

Fit Kids of SWOK



Get Back on Track After the Holidays

It's that time of the year again. After months of anticipation and cheer, Christmas is over and a new year has just begun. So how do we describe these feelings of sadness, nostalgia, and melancholy? To many it's known as the "after holiday blues" and there's actually been studies conducted as to why we feel this way after the holidays.

According to Psychology Today, some of the reasons we become 'depressed' after the holidays are as follows: we go from having busy social schedules to becoming homebodies, family members

start to travel back to their own homes, it's time to go back to work, we are reminded of those who are no longer with us to spend the holidays, we are let down as the holidays were not



what we expected and more. There's so much going on around the holidays that it's hard to adjust

back to the norm that was before the iconic holiday season.

So how can we fix and cope with these oh so familiar blues? Keep in touch with family and friends who live farther away. Start an exercise routine that will keep you energized and get back on track with a healthy eating routine. Have at least one thing planned in your week that you can look forward to. Get enough SLEEP! And make a list of (realistic) resolutions to keep track of during the New Year. In general, make it a priority to take care of you!

Cervical Cancer Awareness Month

January is Cervical Health Awareness Month, and there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. HPV is also a major cause of cervical cancer.

Each year, more than 11,000 women in the United States get cervical cancer.

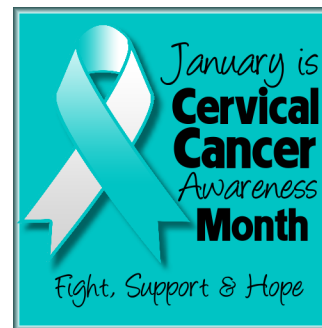
The good news?

The HPV vaccine (shot) can prevent HPV. Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care. In honor of National Cervical Health Awareness Month, encourage: women to start getting regular Pap

tests at age 21 and parents to make sure pre-teens get the HPV vaccine at age 11 or 12. Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at

no cost to you. Check with your insurance company to learn more.



Fit Kids of SWOK

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We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

Monthly Meeting

Every 4th Wednesday, 12pm-1pm
CCMH, Oakwood 1&2

January Events

- 1-4 3 Mile Thursday
- 1-18 3rd Thursday 3 Mile
- Sat: Family Friendly Hikes 9am
- Wildflower Walks 10am
- Mountain Bike Club Rides 9am

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

Respiratory infections. Severe and chronic heart disease. Stroke. Cancer. These are just a few of the numerous health effects linked to secondhand smoke. Secondhand smoke is an immense danger. It is classified as a Class A carcinogen, as it has been proven to

cause cancer in people. After just a few minutes of exposure to secondhand smoke, a nonsmoker can begin to exhibit health problems comparable to those of smokers.

Secondhand smoke is dangerous to everybody, but it's especially harmful to children. Infants and young children are particularly vulnerable, as their bodies and lungs have not yet fully developed. In kids, exposure to secondhand smoke can lead to sudden infant death syndrome (SIDS), ear infections, asthma attacks, bronchitis, pneumonia and many other chronic illnesses.

There is no safe level of exposure to secondhand smoke. It can spread throughout homes and apartment buildings in a number of unexpected ways, like ventilation and forced air systems, doors and windows, electrical outlets and neighbors' balconies and common areas.

Secondhand smoke is a problem, and it needs to be solved. Learn how you can help at StopsWithMe.com. If you do use tobacco and are thinking about quitting, free help and nonjudgmental support is available at 1-800-QUIT NOW or OKhelpline.com.

1 in 5

kids in Oklahoma
are exposed to secondhand smoke at home.

