

# *PTHA Wellness Challenge*

2011



# *It all begins with you...*

~~~~~  
Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
~~~~~

## *Emergency Medical Information*

My Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Current Medications:

Name	Dosage	How often

## *Medical Information*

~~~~~  
Blood Pressure: \_\_\_\_\_ Date: \_\_\_\_\_

Cholesterol: \_\_\_\_\_ Date: \_\_\_\_\_

Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Height: \_\_\_\_\_  
~~~~~

## *Nearest Relative*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

# ▶▶▶ Congratulations for joining the PTHA ▶▶▶ 2011 Wellness Challenge!



▶▶▶ Our lifestyle, the way we live, has a huge impact on our health, our life expectancy,  
▶▶▶ and how we feel each day.



▶▶▶ There are many things that we can do to improve our health and live longer. Health  
▶▶▶ and wellness encompasses many aspects including social, spiritual, and cultural, mental  
▶▶▶ and physical.



▶▶▶ Here are some habits and behaviors with big impacts on health and longevity:



- Be tobacco free
- Be physically active
- Eat healthy
- Maintain an appropriate body weight
- Get recommended health screenings
- Get recommended vaccines
- Learn more about how you can protect your health
- If you take medications, take them according to directions given



## ▶▶▶ Benefits of participating in the ▶▶▶ PTHA 2011 Wellness Challenge:



- ✓ Get healthier, feel better, live longer
- ✓ Earn points & WIN some great prizes
- ✓ Opportunities to learn and participate in classes, events, and activities
- ✓ Have fun!



## How it works:

1. You choose your own goals—see the section on goal setting to help you. You use the calendar as a tool for recording your goals, documenting your progress and tracking your points. There are stickers to help you at back of this planner.
2. Let us know how many points you earned. There are monthly reports at the end of each month in your calendar; fill them out and mail or drop them off at PTHA in the drop boxes within one week of the end of each month.
3. Win Prizes! (There will be two categories of participants: Those under 18 and those 18 and over.)

Example: When January is over, complete the report and turn it in by February 7th. In the middle of the month we'll award prizes to the person with the most points for January in both age categories AND also there will be a random drawing for all participants in each category. There will be some great prizes. But the best prize is your health!

### **Here is a copy of the release that you signed at enrollment:**

- I understand that I may not participate in the Wellness Challenge, sponsored by Puyallup Tribal Health Authority unless I have completed and signed this Release of Liability and Registration Form. I recognize that participation in the educational, recreational, social and athletic activities of the Wellness Challenge is strictly voluntary.
- I agree to check with my physician before beginning an exercise program if I have been inactive or have medical conditions that may affect my ability to safely participate in physical activity.
- I hereby release the PTHA, its officers, officials, employees, agents and assigns from any and all liability and waive any right to bring a claim, demand or cause of action against the PTHA, its officers, officials, employees, agents and assigns now or in the future, arising from or growing out of any and all personal injuries or property damage that may result directly or indirectly from my participation in this program.
- I also understand that the Wellness Challenge Program is based on an honor system and that I will be responsible for logging the types of activities and points earned in my Wellness Challenge Calendar. I must return my monthly points on the appropriate form located in my calendar to PTHA via mail or via the drop-off boxes located at PTHA one week after each month ends in order to be eligible for the prize awards and drawings. Any dispute over point awards will be determined by PTHA staff and their decision will be final.
- I give my permission to PTHA to use photographic images of me and/or my dependent child, that may be acquired at any PTHA sponsored Wellness Challenge event or activity, for the good of PTHA or the Puyallup Tribe of Indians. The reproduction rights for these photos are the sole property of PTHA. It is my understanding that there will be no exchange of cash or other goods for these photos.
- I agree to receive monthly E-mail updates about the Wellness Challenge. I understand that this information will not contain any private health information and that my E-mail address will not be sold or shared outside of PTHA.

# How to earn Wellness Challenge Points

Document your goals and activities in your calendar.



<b>Activity</b>	<b>Points</b>
Watch a video on a PTHA lobby kiosk .....	5
Every 20 minutes of physical activity .....	25
Every 20 minutes of meditation.....	25
Eat 5 or more servings of fruits & vegetables/day .....	25
Attend any PTHA class, support group, workshop, cooking demonstration, etc .....	25
Join the President’s Challenge at <a href="http://www.presidentschallenge.org">www.presidentschallenge.org</a> .....	25
Participate in another community, school or local health focused event such as Wellness Pow-Wow .....	25
Get vaccinated .....	25
Attend any alcohol or drug treatment meeting (such as AA or NA).....	25
Attend a PTHA event walk, rally, health fair: 1-2 hour event.....	25
2+ hour event.....	50
Participate in any Wellness Challenge Activities.....	50
Enroll in tobacco cessation program .....	50
Every hour of volunteer work in community.....	50
Doctor visit, dental visit, counseling visit or participate in a sweat.....	50
Get a preventative health screening such as well child check, mammogram, pap smear, metabolic screen, colonoscopy, dental exam, dental cleaning, eye exam etc.....	75
Every 5 pounds of weight lost or one inch in waist reduced.....	100
Earn a President’s Challenge award or Presidential Active Lifestyle Award .....	100
Graduate the tobacco cessation program (three months tobacco-free) .....	250
Achieve three months clean & sober.....	250

Watch the tribal newspaper, the PTHA lobby TVs, bulletin boards and our website at [www.eptha.com](http://www.eptha.com) for information on upcoming events and activities that can help you meet your goals and earn points. Look for this logo:



# Goal Setting & Other important tools for change:

Have you ever made a New Year's Resolution? "This year I'm going to get thin!" "This year I will eat better!" "This year I will quit smoking AND get out of debt and be a better person!"

