



Health e-Links
Health Education & Lifestyle Management Newsletter

Attention!!!



Maintain, No Gain

HOLIDAY WELLNESS CHALLENGE

NOVEMBER 23RD -JANUARY 4TH

ARE YOU STAYING ACTIVE?

ARE YOU EATING BALANCED MEALS?

ARE YOU CONTROLLING YOUR PORTIONS?

STAY IN CONTROL DURING THE HOLIDAYS!!

<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/challenges.asp>

National Health Observances for
December
Visit the links below for more information

Safe Toys and Gifts Month
www.preventblindness.org

1
World AIDS Day
www.worldaidscampaign.org/en/

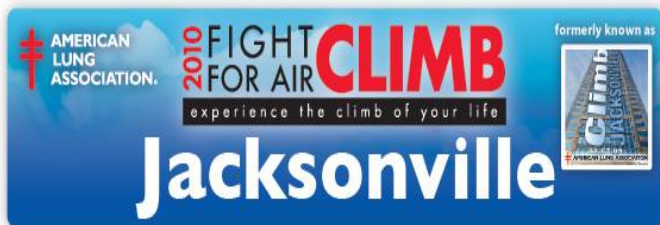
1 - 7
National Aplastic Anemia and MDS Awareness
Week
www.aamds.org

6 - 12
National Handwashing Awareness Week
www.henrythehand.com/pages/content/hwaw.html



DCPS Employees feature on AHEC website for participation and successful completion of Smoking Cessation classes!!!

<http://www.quitsmokingnowfirstcoast.com/>



In an effort to raise donations for the American Lung Association, **DCPS Employee Wellness (D.E.W.)** will climb 42 flights of the Bank of America Tower!!!!



Saturday, February 6, 2010

Bank of America Tower
A Parmenter Realty Partners Property

50 N. Laura St.
Jacksonville, FL

Please go on line and donate to team **D.E.W.** DCPS Employee Wellness! Our goal is to get every employee to donate at least \$1.00. Please Donate Today!

Please Contact Tonya Hill, 390-2916 of hill-willt@duvalschools.org for more information.

To donate please go to:

<http://www.mrsnv.com/evt/e01/evtteamslist.jsp?pager.offset=0&hOrder=desc&hSort=4&id=2686>

Why Weight DCPS?

Why does eating breakfast help control weight?

Answer

from Katherine Zeratsky, R.D., L.D.

Here are some of the ways regularly eating a healthy breakfast may help you lose excess weight and maintain your weight loss:

- Eating breakfast reduces your hunger later in the day, making it easier to avoid overeating.

- Eating breakfast gets you on track to make healthy choices all day.

- Eating breakfast gives you energy, increasing your physical activity during the day.

Unfortunately, more Americans are skipping breakfast. If you're one of them — whether you're trying to save time or cut calories — you may want to reconsider, especially if you're trying to control your weight.

Special thanks to Ms. Cray and Englewood High School Students for designing d.E.W. T-shirts!

Ingredients

- 4-1/2 cups cornflakes
- 1 cup miniature marshmallows
- 1/3 cup chopped pecans or almonds
- 1/3 cup golden raisins
- 1/3 cup dried tart red cherries
- 1 pound vanilla-flavored candy coating, cut up
- Purchased frosting (optional)

Directions

1) Line a large cookie sheet with foil or waxed paper; set aside. 2) In a large mixing bowl combine cornflakes, marshmallows, nuts, raisins, and cherries. 3) In a heavy medium saucepan melt candy coating over low heat, stirring often. Pour melted candy coating over cereal mixture. Stir gently until well coated. 4) Drop mixture by 1/4-cup measure onto the prepared cookie sheet. Flatten mixture slightly to form circles about 2 inches wide. Using the handle of a wooden spoon, make a 3/4-inch hole in the center of each cookie, spreading the cookies to about 3 inches in diameter. When cool, decorate with frosting, if desired.

Makes about 15 cookies.

Cereal Wreath Cookies