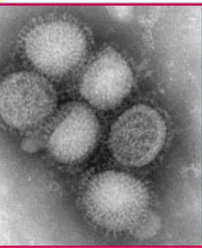


Here's to Your Health!

Things You Didn't Know About **FAT!**

1. About 66% of the country's population is overweight! And those people contribute to the more than \$50 billion spent on fad-diet programs each year!
2. Studies show that people on fad diets fail to reach their weight-loss goals! What's more, those that do are more likely to put the weight back on!
3. The number of fat cells in your body remains the same throughout adulthood!
4. Over the course of a year, about 10% of those fat cells die. Unfortunately, our bodies are quick to replace them!
5. Only proper eating habits and regular exercise are effective at shrinking those fat cells to keep you trim and lean!
6. Liposuction doesn't lower your risk of obesity-related health problems! The surgery only removes fat from beneath the skin, not from around vital organs where it poses the most danger!
7. Obesity is more inheritable than schizophrenia, high blood pressure, and alcoholism!
8. Whales are wrapped in a 20-inch layer of fat or blubber to help insulate them against the cold!
9. Camels, on the other hand, have very little fat throughout their bodies and instead keep it contained in their humps!
10. The human brain is made up of about 70% fat!

The Facts About "Swine Flu"



H1N1 (known as "swine flu") is a new influenza virus first detected in the U.S. in April and has since quickly spread to a number of different countries, making it the culprit behind

the latest worldwide health hysteria. Unfortunately, what most people know about the H1N1 virus is based on speculation and misinformation. Here are the most important facts to know about the "swine flu."

1. The virus is called "swine flu" because the genes in the virus are similar to influenza viruses normally found in pigs. Although contagious like any other flu virus, keep in mind that you **CANNOT** get the virus from consuming pork or other pork products.
2. The H1N1 virus is spread from human to human like any other upper respiratory virus – through coughing or sneezing, or by touching something with the virus on it and then touching your mouth or

- nose.
3. Symptoms of the virus are similar to seasonal flu symptoms: fever, cough, sore throat, runny/stuffy nose, body aches, headaches, chills, and fatigue. Diarrhea & vomiting have also been reported and, like with seasonal flu, death can occur.
 4. It is still unknown how severe the illness may get, but those most susceptible are the elderly, pregnant women, children, and anyone with chronic medical conditions.

Although cases of the H1N1 virus have not yet been confirmed on Guam, it is important to take these everyday steps in order to safeguard yourself and your family from the flu virus:

- Cover your nose and mouth with a tissue (not with your hands) whenever you cough or sneeze. Throw the tissue away after each use.

- Wash your hands often with warm soapy water, especially after you cough, sneeze, or come into physical contact with another person. Alcohol-based sanitizers are also effective.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with sick people. Stay home if you feel sick yourself to prevent from infecting others and spreading the virus farther.
- Keep up-to-date with CDC and public health advice.




• If you already have a severe illness or are at high risk for flu complications, contact your doctor. Seek medical care if

*"You **cannot** get the virus from consuming pork or other pork products."*

you do become sick. For more information, please visit the CDC's website at: <http://www.cdc.gov/h1n1flu>.






RELAY FOR LIFE 2009

Friday & Saturday - May 22nd & 23rd
7:00pm - 7:00am @ GWHS Track

Come Join TEAM MOYLAN'S / NETCARE and show your SUPPORT!



May is Osteoporosis Awareness Month!

v s l k q b e z o m t b a c z g c l t a
 c o z u a s f z w g v r p d d e c r x s
 s i s o r o p o e t s o z e c o p r k t
 d e m t b a p s o s t e o m a l a c i a
 b n x u e s i t i r h t r a o y n g m s
 c o i e i o h t g n e r t s i q c i t t
 y l n m r c p f p f r a c t u r e n e h
 i q v e a c l e m u s c l e r u i m e g
 w e s x s t i a n j q s b p t o b g t i
 s t h v i f i s c i f p t v j u m c h e
 v w h x h o s v e t a u d t k p k g e w

Exercise your brain and try to find the words below in the puzzle on the left. Then get out and do some real exercise to help build strong bones!

Word List:

- | | |
|-----------|--------------|
| Arthritis | Osteomalacia |
| Bones | Osteopenia |
| Calcium | Osteoporosis |
| Exercise | Strength |
| Fracture | Teeth |
| Joints | Vitamin D |
| Muscle | Weights |
| Xray | |

The FDA is warning consumers to **immediately stop using Hydroxycut products**. The agency has received 23 reports of serious health problems, ranging from jaundice, elevated liver enzymes (an indicator of potential liver injury), and liver damage requiring liver transplant. One death due to liver failure has been reported.

