

Preventative Health Care

When you are sick, you have no choice but to think about your health; it's right there in your face – you feel awful. Preventive health care must be planned and executed ahead of time, even when illness is absent. You must build healthy habits even when it's not convenient. You must believe that maintaining a healthy lifestyle is important enough to make a few sacrifices. Eating right, getting exercise and avoiding destructive substances like tobacco, alcohol and excessive amounts of sugar and salt are crucial, as is getting enough sleep each night. Healthy habits are an "automatic" defense against most illnesses and can provide us a long, healthy life.



Another aspect of preventive healthcare is finding and treating disease as soon as possible. Many diseases, when caught early, can be nipped in the bud and full health returned quickly. It is important to visit your doctor on a regular schedule, at least annually or possibly more often as you get older, in order to stay healthy and catch any disease early.

Slow Cooker Turkey Chili Recipe

Ingredients

1 tablespoon vegetable oil	1/2 tablespoon garlic powder
1 pound ground turkey	1/2 tablespoon ground cumin
2 (10.75 oz) cans low sodium tomato soup	1 pinch ground black pepper
2 (15 oz) cans kidney beans, drained	1 pinch ground allspice
1 (15 oz) can black beans, drained	salt to taste
1/2 medium onion, chopped	
2 tablespoons chili powder	
1 teaspoon red pepper flakes	

Preventive healthcare should be considered an investment or personal insurance. Take advantage of any preventive benefits that your insurance company offers; seriously, these companies are happy to cover preventive medical expenses because they have the statistics that prove how much it saves them down the road.

Preventive health care is very important. To start your own "good health" practices, there are four things you can do immediately:

- * Don't smoke or use other tobacco products; Drink only in moderation
- * Eat a proper, balanced diet to get the correct amount of nutrients and calories daily
- * Exercise at least three days per week; Aerobic exercise will build muscle and endurance
- * See your doctor regularly for check-ups

Take the time to learn more; educate yourself. Most importantly, start working on your healthy habits today.

***MEDICINE IS NOT HEALTH CARE
FOOD IS HEALTH CARE
MEDICINE IS SICK CARE***



Directions

Heat the oil in a skillet over medium heat. Place turkey in the skillet, and cook until evenly brown; drain.

Coat the inside of a slow cooker with cooking spray, and mix in turkey, tomato soup, kidney beans, black beans and onion. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, allspice and salt.

Cover, and cook 8 hours on Low or 4 hours on High.

Check out the Ohio Farm Bureau website to find out which fruits & vegetables are in season locally throughout the year.

Strawberries are finally in season!!!

Find a farm and spend a day with your family picking your own!

I'M GOING TO MAKE YOU SO PROUD.
- note to self.

Check out the Health & Wellness page on the City of Xenia's website for information on recommended preventative health screenings for men and women and plan to attend the Lunch & Learn this month!

RUN TO THE BEAT...



Running to music can boost your performance by 15 percent, but how do you choose the right playlist for your runs? The answer is in the music's BPM (beats per minute).

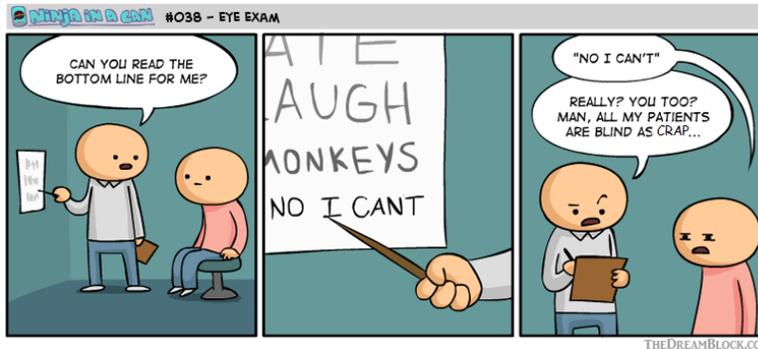
For a lot of people the best exercise music is between 120-140 BPM, but the right range for you may actually depend on what type of exercise you do and personal factors like your stride length.

You can go online for more information on how to choose the right range for you or maybe look up the BPM of a song you enjoy running to and find others with the same BPM to add to your playlist.

Your eyes could be a window to your health.

Did you know that an eye exam can be as effective as a physical in determining your health? That's because the eye is the only place in the body where a doctor can have an unobstructed view of our blood vessels, nerves and connecting tissue, without any need for surgery.

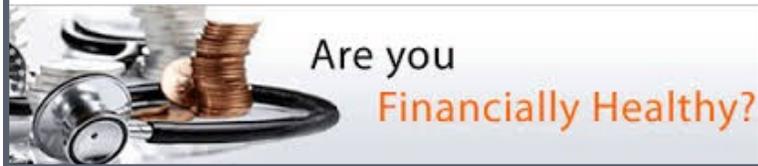
A potential stroke is just one of the health conditions that might be visible in the eyes. Diabetes, blood pressure, autoimmune diseases, sexually transmitted diseases and cancers are among the illnesses that can be detected during an eye exam. In some cases, an eye exam may be life-saving. Unfortunately, many Americans put off going to the eye doctor if they feel like their vision has not changed.



Tips to improve your financial health:

1. Review your spending.
2. Get a free credit report.
3. Develop a debt payoff strategy.
4. Review your insurance plans and rates.

Research the topic online for more information.



DESKERSIZE

The Silent Seat Squeeze

Believe it or not, some deskercises can be kept under wraps, and this isometric glutes exercise is one of them.

To start toning, simply squeeze the buttocks, hold for 5-10 seconds, and release. Repeat until the agenda wraps up or the glutes tire.

The results will be uplifting in more ways than one.