## HOW DID YOU DO?

Every year millions resolve to change their behaviors, most of the time they choose health habits and yet days or weeks later, the resolve is gone and all that is left is a feeling of guilt or failure.

Changing our behaviors is hard. We are creatures of habit. We have formed our habits over many years. Even the habits we don't like have some benefits or perceived benefit. So is it hopeless? Should we just accept ourselves and give up?

There has been plenty of research on behavior change, and while there is still no magic pill or silver bullet, there is helpful information and there are tools to help us change.

## THE FIRST TOOL IS GOAL SETTING:

### S.M.A.R.T. GOALS

**S** is for Specific: Goals should be specific.

Which is more specific? "I am going to eat healthier," or "I am going to eat five or more servings of fruits and vegetables each day."

**M** is for Measurable.

Can you measure this? "I'm going to be more active" How about this? "I'm going to start exercising 3 times a week for 30 minutes a day."

**A** is for Achievable—Is your goal do-able?

"I'm going to run a marathon next month." Can you really be ready by then? Or perhaps it is more achievable to say: "I'm going to run a 5K in two months."

**R** is for Realistic.

"I'm never going to eat sugar again!" or "I'm going to cut down from 3 cans of soda pop per day to 3 cans of soda pop per week."

**T** is for Timely.

When are you going to reach your goal? It is a good idea to set short-term goals and

then upon completion set the goal. Or to have both short and long term goals and have your short term goals work toward your long term goals.

Here are examples:

- “I’m going to walk 30 minutes a day three times a week for the month of January.”
- “I’m going to walk 40 minutes a day four times a week for the month of February.”
- “I’m going to keep walking 40 minutes a day four times a week in March and add a one hour run on Sundays.”
- “I’m going to walk a 5 K in March”
- “I’m going to walk a half marathon in June.”
- “My long term goal is to walk the Seattle Marathon in November.

You know when you achieved your goals and you don’t get stuck in the “tomorrow” thinking. Tomorrow I’ll quit smoking, tomorrow I’ll exercise, and tomorrow I’ll eat better.

## MORE TOOLS FOR CHANGE:

1. Record keeping serves a number of purposes including accountability, self-monitoring, and evaluation. Whatever goal you have set, keeping a written log or journal can help you keep on track. It can help you see if your plan is working or if you need to adjust it. It can help you maintain focus and momentum. It can help you recognize your accomplishments. Studies show that the act of record-keeping alone can change behavior even if you haven’t set a goal. Do you really want to write down that you ate 10 cookies?
2. Motivation is important to changing your habits. You have to want change. In other words, this has to be **your** goal, not just something that someone else tells you to do. That might sound silly, but it is part of readiness. Have you ever said, “I want to change XYZ about myself but I’m just not ready.” And until you want change and until you’re ready to change, then you won’t. However, the good news is that you don’t have to sit around and wait for motivation and readiness to find you. You can change your motivation and readiness by thinking about these things:
  - How will it benefit me to make this change?
  - How will it harm me to not make this change?
  - Why do I want to make this change?
  - What would make me be ready?
3. Confidence is another important factor. “How can I be confident? I’ve quit smoking ten times and here I am smoking. How can I be confident?” Well, actually you can. Each time you practiced quitting you learned something that you can use next time. What about other goals you have achieved in your life? You’ve raised family, you paid the bills, you finished school, you got a job, you quit drinking, you lost weight, or read ten books. Those things might not seem to have much

in common with your new goal but they say something about you. Your past successes show that you are capable of setting goals, doing the research, being persistent and determined, getting help, sticking to it... Believe you can do it and you will! Believe you can't and you probably won't.

4. **Getting Help.** Behavior change is hard; if it wasn't we'd all be perfect. However, you don't have to do it alone. There is plenty of help available. Your community is filled with resources and the help you need might be right in your own family. Puyallup Tribal Health Authority has many programs, classes, and resources available to help you. Many will be listed in this book or on our website. And PTHA staff will be happy to give you ideas about resources for help that we may not provide.

