Texas Department of Health's
Cardiovascular Health and Wellness Program

The 2003 Texas Wellness Calendar

Active

Fit

Strong

Health Observance News, Information, & Lifestyle Education for the Texan at work, home, or just on the go !

January

Health Observances in January

National Volunteer Blood Donor Month
www.aabb.org
National Birth Defects Prevention Month
www.marchofdimes.com
Healthy Weight Week
www.healthyweight.net
Cervical Health Awareness Month
www.nccc-online.org
National Glaucoma Awareness Month
www.preventblindness.org

January 20 - 24 is Texas 5 A Day Week!

For information on how you can increase your fruit and vegetable intake whether you are a student, teacher, or parent look at the Texas Education Agency's website at **www.tea.state.tx.us/CNP/5aday**

Fruit and Vegetable FYI:
What's a Serving?
1/2 cup of fruit
3/4 cup juice
1/2 cup cooked vegetable, or 1/4 cup dried fruit

Website of Interest:

The United Nations has proclaimed 2003 as the International Year of Freshwater to focus our attention on protecting and respecting our water resources, as individuals, communities, countries, and as a global family. To learn more look into **www.unesco.org/water/iyfw2**.

JANUARY 2003

			1 ♀ For Women Only - schedule your yearly PAP	2	3	4
5	6	7	8	9	10	11
12	13	14 78th Legislature Begins	15	16	17	18
19 Confederate Heroes Day	20 Texas 5 A Day Week Begins Martin Luther King, Jr. Day State Holiday	21 Inauguration Day	22	23	24 Texas 5 A Day Week Ends	25
26 Superbowl Sunday	27	28	29	30	31	

December

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February

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February

Strengthen The Heart of Texas

Mosey On Up the Stairs !

Taking the stairs an average of 6 minutes a day instead of the elevator can elevate your fitness level as much as 10 to 15%.

Find the Wide Open Spaces !

With four national forests, two national parks, one national seashore, and countless state parks and recreation areas, it's easy to find a place close to home to walk, hike, swim, or ride.

Serve Up a Mess of Beans and Veggies !

Add more beans and vegetables to your meals. They'll add nutrients, fiber, and flavor to traditional stews, soups, and entrees.

Observances in February

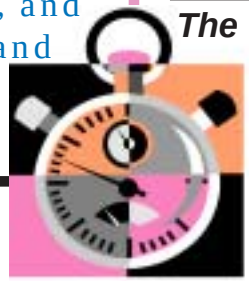
***American Heart Month**
***National Children's Dental Health Month**
***Kids Ear, Nose, and Throat Month**
***National Girls and Women in Sports Day - 5**
***National Child Passenger Safety Awareness Week - 9 - 15**
***AMD/Low Vision Awareness Month**
***Wise Health Consumer Month**
***National Burn Awareness Week - 2 - 8**
***Cardiac Rehabilitation Week - 10 - 14**
***Give Kids a Smile Day - 21**
***National Eating Disorders Awareness Week - 23 - March 2**

Website of Interest:

The American Heart Association's website at **www.americanheart.org** provides a wonderful opportunity for you to send the women in your life

- *an electronic greeting reminding them to take care of themselves and their hearts
- *important information on the No. 1 killer of women in Texas - heart disease!

If you or someone you know could benefit, look into this resource today.



The "Texas State Agency Physical Activity Challenge" is about to begin!

The **Texas State Agency Physical Activity Challenge** is the Texas Department of Health's lifestyle challenge for state employees. This 10-week program starts March 10th and runs thru May 18th, so planning should begin ***now***! State agencies interested in kicking off this program at their worksite can check out **TDH's Cardiovascular Health and Wellness Program's** website at **www.tdh.state.tx.us/wellness/agency** to download a program guidebook and register your state worksite. We'll provide all the resources you need to conduct the challenge and put your state agency on the path to better health.

