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FULTON COUNTY HEALTH DEPARTMENT

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To: Area Media

From: Women's Health

TAKE CARE OF YOURSELF DURING THIS HOLIDAY SEASON

All women understand the stress of the holiday season. There are the extra events for family and individuals, buying and wrapping gifts, decorating, special meal planning, traveling or providing for guests; and this is in addition to life's normal hubbub. It's easy for someone to sit back and tell you how to de-stress your life when they aren't in your shoes. It's harder to actually do it.

The Fulton County Health Department, the Office of Women's Health and the U.S. Department of Health and Human Services cannot provide magic answers, but we can give you a gift of empowerment by providing some tips for a healthier lifestyle that can make you a healthier, happier person and be a resource for information to help you achieve a healthier lifestyle.

Nothing happens all at once and to suggest to change lifestyles all at once would not help anyone. Change takes time and too much can be overwhelming. Take just one health issue a month and work on it. As the next month comes along, you're already on your way to establishing a habit change. Carry through with it as you address the next health issue. We hope these suggestions will help you to a healthier lifestyle in the coming months. Holiday Greetings to Fulton County women. Be safe, be wise, be happy, be healthy!

January - Spirituality: Find the strength within. Going to church, meditation, or just finding some time for quiet reflection on a regular basis can help you focus on your inner strengths.

February - Physical Activity: Stay active. Live longer.

- March - Overweight and Obesity: Aim for a healthy weight. Try healthier eating and watch portion sizes. Supersizing isn't the way, but you don't have to starve yourself to have healthier eating habits.
- April - Alcohol Use: Know your limits. Moderation and drinking responsibly are the keys. Alcohol abuse can damage your health and open a Pandora's box of medical problems.
- May - Mental Health: Lower your stress. There are many ways to address potentially stressful situations or to handle unavoidable stress. Learning to diffuse the stress can be valuable to your health.
- June - Health Care Access: Your health matters. Make sure you find a health care provider you are happy with. It's important to have someone you trust to discuss health issues with. Make sure you have regular checkups and don't forget the dentist, either.
- July - Drug Abuse: Use and lose.
- August - Family: Get support from those who care. This support can help you through the bad times, indecision, and help celebrate your triumphs.
- September - Immunization: Shots aren't only for kids. Make sure yours are up to date.
- October - Violence Prevention: Empower yourself. Remember, violence is not just physical. The tongue can be a mighty sword; more violence is generated by an unkind word or deed than anything else. Think before you speak or act.
- November - Tobacco Use: Smoking is costly to your life and to your wallet. Quit today and add years to your life.
- December - Responsible Sexual Behavior: Think before you act. Protect yourself from disease and unwanted pregnancy.