## SAMPLE GOALS

<p>If you want to quit smoking you might set some of these goals:</p>	<ul style="list-style-type: none"> <li>• I will enroll in PTHA tobacco cessation program by the end of January.</li> <li>• I will work with my counselor to create a plan to quit smoking and choose a medication.</li> <li>• I will tell my family how they can support me as I quit smoking.</li> <li>• I will start my medications on February 1st.</li> <li>• I will clean my house and car of tobacco, lighters, ashtrays, etc on January 1st.</li> <li>• I will keep my weekly appointments with my tobacco cessation counselor.</li> <li>• I will save the money that I did not spend on tobacco and use it to reward myself—after one year, I will spend the money on a family vacation.</li> <li>• I will quit using tobacco on February 8th.</li> </ul>
<p>If you want to lose weight. Focus on the steps you need to take.</p>	<ul style="list-style-type: none"> <li>• I will lose 5% of my body weight in the next six months. (This goal can't stand alone).</li> <li>• I will join a gym and participate in 3 aerobics classes per week for the next six months.</li> <li>• I will start walking 20 minutes on my lunch hours five days a week for the month of January.</li> <li>• Starting February 15, I will pack my lunch for work instead of eating out 4 days a week.</li> <li>• On January 21st, I will join Weight Watchers and count my points and participate in the weekly weigh-ins.</li> <li>• I will form a support team with two or three of my friends who have the same goal.</li> <li>• I will keep a food journal and document what I eat.</li> <li>• I will keep a journal and document how I feel and how I sleep in addition to my weekly weight.</li> </ul>
<p>If you want to be more physically active, you may want to set some of these goals:</p>	<ul style="list-style-type: none"> <li>• I will start walking 15 minutes a day every day in January.</li> <li>• I will start run/walking intervals 20 minutes a day for the month of February.</li> <li>• I will buy a yoga DVD and yoga mat and start doing yoga in my living room 3 nights a week, after the kids are in bed.</li> <li>• I will get up 20 minutes earlier every day and take my dog for a walk around the neighborhood before I go to work.</li> <li>• I will take the stairs instead of the elevator at work.</li> <li>• I will join the Y and start swimming.</li> <li>• I will talk to my doctor about how to safely exercise and manage my pain.</li> <li>• I will use my calendar to track my goals and physical activity.</li> </ul>

# JANUARY

GET MOVING



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 New Years
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 PTHA Closed Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# JANUARY FOCUS | GET MOVING!

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The benefits of physical activity are amazing! Exercise improves our mood, helps us sleep, and plays a role in preventing numerous chronic diseases, assists with weight management and so much more.

## How to get started:

- Start small and build up—“No pain, no gain” is outdated thinking.
- Surround yourself with good role models.
- Make it fun. Try new things. Zumba anyone?
- Write it down.
- Pay attention to changes you experience and not just the scale. How are you feeling physically and emotionally? How are you sleeping? How is your hair and skin? Your blood pressure or cholesterol or blood sugar?
- Celebrate successes.
- Find an exercise buddy.
- Make exercise a priority, and then it will become a habit.



## For optimum fitness, remember to include all of these components in your exercise plan:

- Flexibility exercise
- Balance training
- Strength training
- Cardiovascular or aerobic exercise
- Core training

## Helpful websites:

[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

[www.letsmove.gov](http://www.letsmove.gov)

[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)

[www.presidentschallenge.org](http://www.presidentschallenge.org)





# JANUARY

2

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

3

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

4

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

5

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

6

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

7

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

8

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# JANUARY

9

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

11

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

13

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

14

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

15

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JANUARY

16

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

17

MONDAY | PTHA Closed - Martin Luther King Jr. Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

18

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

19

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

20

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

21

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JANUARY

23

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

24

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

25

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

27

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

28

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_



# PTHA Wellness Challenge Monthly Report Card



At the end of each month, report your progress and earn points by pulling out this page that is provided for your convenience and send to:

Attention: Community Health  
2209 E. 32nd St.  
Tacoma WA 98404

or drop in boxes located at PTHA



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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# FEBRUARY

## AMERICAN HEART MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Wear Red Day	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 PTHA Closed Chief's Day President's Day	22	23	24	25	26
27	28					

# FEBRUARY FOCUS | AMERICAN HEART MONTH

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The bad news is that cardiovascular disease is the leading cause of death for Americans. The good news is that most cardiovascular disease is preventable. These are the steps that you can take:

- Don't smoke (or if you do, quit).
- Maintain a healthy weight.
- Be physically active (150 minutes or more per week).
- Know your numbers! Know your blood sugar, blood pressure and cholesterol numbers and keep them in range.
- Eat healthy. Eat plenty of fruits and vegetables, choose healthy fats and whole grains and limit sodium and sugar.

## What is your risk for cardiovascular disease?

Below are some of the factors that put you at risk for cardiovascular disease. The more factors that you have, that are not within the goal range, the greater your risk.

If you don't know these numbers, it may be time to have them checked.

Factor	Goal	You	Date
BMI (Ask your provider)	19-24.9		
Total Cholesterol	<200 mg/dl		
LDL	<100 mg/dl		
HDL	>40 mg/dl men >50 mg/dl women >60 mg/dl is ideal		
Triglycerides (TAG)	<150 mg/dl		
Blood sugar	<100 mg/dl fasting <120 mg/dl non-fasting		
Blood Pressure	<120/80		
Smoking status	No		
Waist Circumference	<35" for women <40" for men		

# FEBRUARY FOCUS | AMERICAN HEART MONTH



**S.M.A.R.T.** (Remember to be specific, measurable, achievable, realistic and timely.)

Goal: \_\_\_\_\_

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\_\_\_\_\_

Discussed with Doctor: YES  NO  N/A  Date: \_\_\_\_\_

Action steps: \_\_\_\_\_

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# FEBRUARY

1

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

2

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

3

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

FRIDAY | Wear Red Day

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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TOTAL POINTS: \_\_\_\_\_

# FEBRUARY

6

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

11

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# FEBRUARY

13

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

14

MONDAY | Valentine's Day

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

15

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

16

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

17

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

18

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

19

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# FEBRUARY

20

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

21

MONDAY | PTHA Closed | Chief's Day - President's Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