FEBRUARY 2003

						1
2	3	4	5 National Girls and Women in Sports Day **www.womenssportsfoundation.org**	6	7	8
9 National Child Passenger Safety Awareness Week Begins **www.nhtsa.dot.gov**	10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15 National Child Passenger Safety Awareness Week Ends
16	17 President's Day	18	19	20	21	22 Washington's Birthday
23	24 Flag Day	25	26	27	28	

January

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March means wellness!

The Texas Department of Health's
"Texas State Agency Physical Activity Challenge !" **March 10 - May 18, 2003** This 10-week challenge is a motivating incentive-based worksite wellness program for state agencies that awards points for every 10-minutes of consecutive physical activity a person accomplishes. State employees form teams and strive to meet their own personally-set physical activity goals. You can register your agency at www.tdh.state.tx.us/wellness/agency and download all the materials needed to conduct the program including a guidebook and resource information to make the challenge a success where you work. Registration deadline is March 5th so register now!

Is 30 minutes enough physical activity?

Despite recent media attention pushing longer duration recommendations for exercise, most public health agencies agree and promote the Surgeon General's 1996 recommendations for 30 minutes a day, 5 days a week. And remember you can break it up to 10 minute intervals to suit your schedule!

Website of Interest :

National Nutrition Month March 2003

"Healthy Eating Healthy You," is the theme of this year's National Nutrition Month (NNM) which is sponsored by the American Dietetic Association. Focusing on healthier eating and exercise habits is the best way to prevent disease and improve quality of life for now and in the years to come. For information on this year's campaign and how to hold a NNM event where you are look up the ADA website at **www.eatright.org/nnm**

MARCH 2003

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2 Texas Independence Day	3 National School Breakfast Week Begins **www.asfsa.org**	4	5	6	7 National School Breakfast Week Ends	8
9	10 *Texas State Agency Physical Activity Challenge Begins* Brain Awareness Week Begins **www.dana.org/brainweek**	11	12	13	14	15
16 Brain Awareness Week Ends	17 St. Patrick's Day	18	19	20	21 First Day of Spring	22
23	24 World Tuberculosis Day **www.aawhworldhealth.org**	25 Diabetes Alert Day **www.diabetes.org**	26	27	28	29
30	31 National Sleep Awareness Week Begins **www.sleepfoundation.org** Cesar Chavez Day (Optional holiday)	**February** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28			**April** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	

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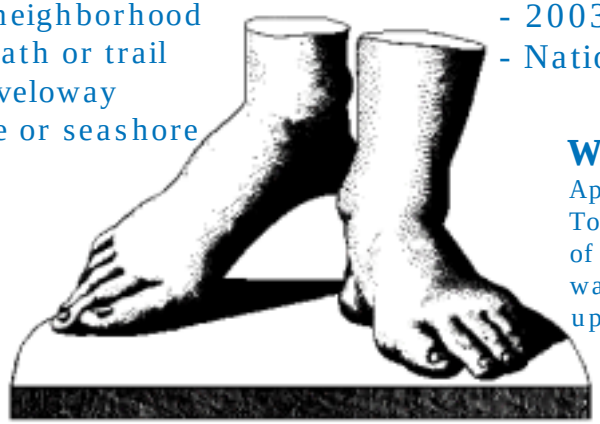
April springs!

turn off tv, and turn on life!

The National TV Turnoff Network wants you to observe National TV Turnoff week from April 21 - 27, 2003.

According to the CDC, obesity is now the second leading cause of preventable death in the United States, behind smoking. And since "almost anything uses more energy than watching T.V.", we recommend children and adults reduce their television watching time and incorporate some activities that get them moving. Some activities even have accompanying 'visual enhancement' to keep your interest such as:

1.) walking outdoors in your neighborhood
2.) light jogging on a nature path or trail
3.) bicycling at a city park or veloway
4.) swimming at a nearby lake or seashore



