



“Building a Foundation for a Healthier America” by starting with a healthier you!

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Upcoming Events:

- National Walk to Work Day is Friday, April 3rd. If you can not walk to work we ask you to commit to at least 30 minutes of walking either during lunch or after work to commemorate this event. Not to mention walking is good for your health!
- “Egg-Day” Event on April 4th from 10:00am until Noon at Kefauver Park in Madisonville. We will have Egg Hunt for kids, Pictures with the Easter Bunny, and other fun games.

Points of Interest:

- Get With It has moved. We are now located in Downtown Madisonville on College Street. Look on the back for details.

Get With It believes in building a stronger, healthier YOU as a foundation for a healthier America*. Your personal health greatly impacts the health of your family and the country. By examining our behaviors, we can begin changing unhealthy habits. For example, do you find yourself eating more bread and meat than fruits and vegetables? How colorful is your plate? Are there any green, red, orange, or purple foods? Do you get enough exercise during the day? If you answered “No” to any of the questions above, then it may be time to improve your health habits. If you are a parent or taking care of family members, especially children, we understand how difficult it can be to focus on yourself. However, by making positive health choices, you can benefit your family’s health as well. Did you know that your health behaviors are often modeled by your children? You can serve as positive role model by living a healthy lifestyle that your family can follow.

If you are not eating properly or not getting enough sleep, you can greatly impact your ability to care for your family. Although you may not be experiencing high blood pressure, high cholesterol, diabetes, or lung disease now, it doesn’t mean you will not experience one or more of these conditions later in life. Take a moment and look at your close relatives such as your sister, brother, mother, father, and grandparents. Do they suffer from any health conditions or illnesses? If you answered “Yes”, then you could at risk. By taking an active role in your health now, you may reduce your disease risk later in life. The goal of **Get With It** is to educate the women of our communities about how heart disease, stroke, and diabetes are directly impacted by being overweight, lack of exercise and poor nutrition. We, at Get With It, hope to promote a healthier America by assisting you with overcoming your barriers to exercise and good nutrition. We offer FREE exercise and nutrition classes as well as wellness workshops. We also offer FREE childcare. Review the following “Health Check” List below and make sure to visit your healthcare provider for a regularly scheduled checkup.

- ⇒ Each Year you should: Check Blood Pressure and Cholesterol, Get a Breast Exam, Mammogram and Dental Exam
- ⇒ Every 2-3 Years you should: Check for Diabetes (get a blood sugar test by age 45), Eye Exam, and Skin Check (for skin discolorations, irregular moles and growth)
- ⇒ Every 4-10 Years: Get a Hearing tests, Colonoscopy, Thyroid Test (starting at age 35), Get a 10 year booster of Tetanus-diphtheria vaccination

-by Erika Haire, MPH, CHES

*April 6-April 12th is commemorated as National Public Health Week. NPHW is sponsored by the American Public Health Association. This year’s theme is “Building a Foundation for a Healthier America”.

Guidelines for Health Check was adapted from CDC, Office on Women’s Health, National Women’s Health Information Center.

* The recipes below can be cooked on a grill or using an oven boiler.

Vegetarian Kebab



Aim for a colorful, healthy meal, every time you eat.

Ingredients:

8 cherry tomatoes
8 button mushrooms
1 small zucchini, sliced into 8 pieces
1 red onion, cut into 4 wedges
1 green bell pepper, seeded and cut into 4 pieces
1 red bell pepper, seeded and cut into 4 pieces
1/2 cup fat-free Italian dressing
1/2 cup brown rice
1 cup water
4 wooden skewers, soaked in water for 30 minutes, or metal skewers

Directions:

1. Place the tomatoes, mushrooms, zucchini, onion and peppers in a sealed plastic bag. Add the Italian

dressing and shake to coat the vegetables evenly. Marinate the vegetables for at least 10 minutes.

2. In a saucepan over high heat, combine the rice and water. Bring to a boil. Reduce heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 minutes. Transfer to a small bowl to keep warm.

3. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking

spray. Position the cooking rack 4 to 6 inches from the heat source.

4. Thread 2 tomatoes, 2 mushrooms, 2 zucchini slices, 1 onion wedge, and 1 green and red pepper slice onto each skewer. Place the kebabs on the grill rack or broiler pan. Baste with left-over marinade.
5. Grill or broil the kebabs, turning as needed, until the vegetables are tender, about 5 to 8 minutes. Divide the rice onto 2 plates. Top with 2 kebabs and serve immediately. Serves 2.

Orange roughy (white fish) with lemon and thyme



Fish contain healthy Omega-3 fatty acids which promote good heart health.

Ingredients:

2 orange roughy fillets, each 4 ounces
1 lemon, cut into 4 wedges
1 teaspoon fresh thyme, chopped

Directions:

1. Preheat the broiler (grill). Position the rack 4 inches from the heat source.

2. Lightly coat a baking dish with cooking spray.

3. Place the fish in the prepared baking dish. Squeeze the juice from 2 lemon wedges over each fillet. Sprinkle with thyme.

4. Broil (grill) until the fish is opaque throughout when

tested with a tip of a knife, about 8 to 10 minutes.

5. Remove from the oven. Serve immediately. Serves 2.

Add steamed fresh green beans, roasted red potatoes, and whole-wheat roll for a complete meal.

*Both recipes adapted from MayoClinic.com



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If you have a comment about the newsletter or would like to share a recipe email your suggestions and comments to

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