23

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

24

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

25

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

SATURDAY

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Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# MARCH

## NATIONAL NUTRITION MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
 20 National Native American HIV/AIDS Awareness Day	21	22	23	24	25	26
27	28	29	30	31		

## MARCH FOCUS | NATIONAL NUTRITION MONTH

One of the best things you can do for healthier eating is to eat more fruits and vegetables. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers. (CDC)

### Try this:

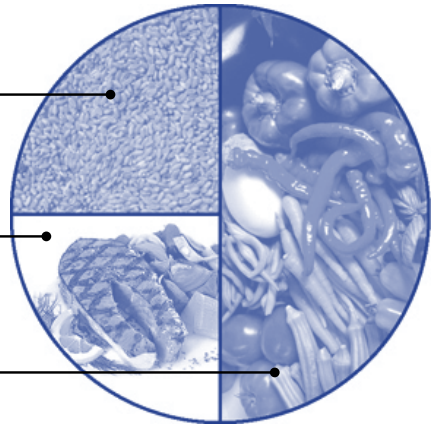
- Fill half your plate with veggies.
- Have fruit for dessert, plain or mixed with yogurt or blended into a smoothie.
- Add veggies to pizza or pasta or other main dishes.
- Add fruit to cereal or on top of waffles and pancakes.
- Roast vegetables in the oven.
- Try to eat as many colors of the rainbow as possible each day.
- Cut up veggies when you return from shopping and put into baggies for quick-grab snacking.

Here is a helpful tool for balanced and portion control meals is called the “Plate Method”

A quarter of your plate should be carbohydrates (like brown rice, whole-wheat pasta, sweet potatoes).

Another quarter should be protein (like lean meat, fish, poultry without skin, tofu).

Fill half your plate with vegetables (like broccoli, carrots, salad, cauliflower).



Add a glass of skim milk and piece of fruit. For breakfast, skip the vegetables and do the rest.

**S.M.A.R.T.** (Remember to be specific, measurable, achievable, realistic and timely.)

Goal:

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Discussed with Doctor: YES  NO

N/A  Date: \_\_\_\_\_

Action steps: \_\_\_\_\_

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## READING FOOD LABELS

Start here →

Check calories →

Limit these nutrients →

Get enough of these nutrients →

Quick guide to % Daily Value:

5% or less is low  
20% or more is high

Nutrition Facts		
Serving Size 1 cup (31g/1.1oz.)		
Servings Per Container 16		
Amount Per Serving		
<b>Calories</b> 120	Calories from Fat 5	
%Daily Value*		
<b>Total Fat</b> 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 220mg		9%
<b>Potassium</b> 50mg		1%
<b>Total Carbohydrate</b> 23g		8%
Dietary Fiber 1g		2%
Sugars 4g		0%
<b>Protein</b> 6g		5%
<b>Vitamin A</b>		15%
<b>Vitamin C</b>		35%
<b>Calcium</b>		0%
<b>Iron</b>		45%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

# MARCH

1

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

2

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

3

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

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TOTAL POINTS: \_\_\_\_\_

# MARCH

6

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

11

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# MARCH

13

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

14

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

15

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

16

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

17

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

18

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

19

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# MARCH

## 20

SUNDAY | National Native American HIV/AIDS Awareness Day, EARN 75 POINTS



Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

## 21

MONDAY

Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

## 22

TUESDAY

Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

## 23

WEDNESDAY

Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

## 24

THURSDAY

Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

## 25

FRIDAY

Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

## 26

SATURDAY

Exercise: 20 min x \_\_\_

5 servings of fruit and vegetables

No smoking

Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# MARCH

27

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

28

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

30

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

31

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

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TOTAL POINTS: \_\_\_\_\_

# PTHA Wellness Challenge Monthly Report Card



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Tacoma WA 98404

or drop in boxes located at PTHA



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_



# APRIL

## NATIONAL ALCOHOL AWARENESS MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	 7 National Alcohol Screening Day at PTHA	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Alcohol Awareness Month

- Underage alcohol use is more likely to kill young people than all illegal drugs combined.
- People who begin drinking before age 15 are four times more likely to develop alcohol dependence at some time in their lives compared with those who have their first drink at age 20 or older.
- Nearly 14 million Americans – one in every 13 adults -- abuse alcohol or are alcoholic.
- Fetal Alcohol Spectrum Disorders (FASD) are the leading preventable cause of birth defects in the U.S.
- Health risks of drinking include increased incidence of cancers of the liver, esophagus, throat, and larynx (voice box), as well as liver cirrhosis, immune system problems, brain damage, and heart problems.



## Warning Signs of Alcohol Abuse

If you answer “yes” to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work or school?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

*If you think you may have a problem with alcohol (or drugs or gambling) call the Puyallup Tribal Treatment Center at 253-593-0247 to schedule an assessment. This assessment can help determine what type of services may be best for you.*

# APRIL FOCUS | NATIONAL ALCOHOL AWARENESS MONTH

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**S.M.A.R.T.** (Remember to be specific, measurable, achievable, realistic and timely.)

