



September 18-24 Turn off Your TV Week

Simply switch off or unplug your TV set for seven days and engage in a wide range of substitute activities. Screen Time cuts into family time and is a leading cause of obesity in both adults and children. Excessive use of TV's for recreational purposes leads to a more sedentary and solitary lifestyle and that is unhealthy for all of us, both mentally and physically.

INTERESTING FACTS ABOUT TV

- Number of 30-second commercials seen in a year by an average child: 20,000
- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Percentage of children ages 6-17 who have TV's in their bedrooms: 50%
- Percentage of day care centers that use TV during a typical day: 70%
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1500
- Percentage of Americans that regularly watch television while eating dinner: 66%

Tylenol Dosage Lowered



Johnson & Johnson will lower the maximum daily dose for Extra Strength Tylenol to reduce risk of overdose, McNeil Consumer Healthcare announced. The move from eight pills per day to six is meant to encourage the appropriate use of acetaminophen, according to a release from the consumer health-care company.

"Acetaminophen is safe when used as directed," Dr. Edwin Kuffner, vice president of over-the-counter medical affairs and clinical research at McNeil, said in the release. "But, when too much is taken, it can cause liver damage."

More than 50 million Americans use acetaminophen each week to treat pain, fever, and other conditions associated with cold and flu symptoms, according to McNeil.

McNeil notified the U.S. Food and Drug Administration that the new dosing instructions will appear on Extra Strength Tylenol products in the U.S. beginning fall 2011. The company will also lower the maximum daily dose for Regular Strength Tylenol and other acetaminophen-containing products for adults starting in 2012.

Healthy Weight

These days, it seems as though everybody is talking about obesity and what to do about it. Why is it such a big deal? Because, as a Nation, we've been getting steadily heavier. People have lots of reasons to care if they weigh too much, both in the short run and over the long haul. In the short run, when a child is overweight, it can be hard to keep up with friends, play outside at recess, or wear the latest styles. Other kids at school can sometimes tease. Excess weight can be hard for adults, too. Clothes feel too tight,

it's not always easy to be active, and one can tire easily. Those extra pounds also have long-term consequences for both adults and children. Being overweight is linked to increased risk of heart disease, type 2 diabetes, high blood pressure, high cholesterol, certain cancers, and other chronic conditions.

The two main ways to encourage and maintain a healthy weight are to make smart food choices and to be physically active. Here are two easy tips to help you get started.

Plan regular family time that involves physical activity.



Putting a bowl of fruit on the kitchen counter and making a family agreement not to have chips or other high-calorie snacks in the house can change everyone's snacking habits.



Entry Form

This Month's Question: Why is the Tylenol dosage being lowered?

Your Answer: _____

Name: _____

Phone Number: (____) _____ - _____

Company You Work For: _____



Question of The Month



All correct entries received will be entered into a drawing to win a \$25 American Express Gift Card! Please submit your Entry Form By: 9/30/2011 You may send it or fax it to the address below:

Mail To:

Welborn Health Plans WELCARE
101 S.E. Third Street
Evansville, IN 47708

Fax:

ATTN WELCARE
716-541-6370

Congratulations To:

**Lynn Brower
from
Meritain**

For Answering
The August Question of
The Month Correctly

Enjoy Your \$25 American
Express Gift Card!



Exercise of the Month: Hamstring Stretch

Flexibility refers to the ability of a joint to go through its entire range of motion. Stretching can help enhance a person's flexibility. The more elasticity a muscle has, the better it can perform during activities and withstand injury. The hamstrings are the large muscles located in the back of the thigh region. There are many ways to stretch the hamstring but the seated hamstring stretch can be done at home or at the office.



Seated Hamstring Stretch:

1. Sitting in a chair, place one leg straight out in front.
2. **INHALE:** Reach down toward straight leg. Bend from the hips so low back does not round.
3. Hold this position for 20 seconds. ****Keep breathing throughout the course of the stretch.**
4. Slowly return to start position and switch legs. Repeat stretch on other leg.

Shake Your Salt Intake



A high-sodium diet raises your blood pressure, increasing your risk of stroke and heart disease. Cut back this week by ignoring your salt shaker and opting for low or reduced sodium soups, broths, beans and seasonings.

Good nutrition starts with smart choices in the grocery store. Grocery shopping can be a daunting task, simply because there are so many choices. Follow these small steps that will result in healthy choices in your home.

- Plan ahead. A list is still the number one way to stay on target for health. Avoid impulse items.
- Surf the perimeter first. This is where the freshest and most nutritious foods are found.
- Fill your cart with fresh produce first. Choose a rainbow of colors of fruits and vegetables; they have the most vitamins

and minerals.

- Frozen entrees often exceed the recommended daily allowance for sodium. If the product contains 20% or more of the DV, look for a product with lower sodium.
- An easy way to judge how healthy the food selections you have made, is to have less than half of your cart contain boxed or packaged food items.
- Be careful with dressings, cooking oils and condiments. They are sneaky sources of refined sugar and poor quality oils. Read



labels to choose dressings made with olive oil, canola oil or walnut oil.

ChooseMyPlate.gov recommends filling your cart with plenty of fruits and vegetables, whole grains, low-fat dairy, lean meat. Limit sugar, salt, empty calories foods, and saturated fats.
www.choosemyplate.gov