



FOR IMMEDIATE RELEASE

Contact: Meg Milne
803-530-5171

This Week's Healthy SC Challenge Tips

First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. –April 23, 2010 - The Healthy SC Challenge is the Sanford family's effort to persuade all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories: nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, www.healthysc.gov.

Healthy Tips

Nutrition

For whatever reason it seems I've had to make dinner on the fly more often lately. My husband and I both have various evening commitments so we haven't had a "normal" sit down dinner in a while. Often one of us is out until late and the other either eats and saves the rest or we both end up eating late at night. If you have a busy schedule, it is even MORE important to plan ahead and have staples available for snacks and dinners.

My husband will complain every so often that we don't have normal snacks in the house like Cheese-its. The problem with Cheese-its is that my husband (and I'm guilty of this as well) will pull out the box and mindlessly munch until he's had three or four servings instead of just one. Not to mention chips like that really do not pack much nutrition for your buck.

Yesterday, instead of chips, I pulled out a crisp apple, cut it into chunks and put it on a plate with a glob of all natural peanut butter. This is a very tasty, quick and filling snack to have on hand.

A quick and easy dinner can come from only a few staples. Keep canned beans, whole-wheat pasta, eggs and cheese handy. You can make a quick omelette for supper when you need something quick and nutritious. If you don't keep staples on hand, you are in danger of stopping at drive-through and filling your body with unhealthy, fatty, high sodium fast food that will leave you feeling bloated and without much of the nutrition your body needs. Think of what you and your family members have scheduled and plan accordingly.

Tonight my husband happens to have a tennis match so I plan to use my old "clean out the refrigerator" dinner tactic. I am making Paninis using a half a frozen loaf of whole wheat bread I made last week, store-bought pesto, jarred roasted red peppers, prosciutto (leftover from Tuesday's pizza), mozzarella cheese and arugula. Since I have a plan, I won't be wasting the week's leftover ingredients, and we won't be scrambling late at night to find a healthy meal.

-Meg Milne, Director of the Healthy South Carolina Challenge

Physical Activity

If you've grown to enjoy exercising or a certain sport, it's disheartening to face an injury or health problem. For some people, a slight injury can be an excuse to stop exercising all together. It's important to evaluate your situation and adjust your exercise routine accordingly.

As of late, I've been dealing with pain in my foot. It isn't anything very painful and certainly doesn't keep me from getting out and walking or playing tennis, but I find that running is what seems to make it hurt. So I have to take a break from running—which I greatly enjoy. It's important to take care of your body even when it is inconvenient. If you have a sore shoulder, chances are you will be fine walking or running as usual, but you might need to lay off of tennis or golf. But don't use the sore shoulder as an excuse to stop all activity. Re-work your exercise routine so you stay in shape—for me that means more walking, more weights and less running for the time being.

-Meg Milne, Director of the Healthy South Carolina Challenge

Tobacco

Diseases caused by smoking kill more than 438,000 people in the United States each year; 33 percent of these deaths were cardiovascular related. Even with anti-smoking campaigns and medical disclaimers in place, many people continue to smoke or start smoking every year. According to the American Cancer Society, 90 percent of new smokers are children and teenagers, in many cases, replacing the smokers who quit or died prematurely from a smoking-related disease.

Smokers not only have increased risk of lung disease, including lung cancer and emphysema, but also have increased risk of heart disease, stroke, and oral cancer.

http://www.musckids.com/health_library/adolescent/smoking.htm

-#####-

The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit www.healthysc.gov, or call 803-530-5171.