April Health and Wellness Observances

- Alcohol Awareness Month
- Cancer Control Month
- National Autism Awareness Month
- National Youth Sports Safety Month
- Irritable Bowel Syndrome Awareness Month
- National Child Abuse Prevention Month
- National STD Awareness Month
- Sports Eye Safety Month
- National Public Health Week 7-13
- Kick Butts Day 2
- YMCA Healthy Kids Day 5
- World Health Day 7
- National Infants Immunization Week 13-19
- Alcohol-Free Weekend 4 - 6
- National Organ and Tissue Donor Week 20-26
- 2003 Walk America 26-27
- National Volunteer Week 27-3

Website of Interest :

April is also Foot Health Awareness Month. To get and stay active you need to take care of your feet. If you have questions or just want information on foot health, look up **www.apma.org/footmouth02.htm**

APRIL 2003

		1	2 Kick Butts Day **www.kickbuttsday.org**	3	4 Alcohol-Free Weekend Begins **www.ncadd.org**	5 YMCA Healthy Kids Day www.ymca.net
6 Daylight Savings Time Begins Alcohol-Free Weekend Ends	7 World Health Day **www.aawhworldhealth.org** National Public Health Week Begins **www.apha.org**	8	9	10	11	12
13 National Public Health Week Ends National Infants Immunization Week Begins **www.cdc.gov/nip**	14	15	16 Passover begins at sundown	17 Passover	18 Good Friday (Optional Holiday)	19
20 Easter Sunday	21 National TV Turnoff Week Begins San Jacinto Day	22	23 Administrative Professionals Day	24	25	26 2003 Walk America Event **www.modimes.org**
27 National TV Turnoff Week Ends	28	29	30			

March

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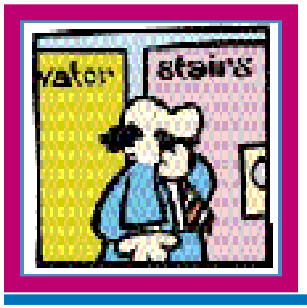
May

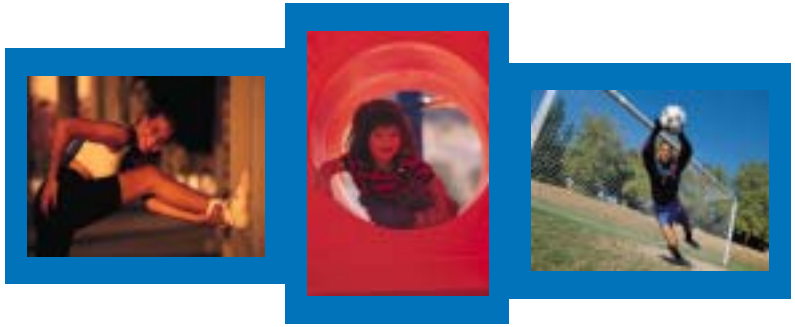


Worksite Wellness Choice for May Employee Health & Fitness Day - May 21

National Employee Health and Fitness Day is a day for companies/organizations of any size to enhance employee health. Planning an event is easy. Here are some low effort/low-cost ideas:

Mini Fitness Trail : Set up a walking trail within or around your worksite. Measure and mark the mileage in feet or yards and include a stretching station at the beginning and end.

Chair Aerobics : Employees place their chairs to allow some space in between for movement. Bring in a qualified instructor or video tape and show them how to get their heart rates up without ever standing up.



Website of Interest :

There are more wellness observances in May than in any other month of the year. You can view all of them at **www. healthfinder.gov/library/nho/nho.asp**

Gardening is a wonderful low-risk, low-impact activity that adds beauty to your environment. Gardening an average of 30-45 minutes at moderate intensity is roughly equivalent to physical activity that uses approximately 150 Calories of energy per day or 1,000 Calories a week! When gardening always remember to

1.) wear comfortable clothing that's not too loose
2.) wear a hat and use sunscreen
3.) use your legs when lifting, not your back
4.) use knee pads for ground work
5.) keep water/juice handy for hydration

means move...