Goal: \_\_\_\_\_

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Discussed with Doctor: YES  NO  N/A  Date: \_\_\_\_\_

Action steps: \_\_\_\_\_

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# APRIL

3

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

6

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

THURSDAY | National Alcohol Screening Day at PTHA, EARN 25 POINTS 

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# APRIL

10

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

11

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

12

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

13

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

14

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

15

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

16

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# APRIL

17

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

18

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

19

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

20

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

21

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

23

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# APRIL

24

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

25

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

27

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

28

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

30

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

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Tacoma WA 98404

or drop in boxes located at PTHA



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

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\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

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\_\_\_\_\_



# MAY

## MENTAL HEALTH MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 National Children's Mental Health Awareness Day	4	5	6	7
8	9 PHTA Closed American Indian Day National Women's Check Up Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 National Senior Health & Fitness Day	26	27 PHTA Closed at noon	28
29	30 PHTA Closed Memorial Day	31 World No Tobacco Day				



About 1 in 5 American adults suffer from a diagnosable mental disorder in a given year.

### Here are some tips for a healthy mental outlook.

- **RELAX.** It is important to unwind. Take a few minutes to sit, listen to soothing music, or read a book, try to breathe deeply.
- **MAKE TIME FOR YOURSELF.** Try to set aside at least 15 minutes to do an activity that you enjoy.
- **SLEEP.** Sleeping is a great way to help both your body and mind. Try to get seven to nine hours of sleep every night.
- **EAT HEALTHY.** Fuel up with fruit, vegetables, lean protein and whole-grain foods.
- **LIMIT OR AVOID** sugar, caffeine, alcohol, tobacco or other drugs.
- **EXERCISE** has physiological effects that improve our mood. Regular physical activity has numerous health benefits.
- **RESOLVE CONFLICTS.** If you're having conflicts with friends, family or co-workers it can make you feel stressed. Sit down and try to work it out.
- **SEPARATE.** Try to sort out the things that you have control over and those you don't. Recognizing this can help reduce stress.
- **REALISTIC EXPECTATIONS.** Expecting too much from yourself or others can create stress.
- **GET HELP FROM A PROFESSIONAL IF YOU NEED IT.** Talk to a therapist. He or she can help you find better ways to deal with your problems.

Talk to the staff at Kwawatchee Counseling Center (KCC) if you have questions or concerns. KCC offers individual and group counseling, case management and prevention services. Call 253-593-0232 ext. 247.

# MAY FOCUS | MENTAL HEALTH MONTH



**S.M.A.R.T.** (Remember to be specific, measurable, achievable, realistic and timely.)

Goal: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Discussed with Doctor: YES  NO  N/A  Date: \_\_\_\_\_

Action steps: \_\_\_\_\_

\_\_\_\_\_  
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\_\_\_\_\_



# MAY

1

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

2

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

3

TUESDAY | National Children's Mental Health Awareness Day

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

4

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

5

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

6

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

7

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# MAY

8

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

MONDAY | PTHA Closed | American Indian Day | National Women's Check Up Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

11

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

13

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

14

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# MAY

15

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

16

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

17

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

18

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

19

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

20

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

21

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# MAY

## 22

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 23

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 24

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 25

WEDNESDAY | National Senior Health & Fitness Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 26

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 27

FRIDAY | PTHA Closed at noon

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 28

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_



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Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

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\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

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# JUNE

## SUN SAFETY MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 National Cancer Survivor's Day	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	 National HIV Testing day Get tested <b>75 POINTS</b>	28	29	30		



## Did you know that people of all skin tones can get sun damage and skin cancer?



### **Do Not Burn**

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



### **Avoid Sun Tanning and Tanning Beds**

UV light from tanning beds and the sun causes skin cancer and wrinkling.



### **Generously Apply Sunscreen**

Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



### **Wear Protective Clothing**

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.



### **Seek Shade**

Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



### **Use Extra Caution Near Water, Snow and Sand**

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

Early detection of melanoma can save your life. A new or changing mole should be evaluated by a dermatologist.



# JUNE

1

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

2

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

3

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JUNE

5

SUNDAY | National Cancer Survivor's Day

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

6

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

11

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JUNE

## 12

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 13

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 14

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 15

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 16

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 17

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 18

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JUNE

## 19

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 20

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 21

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 22

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 23

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 24

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 25

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JUNE

## 26

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 27

MONDAY | National HIV Testing day - Get tested and EARN



Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 28

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 29

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 30

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_



# PTHA Wellness Challenge Monthly Report Card



At the end of each month, report your progress and earn points by pulling out this page that is provided for your convenience and send to:

Attention: Community Health  
2209 E. 32nd St.  
Tacoma WA 98404

or drop in boxes located at PTHA



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# JULY

## MEDICATION SAFETY MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 PTHA Closed Independence Day	5 PTHA Closed	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 PTHA Closed Employee Appreciation Day	23
24	25	26	27	28	29	30
31						



**Medications can help keep you healthy, but when used incorrectly they can cause serious problems.**

- Make a list of all the medicines you take, including over-the-counter products and dietary supplements. Show this list to your doctor.
- Don't take medicines prescribed for another person or give yours to someone else.
- Make sure you store all medicines and supplements out of sight and out of reach of children
- Don't take your medicines in front of young children; they might try to copy you.
- Understand how to take your medicine before you start taking it.
- Take your medicine in the exact amount and at the time your doctor prescribes.
- Call your doctor right away if you have any problems with your medicine.
- Use a memory aid to take your medicines on time. Some people use meals or bedtime as reminders to take their medicine. Other people use charts, calendars, and weekly pill boxes. Find a system that works for you.
- Do not skip doses of medication or take half doses to save money.
- Avoid mixing alcohol and medicine. Some medicines may not work correctly or may make you sick if taken with alcohol.
- Take your medicine until it's finished or until your doctor says it's okay to stop.
- Don't take medicine in the dark.
- Check the expiration dates on your medicine bottles.

