

# BE HEALTHY

LCIC Health and Wellness Newsletter

February 2016



February is Heart Health Month! What a perfect time to reflect on your purpose. Everyone has a “why”. So during this month, do a little searching to find your ‘why.’ What is it that drives you to do the things you do. What decisions do you make that helps you be who you are. Heart health isn’t just about eating right and exercising (although those play a big part), it’s about your stress level, your confidence, your abilities and your goals. Join me this month evaluating your own priorities and redefining your purpose so your heart can be stronger for you!

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**“The  
purpose of  
life is a life  
of purpose.”**

**-Robert Byrne**

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## Make-up Dates for Biometric Work Screenings

February 13th 8:30-10:30am

Williamsport YMCA

641 Walnut St, Williamsport

February 27th 8:30-10:30

Muncy Valley Hospital  
WorkCenter

215 East Water Street, Muncy

**Registration is required for  
make up screenings. Please  
contact Carmen Terry to  
register.**

**570-323-8561 x1067 or**

**Cterry@iu17.org**



**Deadline for the Online Health Assessment is  
January 31st. It must be completed by 11:59p.m.**

### Physical Activity Component

One of the new components this year of the BeHIP program is the addition of physical activity for points. Physically inactive people can develop many health related issues. According to Johns Hopkins School of Medicine, *“being physically inactive can lead to higher blood pressure, developing coronary heart disease and an increase in anxiety and depression.”*

There are different ways to earn points for physical activity. One of the easiest way is to log 100 workouts on the personal physical activity log sheet. You can only record one workout per day, but please add up the total minutes of working out. You can also get a gym printout of 100 workout visits from the gym to turn in. If you are using mapmyfitness.com or another app, you can print out the calendar of your workouts and send them in. If you are taking fitness classes, your fitness instructor must sign off that you had 60 visits to the class by filling out the physical activity report form. One more option for physical activity is using a personal trainer. Again the physical activity report form must be signed by your personal trainer for 15 personal training sessions.

In each instance above you must turn in the physical activity report form in order to get credit for physical activity.

# Heart Health and Genetics

Did you know that heart disease is the leading cause of death for the American men and women. 1 in 4 deaths each year are related to heart disease. But the best news is that heart disease is preventable. We all know that eating right and being physically active is one of the biggest things you can do to prevent heart disease, along with reducing stress, getting regular check ups etc. I want to remind you that having a personal health record and finding out your genetic family history is another thing you can do to help yourself.



Finding out your family health history can help you find out a lot about your own health and not just with heart disease. Family health history should include if you can, biological parents and grandparents, blood relative aunts/uncles and siblings. If your grandparents or parents are deceased you may be able to get information from your other relatives. It is important to be as thorough as possible when gathering information.

**Your Family Health Tree**

Grandmother	Grandfather	Grandmother	Grandfather		
Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____		
Aunt or Uncle	Aunt or Uncle	Mother	Father	Aunt or Uncle	Aunt or Uncle
Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____
Brother or Sister	Brother or Sister	Me	Brother or Sister	Brother or Sister	
Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	Name: _____ Date of Birth: _____ Age at Death: _____ Chronic Conditions: _____ Date of Death: _____	

**Family Tree & Health**

Some questions to ask might be:

- What is your age or date of birth?
- Do you have any chronic conditions, such as heart disease, diabetes, asthma, or high blood pressure?
- Have you had any other serious illnesses, such as cancer or stroke? (If you know of a specific disease or illness in your family, ask about them too.)
- How old were you when you developed these illnesses?
- Have you or your partner had any problems with pregnancies or childbirth?
- What illnesses did our late parents or grandparents have? How old were they when they died? What caused their deaths?

Below is a resource you can use to develop your family history.

<https://familyhistory.hhs.gov/FHH/html/index.html#>



Take a hold of your new year with an “inspired” way to lose weight. All new weight watchers goes beyond the scale!

Do you have a success story?

Contact Me

If you would like to tell your success story, please send me an email at :

cterry@iu17.org or call me at

570-323-8561 x1067.

Join our Weight Watchers®

# inspire! EVENT\*

Stop by and get inspiration from the success of a Weight Watchers Meeting leader and from your peers. Enroll during the event and receive a “Fresh & Easy” Cookbook, a fun Tote Bag, plus 2 Portion Plates.\*\*

free GIFT



Join us for a hearty helping of **motivation!**

Join us for a free meeting on February 3rd to learn about the program.

