

# Fit Kids of SWOK



## Beat the Holiday Bulge

The next few weeks are filled with celebration: family, turkey dinners, leftover lunches, and plenty of pie. Many people leave December with what college students call the "Freshmen 15." Before you even think of trying to diet, here are some strategies to beat the holiday bulge and start off your New Year with a heck of a lot more resolve.

### Move

We recommend movement as much as possible, not only to help burn calories, but also, improve your mood, get your blood flowing and stabilize your blood sug-

ar. Movement helps with blood flow, which delivers much needed nutrients to the body.



### Eat

Your holiday bulge will depend on the kinds of foods that you are eating. Eating stuffing will have a different impact on your body compared to eating turkey. Focus

on proteins and fats, instead of carbs. Eat good fats: omega-3, saturated fat from coconut oil, avocados, raw nuts and seeds, and Grass Fed meats. Don't skip meals in anticipation for a big holiday feast.

### Rest

While moving and eating are important, we cannot stress enough the importance of a good night's sleep. Lack of rest can lead to higher stress, and being in a stressful environment can lead to higher levels of the stress hormone, cortisol.

## World AIDS Day

### What is World AIDS Day?

World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

### Why is World AIDS Day important?

More than 1.1 million people in the U.S. are living with HIV

today, and 1 in 7 of them don't know it. More than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history. Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. However, people do not know the facts about how to protect themselves and others, and stigma

and discrimination remain a reality for many people living with the condition. World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

### What should I do on World AIDS Day?

World AIDS Day is an oppor-

tunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day. You can order a red ribbon or pick one up in a MAC Cosmetics shop.



## Fit Kids of SWOK

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*We are on the web*  
[Fitkidsofswok.org](http://Fitkidsofswok.org)

*"Creating an Active and Healthy Community!"*

### Monthly Meeting

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

## December Events

12-2 Frost Ya' Fanny 5k and 1 Mile Fun Run

12-7 3 Mile Thursday

12-16 Elgin Ugly Sweater 5k

12-21 3rd Thursday 3 Mile

12-23 Jingle Jog 2017

Sat: Family Friendly Hikes 9am

Wildflower Walks 10am

Mountain Bike Club Rides 9am

## More anti-tobacco work is needed!

# TOBACCO STOPS WITH ME.

With incomplete policies protecting Oklahomans from secondhand smoke, it's up to you to protect yourself and your family. Here are four things you need to know to protect yourself and your family from secondhand smoke:

### **1. Oklahoma doesn't have 100% smokefree policies.**

100% smokefree policies prohibit smoking in worksites, restaurants and bars — three major sources of secondhand smoke exposure. Over half the country has comprehensive smokefree policies on the books, and those states are already seeing the benefits.

### **2. Children are the most vulnerable to secondhand smoke.**

For infants and young children, secondhand smoke is particularly dangerous. Their developing lungs and brains are especially vulnerable to its harmful chemicals. Exposure leaves children at great risk for serious health issues like respiratory illness, ear infections, asthma, SIDS and cancer.

### **3. Smoking in cars is the worst.**

Neighboring states have passed policies that make it illegal to smoke in cars while children are present. Oklahoma has no such laws. Smoking in cars generates highly concentrated levels of secondhand smoke, which contains

more than 7,000 chemicals, 70 of which are known to cause cancer.

### **4. Adults aren't immune to secondhand smoke.**

It doesn't matter how old you are — everything bad you've ever heard about secondhand smoke applies to adults too. That's why it's important to protect yourself. Even 30 minutes of exposure to secondhand smoke can cause heart damage similar to that of an everyday smoker. Try to avoid all places where smoking is permitted.