

WYOMING GOVERNOR'S COUNCIL ON PHYSICAL FITNESS & SPORTS NEWSLETTER

1,600 STUDENTS ATTEND GREEN RIVER HEALTH/WELLNESS DAY

September 29th was a picture perfect setting for Green River's fifth annual health and wellness day. Kindergarten



through eighth grade students took part in events such as climbing walls, hula hoops, jump castles and many other wellness activities.

Coordinator, Nancy Eklund, is astonished at the growth of the event over the past four years and admits that she has great support from the community.



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Thanksgiving Survival Guide

The holidays are filled with yummy treats and holiday feasts. In order to prevent weight gain during the holidays practice the following:

- **Portion Distortion** - watch portion sizes during your holiday meals. Choose smaller plates and serve yourself a small amount first, you can always go back for more.
- **Be an intuitive holiday eater** - eat when you are physically hungry and stop when you are satisfied. Be present when you eat. Pull up a chair, turn off the TV, and periodically "check in" with whether or not you are stuffing yourself or eating until you are satisfied.
- **Balance** food and physical activity. Remember to get in your daily walk especially during in the holidays. Add an extra 10 minutes to your exercise routine to account for the extra you will be eating during the holidays.
- **Enjoy**, realize that one day of overeating will not ruin your week of healthy eating. Follow the 80/20 rule, 80% of the time eat healthy nutritious meals and 20% of the time give yourself a break and enjoy those once in awhile foods.
- **Choose the basics** - whole grains, fruits and veggies, lean sources of protein, and low-fat dairy products.

- **Watch beverages** - alcoholic drinks and high calorie beverages can really add up during the holidays. A regular 12 oz beer has about 140 calories, a 12 oz light beer has about 110 calories, a glass of wine (6 oz) has about 145 calories, and a shot glass (1 1/2 oz) of liquor has about 100 calories.
- **Substitute lower calorie versions for the real thing** - use "light" or fat free products when substituting won't impair the quality of the dish. Plain yogurt can be used to substitute for mayonnaise or sour cream. Fresh fruit cut into pieces can be used to garnish as well. Use your imagination!

State and County Level Health Data

- The Wyoming Governor's Council is dedicated to improving the health of Wyoming citizens. To learn more about where Wyoming and your county ranks in health status, please visit the following websites.
- www.WyomingHealthMatters.org
- <http://www.countyhealthrankings.org/>



How to Cook a Turkey

Two links are listed below to teach you how to safely cook a turkey.

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

<http://allrecipes.com/howto/how-to-cook-a-turkey/>



Plans for Cheyenne's Health and Fitness Days are Underway

Planning is in progress for Cheyenne's Health and Fitness Days to be held May 1-2, 2012, at the City of Cheyenne Ice and Events Center. A fun-filled family night event is slated for May 1st from 6-8 p.m. Fitness and health vendors will abound enlightening the community about Cheyenne's healthy family activities and opportunities. More information will be posted as it becomes available.

Additional Pictures of Powell's Event

