

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

American Dietetic Association's Key Message for National Nutrition Month: 100% Fad Free

Develop an eating plan for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new *Dietary Guidelines for Americans* and *My Pyramid* as your guide to healthy eating.

Choose foods sensibly by looking at the big picture. A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet.

Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Misleading information on food and nutrition can have harmful effects on your health and well-being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.

Please visit www.eatright.org for more information

Healthy Snacks and Food Choices Class 03/15/07 2pm-3pm Twin Lakes Park, Green Bldg. Register on TRAC: class code 1FIT3040

Extra pounds turn into extra weight, that's no secret. But what one might not know is that there's foods that can be nutritious & delicious at the same time. Join Mary Jo as she discusses these options & offers ways to eat healthier everyday. There will also be food samples, just so you know she's not kidding about how delicious healthy food choices can be.

Onsite Chair Massage on Monday's RL Anderson Bldg Beginning: March 19th Room 122 (Planning & Development Svcs.) 2:00 - 5:00pm

Reserve your appointment today! Sign up sheet is located at Station 8 in Planning and Development Services.

Appointments will be available every 15 minutes (1:15, 1:30; etc) on a first come first serve basis for a \$1/minute (Minimum of 10 minutes). For questions, contact John Gantt, LMT at 941-661-2533.



Class: Massage Therapy & the Benefits 03/28/07 1pm-2pm 1660 Ringling Blvd, 2nd Fl Conf Rm Register on TRAC: class code: 1FIT3041

Ever wondered what the benefits of a chair massage were? Come listen & learn from John Gantt, LMT (Licensed Massage Therapist) the many causes of neck, back & shoulder pain. Some of the causes may be surprising; stress, posture and repetitive stress injuries are just a couple of the culprits to our miseries. John will also demonstrate some self & professional techniques to reduce pain and injury (volunteers needed). He will also review back exercises, the importance of posture and answer any questions and address some popular misconceptions about massage therapy.