### **Over-the-Counter Medicines:**

- Measure the dose of liquid over the counter medicine as carefully as you would a prescription drug. Be careful—over-the-counter medicines can have side effects.
- Take the amount suggested on the label. If you don't get better, see your doctor.
- Read the label—even if you have used the product in the past. Important information can change.
- Carefully select medications that treat just the symptoms that you have.

Remember, medicines—whether prescription or over-the-counter—that are strong enough to cure you can also be strong enough to hurt you if they aren't used the right way. Learn to be a smart consumer of medicine.





# JULY

3

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

MONDAY | PTHA Closed | Independence Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

TUESDAY | PTHA Closed

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

6

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JULY

10

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

11

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

12

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

13

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

14

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

15

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

16

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# JULY

## 17

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 18

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 19

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 20

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 21

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 22

FRIDAY | PTHA Closed | Employee Appreciation Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 23

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# JULY

## 24

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 25

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 26

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 27

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 28

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 29

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 30

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_





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or drop in boxes located at PTHA



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Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# AUGUST

## VACCINE AWARENESS MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# AUGUST FOCUS | VACCINE AWARENESS MONTH

Getting immunized is a lifelong, life-protecting job. Get your vaccines on schedule.

## BIRTH TO 6 YEARS

Birth	1 months	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	
Hep B	Hep B			Hep B							
		RV	RV	RV							
		DTap	DTap	Dtap		DTap				DTap	
		Hib	Hib	Hib	Hib						
		PCV	PCV	PCV	PCV <sup>§</sup>						
		IPV	IPV	IPV							
				Influenza (Yearly)*							
					MMR					MMR	
					Varicella					Varicella	
				HepA, 2 doses <sup>§</sup>							

Shaded boxes indicate the vaccine can be given during shown age range.

## AGES 7 TO 18

Vaccine ▼   Age ►	7-10 years	11-12 years	13-18 years
Tetanus, Diphtheria, Pertussis <sup>1</sup>		Tdap	Tdap
Human Papillomavirus <sup>2</sup>	See footnote 2	HPV (3 doses)	HPV series
Meningococcal <sup>3</sup>	MCV	MCV	MCV
Influenza <sup>4</sup>	Influenza (Yearly)		
Pneumococcal <sup>5</sup>	PPSV		
Hepatitis A <sup>6</sup>	HepA Series		
Hepatitis B <sup>7</sup>	Hep B Series		
Inactivated Poliovirus <sup>8</sup>	IPV Series		
Measles, Mumps, Rubella <sup>9</sup>	MMR Series		
Varicella <sup>10</sup>	Varicella Series		

- Recommended ages for all children except certain high-risk groups
- Recommended ages for catch-up immunization
- Recommended ages for certain high-risk groups

# AUGUST FOCUS | VACCINE AWARENESS MONTH

## AGES 19 +

Vaccine ▼   Age ►	19-49 years	50-64 years	65 years and older
<b>Influenza</b>	You need a dose every fall (or winter).		
<b>Pneumococca</b>	You need 1–2 doses if you smoke cigarettes or if you have certain chronic conditions.*		You need 1 dose at age 65 (or older) if you've never been vaccinated. You may also need a 2nd dose.*
<b>Tetanus, diphtheria, pertussis (Td, Tdap)</b>	If you haven't had at least 3 tetanus-and-diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in 1 month, and dose #3 in 6 months. All adults need Td booster doses every 10 years. If you're younger than age 65 years and haven't had pertussis-containing vaccine as an adult, one of the doses that you receive should have pertussis (whooping cough) vaccine in it—known as Tdap. Be sure to consult your healthcare provider if you have a deep or dirty wound.		
<b>Hepatitis B (HepB)</b>	You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given as a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3, usually given 5 months after dose #2).		
<b>Hepatitis A (HepA)</b>	You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.		
<b>Human papillomavirus (HPV)</b>	You need this vaccine if you are a woman who is age 26 years or younger. One brand, Gardasil, can be given to men age 26 years or younger to prevent genital warts. The vaccine is given in 3 doses over 6 months.		
<b>Measles, mumps, rubella (MMR)</b>	You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*		
<b>Varicella (Chickenpox)</b>	If you've never had chickenpox or you were vaccinated but only received 1 dose, talk to your healthcare provider about whether you need this vaccine.		
<b>Meningococcal</b>	If you are a young adult going to college and plan to live in a dormitory, you need to get vaccinated against meningococcal disease. People with certain medical conditions should also receive this vaccine.*		
<b>Zoster (shingles)</b>			If you are age 60 years or older, you should get this vaccine now.

\* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.



