

PEP Talk

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America on the Move presents a month of action for a healthier you

Help Turn September into **Step**tember!

What is America on the Move (AOM)?

AOM is a national initiative with the aim of improving quality of life - for individuals, families, communities and society.

AOM emphasizes *energy balance* - a balance between the amount of calories eaten and the amount of calories burned through physical activity. Achieving energy balance is an effective approach to healthy weight management. In fact, adding just 2,000 extra steps and eating 100 less calories each day are enough to help most Americans prevent the current average weight gain of one to two pounds each year.

What Is Stepember?

Steptember is a national month-long celebration highlighting the benefits of active living and healthful eating. During this month, you're encouraged to take steps for yourself, your kids and your community. Everyone is encouraged to experience America On the Move's **two small steps** that help prevent weight gain and enhance health:

1. **Add an extra 2,000 steps** (or activity equivalent) to your day; and
2. **Choose one way to eat 100 less calories** each day.

Join **Step**tember and take steps that make a difference. Hundreds of thousands of people will help us turn September into **Step**tember by visiting www.americaonthemove.org or by calling 800-807-0077 and joining the campaign.

Why is Stepember so important?

The physical activity and eating habits of most Americans are cause for concern. The rate of overweight/obesity has increased dramatically across the nation and is now an epidemic. The effects on our children, families and communities are far reaching,

but they can be prevented - and most are reversible. The goal of **Step**tember is to challenge everyone to learn just how easy it is to find a healthy balance that can stop weight gain and enhance health.

Also, by joining AOM during September, you will not only take a step to improve your own health, but you will also help us to grow our **AOM Kids Fund**, which supports AOM programs that combat childhood obesity.

How do I get involved locally?

Join **Florida on the Move in Pinellas County** and get involved with **Step**tember, while enjoying the benefits of AOM all year round. Make a personal commitment to a healthier lifestyle. Here's how to join:

- Go to www.floridaonthemove.org
- Click the "Get Involved Today" tab.
- Pick "Individual, Full Access" registration.
- Fill in the next screen - your information is confidential and only viewable by you.
- Enter group registration code **RF47677**.
- Click "next."
- You will be asked for some more information. You only are required to fill in the bold areas. Remember - your information is confidential and only viewable by you. All that is seen by the group administrator is the *total* # of people registered and the *total* activity the group records.
- Click "next."
- That's it! You're enrolled and ready to go!

For more information, call Lois at (727) 824-6900, extension 11319. Have fun!



Take a Loved One for a Checkup Day - September 19



Are you already taking charge of your health? If so, help a family member or friend do the same thing. Regular health care, including preventive care, can enhance and extend the lives of those you love. That's why **September 19** is **Take a Loved One for a Checkup Day**. It's your chance to encourage those you love to visit a doctor or other health professional – or at least make an appointment to visit one.

When your friends and loved ones are connected with the right medical care, they can find answers to their health concerns. Many health problems can be prevented and others can be treated. Help those you love do something good for their health on September 19. Go with your loved ones to visit a doctor or health professional or make an appointment for them.

Here are some ideas everyone can use to stay healthy all year long!

Ten-Step Countdown to Better Health...

10: Be Informed. For health information you can trust, here are two places to start: National Women's Health Information Center www.womenshealth.gov and Healthfinder www.healthfinder.gov

9: Be Good To Your Bones. No matter what a person's age is, everyone needs enough calcium and vitamin D. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods like milk and dairy products, tofu, leafy green vegetables, canned salmon or sardines and calcium-fortified juices or breads. Learn more at www.womenshealth.gov/faq/osteopor.htm or www.osteoporosis.org/osteopor.htm.

8: Avoid Illegal Drugs and Alcohol. For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned, there is no such thing as "moderate" use.

7: Take Medicine Wisely. Read labels, follow instructions carefully and remind your doctor or pharmacist about any other medicines or supplements you might be taking that could interact with your medication.

Visit www.fda.gov/fdac/reprints/medtips.html for more information.

6: Play It Safe. Avoid injuries. Use smoke and carbon monoxide detectors. Wear sunscreen. Practice safe sex. Learn more at www.cdc.gov/ncipc/.

5: Get Checked. Get regular checkups, preventive exams, and immunizations. Don't forget self-exams, too. Find out about preventive measures you can take to stay healthy at www.nlm.nih.gov/medlineplus/ency/article/001921.htm

4: Don't Smoke. It's the leading preventable cause of death in our country. For information on how to quit smoking, go to www.womenshealth.gov/QuitSmoking/index.cfm

3: Eat Smart. It's the secret to good health. For information on how to eat right, go to www.health.gov/dietaryguidelines/dga2000/document/frontcover.htm or www.PinellasWellness.com

2: Get Moving. The other secret to good health: 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally. For more information visit www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/phy_act.htm

1: Be Happy! Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!

Visit www.fda.gov, www.cdc.gov or www.healthfinder.gov for more information about better health.



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