Other health problems reported include seizures; cardiovascular disorders; and a type of muscle damage that can lead to kidney failure. Other symptoms of liver injury include nausea, vomiting, light-colored stools, excessive fatigue, weakness, stomach or abdominal pain, itching, and loss of appetite.



HYDROXYCUT Recall

The FDA has not yet determined which ingredients, dosages, or other health-related factors may be associated with risks related to these Hydroxycut products. Consumers who have any of the products involved in the recall are advised to stop using them and to return them to the place of purchase.

Hydroxycut products are diet supplements marketed for weight-loss as fat burners, energy-enhancers, and low carb diet aids. The list of products being recalled by currently includes:

- Hydroxycut Regular Rapid Re-

lease Caplets

- Hydroxycut Caffeine-Free Rapid Release Caplets
- Hydroxycut Hardcore Liquid Caplets
- Hydroxycut Max Liquid Caplets
- Hydroxycut Regular Drink Packets
- Hydroxycut Caffeine-Free Drink Packets
- Hydroxycut Hardcore Drink Packets (Ignition Stix)
- Hydroxycut Max Drink Packets
- Hydroxycut Liquid Shots
- Hydroxycut Hardcore RTDs (Ready-to-Drink)
- Hydroxycut Max Aqua Shed
- Hydroxycut 24
- Hydroxycut Carb Control
- Hydroxycut Natural

Roast Chicken Chimichanga



*Yield: 6 servings
(serving size: 1 chimichanga, 4 tsp. salsa)*

- 2 1/2 cups shredded roasted skinless, boneless chicken breasts
- 1 cup crumbled Monterey jack cheese
- 1/4 cup chopped green onions
- 1 tsp. dried oregano
- 1/4 tsp. ground cumin
- 1 garlic clove, minces
- 1 (4.5 oz) can chopped green chilies, drained
- 1 (16 oz) can fat-free refried beans
- 6 (8 inch) flour tortillas
- Cooking spray
- 1/2 cup bottled green salsa

Preheat oven to 500 F.

Combine chicken, cheese, green onions, oregano, cumin, garlic, and chilies in bowl; mix well.

Spread 1/4 cup beans down center of each tortilla. Top with 2/3 cup chicken mix; roll up. Place rolls, seam-sides down, on baking sheet coated with cooking spray. Coat tops of chimichangas with cooking spray. Bake at 500 F for 7 minutes. Serve with salsa.

Nutrition Facts

<i>Amount per serving</i>
Calories 380
Fat 9.7g
Sodium 728mg
Cholesterol 55mg
Carbohydrate 42.5g
Fiber 6.5g
Protein 28.8g

If you have been diagnosed with Diabetes, or need to regularly monitor your blood sugar levels, you may be eligible for a ***Free Glucometer!**

Call **472-3610** for more info or to get your **FREE** meter!

*Must be current NetCare Health member. Testing strips/lancets covered, subject to applicable co-payments.

Getting Your Kids to Eat Their Veggies

While the average child needs around 4 servings of vegetables a day, it's tough getting them to eat one serving, let alone a whole day's worth! Here are a few tips to help you and your child reach that daily veggie goal.

Start Early!

Make mashed peas, sweet potatoes and other veggies a top choice when first introducing your child to baby food. Soft, cooked carrots and green beans are great solid food introductions as well.

Be Sneaky!

Small, chopped vegetables can easily be hidden in spaghetti sauce, chili, macaroni and other casseroles, or pureed in soups. Pureed veggies can also be added to cake mixes and brownies! Don't feel

bad about your sneaky ways, though. What they don't know will only make them stronger!

Make it Fun!

Kids love being involved in the cooking process, so having them help you chop the veggies will make them all the more willing to eat their own cooking. Pizzas and burritos are also good ideas for hands-on kitchen fun, and kids also enjoy dipping vegetable sticks into some yummy dips like peanut butter and yogurt.

Know Their Pet Peeves!

Go along with what you already know your child likes.



Some kids hate having their foods all mixed up, while others prefer it. Add or arrange veggies accordingly.

Get Help!

There are a wide variety of kid-friendly cookbooks available with lots of veggie-packed favorites. Don't be afraid to try them out, and let your child get involved, too!

Be a Role Model!

A child is more likely to follow mom and dad's lead, especially when it comes to likes and dislikes. Set a good example by eating your veggies also, especially when little Junior is watching!