# AUGUST

1

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

2

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

3

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

4

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

5

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

6

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# AUGUST

7

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

11

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

13

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# AUGUST

14

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

15

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

16

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

17

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

18

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

19

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

20

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# AUGUST

21

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

23

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

24

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

25

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

27

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# AUGUST

28

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

30

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

31

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

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TOTAL POINTS: \_\_\_\_\_

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Wellness Challenge month: \_\_\_\_\_ Total Points earned: \_\_\_\_\_

Goals working on/met: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SEPTEMBER

## CANCER AWARENESS MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 PTHA Closed 1/2 Day	3
4	5 PTHA Closed Labor Day	6	7	8	9 PTHA Closed Fishing Wars Recognition	 PTHA Annual Tobacco Free Wellness Walk
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Family Health & Fitness Day
25	26	27	28	29	30	

## SEPTEMBER FOCUS | CANCER AWARENESS MONTH

Cancer is a complex group of diseases with many possible causes. Cancer is the 2nd leading cause of death in Americans.

Remember the importance of early detection.

AGES 18 to 21 Well-care visit every year	
<b>For women:</b> First Pap test 3 years after becoming sexually active or by age 21, whichever comes first. Monthly breast self-exam.	<b>For men:</b> Monthly testicular self-exam.
AGES 22 to 49 Well care visit every 4 years	
<b>For women:</b> Pap test every 2-3 years. Mammogram every 1 or 2 years, based on risk factors or personal choice, beginning at age 40. Monthly breast self-exam.	<b>For men:</b> Monthly testicular self-exam.
AGES 50 to 64 Well care visit every 2 years	
<b>For everyone:</b> Colon cancer screening: talk with your doctor about the best method for you	
<b>For women:</b> Pap test every 2-3 years Mammogram every 1 or 2 years based on risk for breast cancer or personal choice. Monthly breast self-exam.	<b>For men:</b> Discuss prostate cancer screening with your health care provider. Monthly testicular self-exam.
AGES 65+: Well care visit every 2 years	
<b>For everyone:</b> Colon cancer screening: talk with your doctor about the best method for you (If aged 75 and older, discuss screening schedule with your doctor).	
<b>For women:</b> Mammogram every 1-2 years according to risk for breast cancer; women age 75 and over, discuss screening schedule with your health care provider.	<b>For men:</b> Discuss prostate cancer screening with your health care provider. Monthly testicular self-exam.

### Steps to Staying Healthy:

1. Eat right. Lots of fruits and vegetables. Choose good fats and whole grains. Limit salt, sugar and processed foods.
2. Be physically active (the health benefits are enormous).
3. Don't smoke. Tobacco use is a huge risk factor for many cancers. If you use tobacco, quit.
4. Maintain a healthy weight.
5. Viruses can cause cancer. Practice safety and get vaccinated.
6. Get your recommended screenings. Early detection can make all the difference.





# SEPTEMBER

4

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

MONDAY | Labor Day - PTHA Closed

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

6

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

9

FRIDAY | PTHA Closed - Fishing Wars Recognition Day

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

10

SATURDAY | PTHA Annual Tobacco Free Wellness Walk - EARN 

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# SEPTEMBER

11

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

13

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

14

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

15

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

16

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

17

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# SEPTEMBER

18

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

19

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

20

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

21

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

23

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

24

SATURDAY | Family Health & Fitness Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# SEPTEMBER

25

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

27

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

28

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

30

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_



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Goals working on/met: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments, successes, barriers or questions: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



# OCTOBER

## DENTAL HEALTH MONTH



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1
2	3	4	5	6	7	8
9	10 PTHA Closed Chief Leschi Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	16	27	28	29
30	31 Halloween					

*Remember to get your flu vaccine.*



# OCTOBER FOCUS | DENTAL HEALTH MONTH

Healthy teeth are an important part of total wellness.

## Tips for Infant and Toddler Dental Health

- Gently wipe baby's gums and tongues and then baby teeth, with a moist cloth or gauze at least once per day.
- At six months, offer a cup for water or juice. Never offer juice or pop in bottles.
- Use only water or milk/formula in bottle.
- Do not allow a baby to sleep with a bottle filled with anything but plain water.
- Do not allow toddlers to sip all day on a bottle or sippy cup.
- At twelve months, wean from the bottle to a cup.
- Serve water instead of juice or pop.
- Eat and drink at meal or snack times. Constant sipping or snacking can lead to tooth decay.
- Avoid pacifiers dipped in honey. The sugar content contributes to tooth decay and honey isn't safe for young children.
- "Lift the Lip" each month to check for beginning cavities.
- See the dentist by the first birthday.



## Adult Oral Health Reminders

- Brush twice a day with fluoride toothpaste and floss every day.
- Gum disease is swelling or soreness of the gums. It is caused by the bacteria (germs) in plaque—the sticky film that forms on teeth.
- Remove plaque before it hardens into tartar or calculus. If not treated it can build up and infect gums and bone and may lead to tooth loss.
- Eat healthy foods. Limit sugar. Eat at mealtimes.
- People with diabetes are more likely to get gum disease and lose teeth. Like all infections, gum diseases may cause blood sugar to rise and make diabetes harder to control.
- Xylitol, a natural sweetener that is added to gum and mints can prevent cavities. Xylitol must be listed as the first ingredient, chew 1-2 pieces, 3-5 times per day.
- Tooth decay is often caused by dry mouth because saliva is not present to wash away acid. Sugar and dry mouth can lead to cavities. Drink extra water, use saliva substitute and sugarless gum or mints with xylitol.
- It is important to see your dentist if: your gums bleed are red, puffy or swollen, or pull away from teeth. Or if there changes in the way your teeth fit together when you bite, if there is pus between your teeth and gums or if you always have bad breath.
- Don't smoke or chew tobacco.
- Visit your dentist regularly.