**FREE** Gifts if you join on February 10th.

White bean and vegetarian sausage cassoulet (from Fresh & Easy, page 169)



weightwatchers



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\*Inspire Event does not include Program materials or weigh-in.

\*\* FREE GIFT OFFER: Meetings members must purchase an At Work Meeting Series or Monthly Pass from their employer between 2/8- 2/12 to get free gift. Available in participating areas only. One gift per member. Offer may be revoked at any time and may not be redeemed for cash. Non-transferable. Void where prohibited. Offer must be redeemed by 2/29/16. While supplies last. US Addresses only. Please allow at least 2 weeks for deliveries.

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Introducing the NEW



weightwatchers  
**Beyond**  
the Scale



The **Weight Watchers® NEW Beyond the Scale** program delivers our most holistic and personal approach ever. We've taken our great program and made it even better with some huge, exciting changes. The new program moves beyond what you weigh, so you can **eat healthier, move more, live happier AND lose weight!**

**1** New SmartPoints™ plan makes healthy eating simple:

The new system goes beyond counting calories and nudges members toward a pattern of healthy eating that includes more lean protein, less sugar and less saturated fat.

**2** New fitness approach that fits a busy life:

You'll earn FitPoints for the activity you do and get a personalized goal to reach for.

**3** Designed to help find and fuel inner strength:

We'll give you the support you need to start, the motivation to stay inspired, and the confidence to keep going.

**Change is in sight when you go *beyond the scale.***

Meetings: **Wednesdays, 4:15-4:45pm, New Session starting February 10th, call or email for details!**

Location: **BLaST IU 17, 2400 Reach Rd, Williamsport, PA**

**You can come for free the first time to learn what we are all about! Please contact Carmen Terry at 570-323-8561 x1067 or [cterry@iu17.org](mailto:cterry@iu17.org) if you are interested in our wonderful group.**

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**weightwatchers**

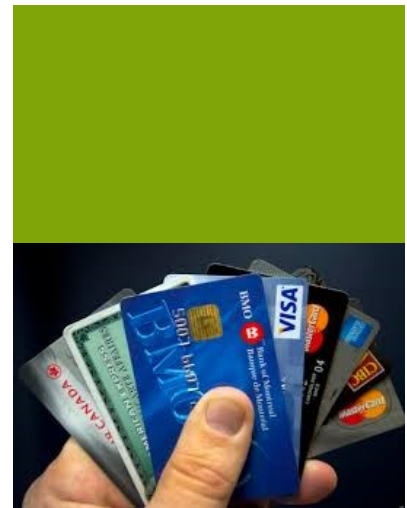


# Financial Health

## Credit Card Debt

Credit card debt is one of the biggest stressors in American households today. It can affect your health in many ways, such as raising your blood pressure, causing anxiety, decreasing your immune system function, causing headaches and sometimes even heart issues. It is important to recognize when your debt is causing health related issues and find ways to improve your situation. Easier said than done many times, but you can help yourself reduce that credit card debt. Below are six steps to helping you reduce that debt from *Financial Wellness at Work from WELCOA*.

1. Rank each card from highest interest rate charged to lowest interest rate charged
2. List the outstanding balances on each card.
3. Pay the minimum monthly balances on all card balances, except on the card with the highest interest rate.



*4. Pay as much as possible on the card with the highest interest rate.*

*5. Avoid making purchases on the card with the highest interest rate.*

*6. Repeat the above steps until all outstanding credit card balances are paid in full.*

One of the other options that most credit counselors and financial advisors will tell you is to only keep one credit card for emergencies only and to cut up all others.

There are also agencies that can help you. The National Foundation for Credit Counseling (NFCC), which is the largest and longest serving non-profit agency for credit counseling. NFCC members represent accredited agencies with high standards, ethical practices, certified counselors, and policies which help consumers achieve financial stability. NFCC members provide affordable financial services to millions of consumers each year in person, over the phone, or online. To research institutions that are members of NFCC, you can go to <https://www.nfcc.org/> There is also educational information on this website regarding many financial topics.

