

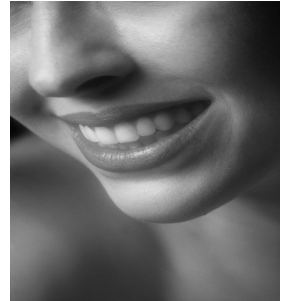
GET WITH IT

A MONTHLY NEWSLETTER SPONSORED BY THE WOMEN'S WELLNESS AND MATERNITY CENTER AND THE GET WITH IT COLLABORATIVE

3 STEPS TOWARDS A HEALTHY SMILE

It's National Dental Hygiene Month! It is recommended that you get your teeth professionally cleaned every six months. If you have not visited your dentist/ dental clinic lately then here's your chance to get caught up!

Why is this important to the Get With It program? Well, good oral hygiene is important for a healthier you! We, at Get With It, want to address every part of your personal health that can negatively interfere with your goal of living a healthy lifestyle. The Get With It program is aimed to get you up off of the couch and from being inactive, moving for at least 30 minutes everyday, and thinking about your health with each decision you make. To keep your body in the best possible condition it is important for you to get a regular check up and not just when you feel sick. Getting a regularly scheduled dental cleaning can help reduce cavities and other dental diseases that might go unnoticed.



Often people wait too long to get a checkup until the problem becomes difficult to ignore.

3 steps towards a healthier smile.....

1. Brush after each meal and before bedtime. It is recommended that you brush for 2 to 3 minutes. If you can not brush after eating then rinse your mouth with water. Rinsing can help remove any food that may be still in your mouth.
2. Floss everyday to remove any food that may be stuck between your teeth. Do not go up and down with the floss because you can cause your gums to bleed. Instead curve the floss around each tooth to form a "C" and floss back and forth.
3. Visit your dentist for a regularly scheduled cleaning. Getting your teeth cleaned and checked on a regular basis can help find problems early.



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Upcoming Events

- Don't forget about our **Free** Health Education Classes. Classes offered this month:

"APPLE A DAY"

"FREE RADICALS"

**All Health Education classes can be found on the back of the fitness schedule.

- Have You had your **Free** GWI health assessment lately? Has it been 6 months or longer?

**Call us at 1-877-420-3991 to schedule a follow-up or to schedule your health assessment with GWI.

For more information about National Dental Hygiene Month visit the *American Dental Hygienists' Association* at www.adha.org.

*source: American Dental Hygienist Association and the American Academy of Pediatric Dentistry

-by Erika Haire, MPH, CHES



**GET
WITH IT**

October's Recipe: Apple Coffee Cake



October is National Apple Month...so, go ahead and try at least one new kind of apple this month. If you prefer a sweet and crisp taste then a Fuji apple may be just for you. Gala apples are considered a favorite for snacking. If Red Delicious apples are your favorite then enjoy them too, but they do not hold up as a cooking apple.

APPLE Facts:

Did you know that apples are fat free, saturated fat free, and sodium free? Apples provide a great source of pectin fiber which helps to reduce cholesterol and curbs overeating. Most of the fiber is found in the peel of apple so don't throw it away! Although apples are available all year, they are best in the fall. So now is the time to really enjoy them!

Ingredients:

1 Cup sugar	1/2 Cup pecans, chopped
1 Cup of dark raisins	1/4 Cup vegetable oil
2 Cups all-purpose flour, sifted	1 egg, beaten
2 teaspoons vanilla	1 teaspoon baking soda
2 teaspoons ground cinnamon	5 Cups tart apples, cored, peeled, chopped

Directions:

1. Preheat oven to 350 °F.
2. Lightly oil 13- by 9- by 2-inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35–40 minutes. Cool cake slightly before serving. Makes 20 servings.

*recipe adapted from The National Heart, Lung and Blood Institute

**National Apple Month is sponsored by the US Apple Association

Get With It

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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 our Newsletter Coordinator, Erika Haire at erikah@getwithitwomen.org.

Other tips for a healthier smile:

- Diet management:
 - ⇒ Get plenty of dairy. Choose low-fat or fat free milk, cheese, and yogurt products. Dairy products provide calcium and Vitamin D. Calcium help to keep bones strong and healthy, that includes our teeth! Vitamin D helps the body absorb calcium.
 - ⇒ Eat plenty of fresh fruits and vegetables everyday. Fruits and vegetables give us other important vitamins and minerals that we need for healthier teeth and gums. Set a goal and try a different fruit and vegetable each week!
- Fluoridation:
 - ⇒ Fluoride is released naturally into our water and air. It helps to prevent tooth decay in both adults and children. Fluoride is added to toothpaste, but it can be added to community water, mouth rinses, and professionally applied gels.

By getting a regularly scheduled dental cleaning, you can help improve your smile and your oral health.

