a short walk.
2. Take slow, deep breaths.
3. Get regular exercise.
4. Do some stretching.
5. Take time each day to do something you enjoy.



## Questions or Comments?

Contact Us!

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