MAY 2003

For more information on National Employee Health and Fitness Day, look into the new programs from the National Association for Health and Fitness at **www.physicalfitness.org**. If you are a state agency desiring more information and free program ideas, you can also look into the Texas Department of Health's Cardiovascular Health and Wellness program at **www.tdh.state.tx.us/wellness**				1	2	3 National SAFE KIDS Week Begins **www.safekids.org**
4	5	6	7	8	9	10 National SAFE KIDS Week Ends
11 Mother's Day National Running Awareness Week Begins **www.americanrunning.org**	12	13	14	15	16	17 Armed Forces Day National Running Awareness Week Ends
18 *Texas State Agency Physical Activity Challenge Ends*	19 Buckle Up America Week Begins	20	21 National Employee Health and Fitness Day **www.physicalfitness.org**	22	23	24
25	26 Memorial Day Holiday Buckle Up America Week Ends	27	28 National Senior Health and Fitness Day **www.fitnessday.com**	29	30	31 World No Tobacco Day **www.aaworldhealth.org**
		April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26			**June** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	

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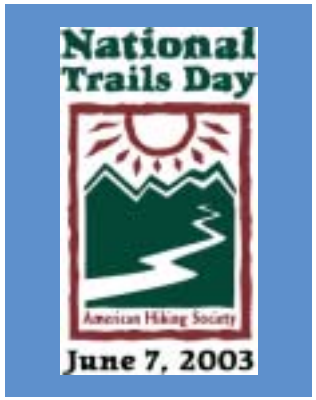

June

Website of Interest:

Fun in the Sun? Skin cancer is an epidemic. Make sure you're not putting your skin at risk by looking into **www.skincancer.org**

The first Saturday of June is National Trails Day. This year's theme is "Healthy Trails - Healthy People." The American Hiking Society (AHS) sponsors this annual observance and encourages the following supportive and healthy activities you can choose to do on this special day for the well-being of you and your environment.

-- Go to a trail dedication or work with a trail crew.

-- Take a day to explore the recognized trails in your area with a friend or your family.

-- Learn how to build or maintain trails

For more information and ideas look into the AHS at **www.americanhiking.org.**

June Health Observances:

* **National Trails Day 7**
* **Vision Research Month**
* **Fireworks Safety Month 1 - July 4**
* **National Aphasia Awareness Month**
* **National Scleroderma Awareness Month**
* **National Headache Awareness Week 1 - 7**
* **National Men's Health Week 9 - 15**
* **Eye Safety Awareness Week 27 - July 5**

Men's Health Week is June 9-15th, 2003

A man's health can impact not only his life, but the lives of those he loves and cares for. So spare yourself and your family by doing everything possible to prevent problems and maintain your health.

Real Men know what to do !

Switch from fat to fresh by replacing processed or fried foods in your diet with salads containing a high variety of vegetables. Low-to-no fat dressings will make-up for any loss of flavor and you can top off a meal with fresh fruit or lowfat yogurt to satisfy sweet cravings versus cake or a candy bar.

Join a team, group, or physical activity club. Structured programs for team sports and exercise groups or clubs provide fun, fitness, and friendship. Your local YMCA or Parks and Recreation offices should have information on any existing programs.

Make the call to your physician to have a physical exam and screening. Significant things to check for include heart health indicators like blood lipids and a stress test as well as colorectal, skin, prostate, and testicular cancer screenings as recommended for age. See www.cancer.org or call 1-800 ACS 2345 for specific screening recommendations by age.

JUNE 2003

1 National Cancer Survivors Day **www.cancer.org**	2	3	4	5	6	7 National Trails Day **www.americanhiking.org**
8	9 National Men's Health Week Begins **www.menshealthweek.org**	10	11	12	13	14 Flag Day
15 Father's Day National Men's Health Week Ends	16	17	18	19	20	21 First Day of Summer
22 Helen Keller Deaf-Blind Awareness Week Begins **www.helenkeller.org**	23	24	25	26	27	28 Helen Keller Deaf-Blind Awareness Week Ends
29	30	**The Texas Blueberry Festival in Nacogdoches is sweet! The festival is June 14-15, 2003. For a schedule of events and other information contact the Nacogdoches Convention and Visitors Bureau at 888-OLDEST-TOWN.**				
		May 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24				**July** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

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