

PUBLIC HEALTH HAPPENINGS

GENERAL HEALTH UPDATES

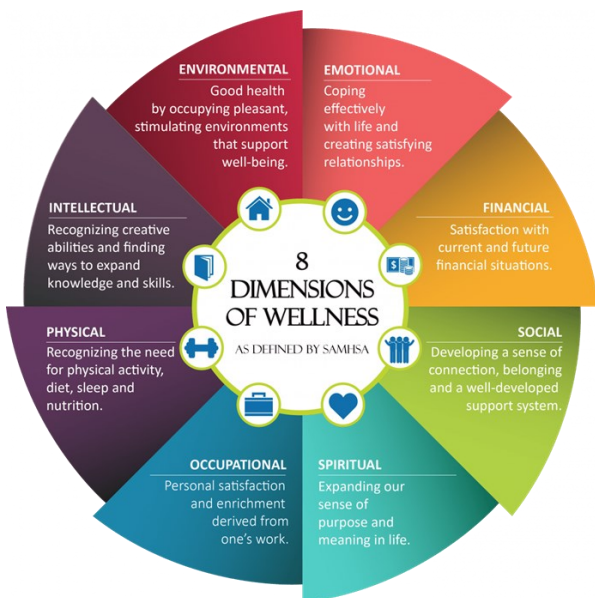
What's Your New Year's Resolution?

Every New Year the gyms fill up with people trying to better their health and stay consistent with physical activity and exercise. By March, most people fall off and forget about their resolution. Why does this happen? There can be many reasons someone falls out of trying to build a habit, but a main reason is motivation. Motivation can be either intrinsic (exercising for enjoyment, such as running for fun) or extrinsic (exercising for a reward, such as completing a 10k race). For many, exercise adherence is hard and staying consistent requires a lot of intrinsic motivation. One way to stay motivated is by setting goals. It is better to start with smaller goals to make achieving them easier, while also setting one or two long term goals. Motivation can be hard to maintain, but putting in the work for a healthier body and mind is worth it!



Dimensions of Wellness

Take care of your 8 Dimensions of Wellness this new year. Recognizing your needs is the first step to becoming a healthier individual.



Public Health
Prevent. Promote. Protect.

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WORKING WITH THE COMMUNITY TO ENHANCE, PROTECT, AND PROMOTE HEALTH AND WELL-BEING.

EVENTS

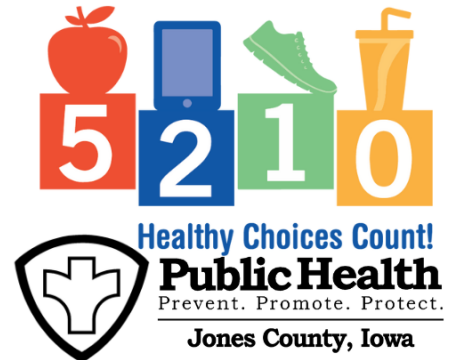
- Jan 4th: HACAP Food Pantry Onslow City Hall 1-2pm
- Jan 4th: Points Store Open 3-6pm
- Jan 9th: HACAP Food Pantry Olin Elementary 3:30-4:30pm
- Jan 10th: Points Store Open 1-4pm
- Jan 17th: Points Store Open 1-4pm
- Jan 19th: HACAP Food Pantry St. Paul's Lutheran Church 3-4pm
- Jan 23rd: HACAP Food Pantry Monticello Fairgrounds 3:30-4:30pm
- Jan 24th: Points Store Open 1-4pm
- Jan 31st: Points Store Open 1-4pm

PROTECT, PREVENT, PROMOTE

5210 Drink More Water

What is your 2023 new year's resolution? Drinking more water is a great and easy resolution for you and your family. Some tips on how to make this resolution a habit are:

- Infuse water with fruit
 - Buy a new water bottle for easy access
 - Make it fun with silly straws and ice cubes
 - Use a chart to track your water intake throughout the day
- Keeping hydrated is one of the best ways to keep your digestive system, skin, immune system, etc., in good working condition and at homeostasis. Water makes up about 60% of the adult body, so it is important to drink more water.



Benefits of Music on Health

Who doesn't love jamming out to their favorite song? Music can energize, calm, comfort, inspire, and soothe us. Many songs illicit different emotions from the listener. Everyone's taste in music is different. Different cultures listen to different types of music, but even within those cultures comes a wide array of individual preferences. Even if you can't carry a tune, singing can exercise your lungs, improve oxygen levels in the brain, and stimulate circulation. Singing can also help with memory recollection and is useful for people with dementia and other forms of Alzheimer's disease. Dancing can also be good exercise, whether in the comfort of your living room or in a ballroom setting. Dance parties are always a good way to get yourself up and moving at the end of a long work day.

Source: Nicolaus, T. (2022, June 1). *Get in tune with the Health & Well-being benefits of Music*. The Nation's Health. Retrieved December 30, 2022, from <https://www.thenationshealth.org/content/52/5/24>

How Puzzles are Good for your Health

Doing puzzles is a great activity for not only older adults, but also for kids. Puzzles have been shown to improve cognition and visual-spatial reasoning. The act of putting the pieces where they go requires concentration and can improve short-term memory and problem solving. Puzzles can also keep kids away from screens, and group puzzles can help improve social connection. Whether it's a 1000 piece puzzle or a kids 25 piece puzzle, they are a great way to keep your mind sharp. Doing a puzzle competition with your friends is also a fun and easy way to incorporate them into your day.

Source: Momentum. (2020, October 29). A perfect match: The health benefits of jigsaw puzzles. Baylor College of Medicine Blog Network. Retrieved December 29, 2022, from <https://blogs.bcm.edu/2020/10/29/a-perfect-match-the-health-benefits-of-jigsaw-puzzles/#:~:text=Puzzles%20are%20also%20good%20for,term%20memory%20and%20problem%20solving.>



Sheet Pan Italian Chicken & Veggies (serves 4)

INGREDIENTS

- 1 ½ pounds boneless, skinless chicken breasts (2–3 breasts)
- 2 cups broccoli, cut into bite-sized pieces
- 3 large carrots, cut into bite-sized chunks
- 2 teaspoons Italian seasoning
- 1 ½ teaspoons kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon fresh black pepper
- Olive oil

INSTRUCTIONS

1. Preheat oven to 400 degrees F. Line a large, rimmed sheet pan with aluminum foil.
2. Slice chicken breasts in half through the center to create two thinner pieces.
3. Arrange chicken in the center of the baking sheet. Drizzle with olive oil and rub into both sides to coat.
4. Arrange vegetables on either side of the chicken. Drizzle with olive oil, tossing gently to coat, then sprinkle evenly with seasonings (Italian, salt, pepper and garlic powder).
5. Bake in the preheated oven for 30 minutes, or until vegetables are tender and chicken is no longer pink.

Recipe adapted from: <https://www.yellowblissroad.com/italian-chicken-and-vegetables-sheet-pan-dinner/>

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