

USNH/MCCS Health & Wellness Corner

(USNH/MCCS Health Promotion – 645-2620/2578/3910)

SEPTEMBER HEALTH OBSERVANCES

National Cholesterol Education & Awareness Month

- ◆ Encourage your family, friends, & co-workers to have their cholesterol checked.
- ◆ Get a fasting lipoprotein profile to find out your total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.
- ◆ Here are steps you can take to lower your blood cholesterol or keep it low:
 - ◆ Follow a low saturated fat & low cholesterol diet
 - ◆ Lose weight if you are overweight
 - ◆ Participate in moderate intensity physical activity—like brisk walking—for at least 30 minutes on most, & preferably all, days of the week
 - ◆ Quit Smoking

Prostate Awareness Week (Sep 15-21)

Someone you know may be affected. There will be over 2.8 million cases of prostate disease reported in 2003. For over 180,400 men, it will be prostate cancer. Over 31,000 will die because they didn't get an examination soon enough. Don't let it be said, "He was too embarrassed or afraid to get tested." We should not rest until we win the battle against Prostate Cancer!

Five A Day for Better Health Week (Sep 21-27)

The national 5 A Day for Better Health Program gives Americans a simple, positive message—eat 5 or more servings of fruits and vegetables every day for better health. Their goal is to increase the consumption of fruits and vegetables in the U.S. to 5 to 9 servings every day. In addition to this goal, the program seeks to inform Americans that eating fruits and vegetables can improve their health and reduce the risk of cancer and other diseases, including heart disease, hypertension, diabetes, and macular degeneration. Contact www.5aday.gov for more information.

September Schedule of Events

Cholesterol Education Booth

- ◆ Fri, Sep 12, 1100-1300, Foster PX
- ◆ Fri, Sep 19, 1100-1300, Kinser PX

BALANCE

- ◆ Monthly Weight Management Support Group
- ◆ Thurs, Sep 18, 1730, Camp Lester Chapel

Lose Weight the Easy Way

- ◆ Thurs, Sep 18 & 25, 1600, Conf. Room B, USNH, Call 645-2620 to register.

Lower Your Cholesterol

- ◆ Wed, Sep 24, 1500, Conf. Room C, USNH, Call 645-2620 to register.

5 A Day Education Booth

- ◆ Fri, Sep 26, 1100-1300, Foster Commissary

5 A Day 5K & 2.5K (Kids) Fun Run/Walk

- ◆ Sat, Sep 27, 0700, Camp Lester Gym, Call 645-2620 for details.

Breast Cancer Awareness Forum

- ◆ Wednesday, October 1 1800, Camp Foster Community Center

A PANEL OF MEDICAL EXPERTS DISCUSSING:

- The latest breast cancer research information
- Prevention lifestyle strategies
- Practical dietary tips and recipes
- What every woman needs to know about breast cancer
- Drawing for free prizes

Kid's Run a Success

50 kids came out for a morning of racing at the Kishaba Kid's Running Challenge on August 16th held at the Kubasaki High School track. Events included a 1600 meter, 400 meter, 800 meter, and 50 meter dashes.