Your PTHA Dental Department can help you have a healthy smile. To schedule an appointment call 253-593-0232 ext. 328.

*You don't have to brush your teeth - just the ones you want to keep.*

*~Author Unknown*





# OCTOBER

2

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

3

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

6

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

7

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

8

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# OCTOBER

9

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

10

MONDAY | PTHA Closed - Chief Leschi Day

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

11

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

12

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

13

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

14

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

15

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# OCTOBER

16

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

17

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

18

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

19

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

20

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

21

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# OCTOBER

23

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

24

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

25

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

27

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

28

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_





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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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# NOVEMBER

## DIABETES AWARENESS MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11 PTHA Closed Warrior's Day (Veteran's Day)	12
13	14	15	16	17 Great Native American Smoke Out	18	19
20	21	22	23 PTHA Closed 1/2 Day	24 PTHA Closed Thanksgiving Day	25 PTHA Closed	26
27	28	29	30			

# NOVEMBER FOCUS | DIABETES AWARENESS MONTH

---

Diabetes is becoming increasingly common. Diabetes can often be prevented or managed effectively to prevent complications.

## **Risk factors for diabetes include:**

- Being overweight
- Family history
- High blood pressure
- High cholesterol
- Body shape—carrying excess weight around your middle
- Glucose intolerance
- Smoking



## **Prevention includes:**

- Being physically active
- Knowing your risk—getting your cholesterol, blood sugar and blood pressure checked regularly
- Eating healthy
- Losing weight, if you're overweight.
- Stop smoking

## **Management of diabetes includes:**

- Regular check-ups
- Medications
- Appropriate eating
- Regular physical activity

## **Uncontrolled diabetes may contribute to:**

- Blindness
- Kidney disease or kidney failure
- Amputations
- Impotence
- Cardiovascular disease

A modest weight loss and regular physical activity can significantly reduce your risk for developing type 2 diabetes.

---



# NOVEMBER

1

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

2

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

3

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

4

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

5

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# NOVEMBER

6

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

7

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

8

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

9

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

10

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

11

FRIDAY | PTHA Closed - Warrior's Day (Veteran's Day)

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

12

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# NOVEMBER

## 13

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 14

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 15

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 16

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 17

THURSDAY | Great Native American Smokeout

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 18

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 19

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# NOVEMBER

20

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

21

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

22

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

23

WEDNESDAY | PTHA Closed at noon

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

24

THURSDAY | PTHA Closed - Thanksgiving Day

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

25

FRIDAY | PTHA Closed

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

26

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# NOVEMBER

27

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

28

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

29

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

30

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

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TOTAL POINTS: \_\_\_\_\_



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\_\_\_\_\_  
\_\_\_\_\_

# DECEMBER

## MANAGING THE HOLIDAYS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Merry Christmas From PTHA	26	27	28	29	30	31 New Year's Eve

Note: Check with PTHA for late notices of additional holiday closures.

## DECEMBER FOCUS | MANAGING THE HOLIDAYS

---

The extra expenses, chores, family togetherness, drinking, eating, shopping and merriment may all contribute to stress. Sometimes the expectations around the holidays also contribute to loneliness or depression.

The holiday season sometimes contributes to weight gain and taking a break from healthy habits which may leave us feeling lethargic and discouraged.

This year choose to enjoy the holidays in a healthy way.

- Be realistic—about time and money and expectations.
- Set priorities.
- Stick to a budget.
- Keep exercising.
- Get enough sleep.
- Reach out. Spend quality time with loved ones.
- Learn to say “no”. You can’t do it all, you don’t need to.
- Don’t abandon healthy habits.
- Plan for indulgences.
- If you’re feeling overly stressed or depressed, get help.



### **A time for reflection, celebration and planning:**

- How did you do this year on changing your behaviors and meeting your goals?
- Do you feel healthier?
- What did you learn?
- What worked, what didn't?
- How have you rewarded yourself for your hard work and effort?
- How have you celebrated victories, big and small?
- What goals do you plan to work on in the New Year?



# DECEMBER

1

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

2

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

3

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

NOTES \_\_\_\_\_

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TOTAL POINTS: \_\_\_\_\_

# DECEMBER

4

SUNDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

5

MONDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

6

TUESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

7

WEDNESDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

8

THURSDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

9

FRIDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

10

SATURDAY

Exercise: 20 min x   
5 servings of fruit and vegetables   
No smoking   
Other:

TOTAL POINTS: \_\_\_\_\_

# DECEMBER

11

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

12

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

13

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

14

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

15

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

16

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

17

SATURDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# DECEMBER

## 18

SUNDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 19

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 20

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 21

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 22

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 23

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 24

SATURDAY | Christmas Eve

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_

# DECEMBER

## 25

SUNDAY | Merry Christmas From PTHA

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 26

MONDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 27

TUESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 28

WEDNESDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 29

THURSDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 30

FRIDAY

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

## 31

SATURDAY | New Year's Eve

Exercise: 20 min x \_\_\_   
5 servings of fruit and vegetables   
No smoking   
Other: \_\_\_\_\_

TOTAL POINTS: \_\_\_\_\_



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\_\_\_\_\_  
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