

# To Your Health

Helping You & Your Family...

With All Your Health Needs



Sponsored by **HyVee HealthMarket** and **Avera Sacred Heart Hospital**

**Healthy Eating FOR Life**

**HyVee** EMPLOYEE OWNED

2100 Broadway, Yankton • 665-3412  
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**Brenda Patzlaff, RD, LN**

**NuVal Tours – FREE** By appointment  
NuVal is an easy way to determine the nutritional value of the food you buy! Contact Brenda for a free in-store tour using the NuVal Nutritional Scoring System.

**Personal Shopping Assistance – FREE**  
By appointment  
Brenda is available to help you make healthy choices as you do your grocery shopping.  
Call 665-3412 or 669-8672 to make an appointment.

**FOCUS ON HEALTH**

## Tips to Shed Those Holiday Pounds

The holiday season is a time of year with many traditions, from family outings to the local Christmas tree farm to get-togethers over holiday meals to gift exchanges with coworkers. However, not all traditions are as popular as gift giving or Christmas vacations.

One such tradition that many would like to avoid is packing on a few extra pounds during the holiday season. While that's certainly the healthiest decision to make, it's also the most difficult, particularly for those who find themselves spending ample time attending the host of holiday-themed social gatherings throughout the season. For those who find themselves looking to shed a few extra pounds each January, the following plan should help accomplish that first goal of the New Year.

- Practice portion control. Oftentimes, many people don't have a problem with what they're eating, but how much they're eating. Resolving to avoid certain items is likely going to increase desire for those items, which is a recipe for overindulgence should you eventually cave in. When it comes to holiday foods, simply manage your portions and eat every meal in moderation.

- Don't save up your calories. Though it might seem like it doesn't matter when you get your 2,000 calories a day, it actually does. For example, you can't forgo breakfast and lunch with the idea of cashing in on your daily calorie intake at dinner. You will end up overeating under such a circumstance, and it's also unhealthy to skip meals.

- Consider that you might just be thirsty. The symptoms of dehydration can be quite similar to those of hunger, as the stomach will make noise when you're dehydrated just as when you're hungry. If you find your stomach growling shortly after eating a meal, there's a strong chance you need a glass or two of water. Dehydration can also make you feel fatigued, so keep up your energy by staying hydrated throughout the day.

Another tip is to drink water while cooking. This will help you avoid overeating when the dinner you've been cooking is finally served. Cooks also commonly eat while they're cooking, but having a glass or two of water could be a good replacement for such unnecessary snacking.

- Don't overeat because everyone else is. Nearly every adult recalls doing something foolish as a child just because friends were doing it as well. And Mom or Dad likely said something like, "If Timmy jumped off the Brooklyn Bridge, would you do that, too?" The same principles can be applied to weight loss as well. Just because others are still indulging after the holiday season, be it with leftovers or just everyday meals, doesn't mean you can also afford to do so. It can be hard to stop overeating after spending the holiday season doing just that, but in the long run it will pay off, and you'll be better off for having done so.

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**Healthy Eating FOR Life**

**WELLNESS EVENTS**

**January 2010**

**Begin Program Registration- (HealthMarket)**  
**Tuesday, January 5th – 1:00 p.m. – 8:00 p.m.**  
Hy-Vee in collaboration with Avera Sacred Heart Hospital is again offering the 10-week Healthy Lifestyle Program BEGIN starting January 18, 2010. Stop by the HealthMarket and Brenda will review the program and provide information regarding registration.

**Blue Diamond Almond Butter Demofest- (HealthMarket)**  
**Thursday, January 7th – 9:00 a.m. – 12:00 noon & 1:00 p.m. – 5:00 p.m.**  
Give your body a healthy start in the morning with Blue Diamond Almond Butter!  
Spread Blue Diamond Almond Butter on your morning toast or bagel – packed with protein, fiber and Vitamin E to help keep you going all day. Join Brenda in the HealthMarket for a sample!

**NuVal: Nutrition by The Numbers (HealthMarket)**  
**Wednesday, January 13th – 9:00 a.m. – 12:00 noon & 1:00 p.m. – 5:00 p.m.**  
Are you familiar with the NuVal Nutrition Scoring System at Hy-Vee? Join Brenda in the HealthMarket for a demonstration of how the NuVal scoring system can help you determine the nutritional value of the food you buy. Stop by the HealthMarket and play the iNutrition by The Numbers! game – see if you can guess the score of the various foods on display!

**Focus on Nutrition – Vitamin D (HealthMarket)**  
**Tuesday, January 19th – 9:00 a.m. – 12:00 noon & 1:00 p.m. – 5:00 p.m.**  
Are you getting enough Vitamin D? Did you know that emerging research suggests Vitamin D deficiency is not only associated with an increased risk of hip fractures, but also with chronic diseases such as hypertension, cardiovascular disease, diabetes and cancer? Stop by and see Brenda while you are shopping and learn how much vitamin D you need and the best sources of this important vitamin!

**Where's The Fat? – (HealthMarket)**  
**Thursday, January 28th -1:00 p.m. – 5:00 p.m.**  
The diets of most American's are too high in fat. To lower your risk of diseases like heart disease and cancer, less than 30% of your daily calories should come from fat. Join Brenda in the HealthMarket and learn about sources of fat and tips for lowering the fat in your diet.

**Osteoporosis Screening (FREE)**  
**Saturday, January 30th– 9:00 a.m. – 12:00 noon (Pharmacy)**  
Join us in the pharmacy for our annual osteoporosis screening. How strong are your bones? Brenda will be available to answer questions regarding nutrition and bone health. Call 1-888-ASK AVERA to make an appointment.

**Rx Our Pharmacists Have the Answers!**

L to R: Angela Potts, tech; Nancy Peitz, tech; Shona Jussel, pharmacist; Kim Kortje, pharmacist; Galen Goeden, pharmacist; Leah Rempfer, pharmacist; Pearl Potts, tech. Not pictured: Laura Gulick, tech, and Luethe Obr, tech.

If you're like most people, you want a pharmacist who takes the time to talk to you about your medication. Our pharmacy staff is committed to helping customers feel better by providing friendly, reliable prescription service, and by making sure customers understand important information about their prescriptions.

The next time you need a prescription filled or refilled, call the friendly pharmacists at Hy-Vee, and see what a difference caring service can make!

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2100 Broadway  
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**YOUR WILD CHILD: OUR SPECIALTY**

**"MY HEAD FEELS FUZZY."**  
**"I bit it on my board."**  
**"LESS TIME IN THE WAITING ROOM."**  
**"BECAUSE KIDS AREN'T THE ONLY ONES WHO HATE TO WAIT."**  
**"MY TUMMY DOESN'T FEEL SO GOOD."**  
**"MOM, I'VE GOT A PORCUPINE IN MY THROAT."**  
**"I WIPED OUT DURING RECESS."**  
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**Jeffrey Johnson, M.D.**  
Dr. Johnson and Brandi Pravecek are now seeing patients in the new clinic.

**Brandi Pravecek, CNP**

**Call (605) 260-2100 for your appointment · Walk-ins Welcome**

1101 Broadway (Hwy. 81), Suite 103 A in Morgen Square · Yankton, SD