



Wright Choice

National Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month. Most of us know that there are great benefits to being physically fit. Yet, many of us are not as fit as we would like to be, usually because we have trouble making the time for regular physical activity in our busy lives.

You can find some tips for adding more physical activity to your day at www.foh.hhs.gov/calendar/May.html.

Try these tips and you'll soon find that you've made exercise a habit that you won't want to break!

The best way to become physically fit

is to find an activity you enjoy doing and gradually work it into your daily routine. Doing something that brings you pleasure can help you stick to your fitness program and reach your goals.

Be sure to speak with your physician or other healthcare provider before starting an exercise program if you have any medical concerns.

For more information on physical fitness, visit www.FOH.hhs.gov/calendar/May.html



Nutrition and Physical Fitness

Eating a [balanced diet](#) and being [physically active](#) are two of the most important things you can do to be and stay healthy at any age. They also help prevent [obesity](#), a risk factor for many lasting health conditions, including [high blood pressure](#), [heart disease](#), [diabetes](#), [arthritis](#) and some types of [cancer](#).

[MyPyramid](#) and the [U.S. Dietary Guidelines for Americans](#) offer advice for most Americans on what and how much to eat to nourish the body. [Pregnancy](#) and [infancy](#) are critical periods of development with unique nutrition needs. People of all shapes and sizes and abilities can benefit from moving more. Some physical activity is better than

none and the more you do the more benefits you gain. The [U.S. Physical Activity Guidelines](#) give guidance for most Americans on the types and amounts of physical activity needed to see health benefits. Getting the recommended amount of physical activity can add years to your life, make you feel better and improve your quality of life.—MDHSS

Hartville Hours:
Tuesday-Friday
8:00-4:30
Closed 12:00-1:00 lunch

Mtn Grove Hours:
Monday-Thursday
8:00-4:30
Closed 12:00-1:00 lunch



Public Health
Prevent. Promote. Protect.
Wright County Health Department

Special points of interest:

- There are great benefits to being physically fit.
- Physical Fitness helps prevent obesity, High blood pressure, heart disease and much more.
- People of all shapes and sizes can benefit from moving more.
- Find an activity that you enjoy to stay motivated.

Motorists Reminded to Buckle Up and Pay attention.

JEFFERSON CITY -More than 200 Missouri law enforcement agencies are expected to participate in this year's *Click It or Ticket* campaign from May 23-June 5. During last year's campaign, law enforcement officers wrote more than 5,500 seat belt tickets.

"The best thing motorists can do to protect themselves while traveling in a motor vehicle is to buckle their seat belts and to make sure everyone else in the vehicle is buckled as well," said Colonel Ronald K. Replogle, superintendent of the Highway Patrol. "This type of campaign and enforcement effort is just one method used to heighten awareness about the importance of wearing a seat belt and saving lives. Highway Patrol troopers will continue to take a zero tolerance approach in the enforcement of seat belt and child restraint laws throughout the year in our effort to reduce injuries and save lives."



Seat belt use in Missouri has remained relatively unchanged in the last several years and consistently below the national average. Missouri continues to remain around 76 percent seat belt usage, well below the national average of 85 percent. Missouri's teens and pick-up truck drivers are among those least likely to buckle up at 66 and 64 percent. Seven out of 10 Missourians killed in traffic crashes in 2010 were not wearing a seat belt.

"It's time we try some new things in our state to increase seat belt usage," said Leanna Depue, chair of the executive committee of the Missouri Coalition for Roadway Safety. "Saving lives is what it's all about, and seat belts are such an easy way to prevent tragedy, suffering, and grief associated with disabling or fatal traffic crashes"

New strategies to increase Missouri seat belt use include using portable message boards to post messages about fatalities and seat belt cita-

tions; partnering with high schools and large employers to get them to adopt seat belt policies; and providing incentives to positively reinforce wearing a seat belt.

Click It or Ticket is a national campaign designed to increase seat belt use and reduce highway fatalities. The campaign couples high-visibility enforcement with education.

One-hundred and eighty two law enforcement agencies participated in *Click It or Ticket* in 2010. Their efforts netted 5,794 seat belt and 219 child seat violations. During the campaign, law enforcement also issued 7,556 speeding violations and made 207 DWI, 96 felony and 183 drug arrests. In total, law enforcement made 27,072 stops during the campaign and issued 22,395 citations.

For more information about *Click It or Ticket*, visit <http://www.savemolives.com/>.

Click it or Ticket

BIG PICTURE

- In 2012, 826 people were killed in Missouri traffic crashes.
- Overall, since 2005, traffic deaths decreased 37.6 percent.
- Seven out of 10 Missourians killed in traffic crashes in 2011 were unbuckled.
- Only 79 percent of Missourians wear their seat belt, well below the national average of 85 percent.

- Nearly thirty percent of Missouri traffic fatalities in 2012 involved a substance-impaired driver.

Leading causes of crash include speeding, substance-impairment and inattention.

YOUNG DRIVERS

- Traffic crashes are the leading

cause of death for people 15 to 20 years old.

- Three out of four teens (13-19) killed in 2011 traffic crashes were not wearing a seat belt.

- Only 67 percent of Missouri teens wear their seat belt.

One in four 2011 Missouri traffic crashes involve a young driver (under the age of 21).

Wright County Health Department

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2 Locations

Wright County Health Department provides WIC (Women, Infants and Children Nutrition program), case management for children with special health care needs in a nine county region, health related consultation education and sanitation inspections to area childcare facilities, Maternal and Child Health services, car seats, family planning and wellness exams for women, health education, sanitation inspections and education to food establishments, environmental services, emergency response services, lead testing, immunizations, case management and education for pregnant women as well as many other public health services.

"USDA is an equal opportunity provider and employer."

Roasted New Potatoes and Green Beans

from www.eatingwell.com

6 servings, about 3/4 cup each | **Active Time:** 15 minutes
| **Total Time:** 40 minutes

Ingredients

- 1 1/2 pounds new or baby potatoes, scrubbed and cut in half
- 8 ounces green beans, trimmed
- 5 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 2 tablespoons champagne vinegar or white-wine vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons crumbled Gorgonzola or other blue cheese
- 2 tablespoons finely chopped scallion greens.

Preparation

1. Position rack in lower third of oven; preheat to 450°F.
2. Toss potatoes and green beans in a large bowl with 2 teaspoons oil, salt and pepper. Spread evenly on a rimmed baking sheet. Roast, stirring once or twice, until the potatoes are tender and golden and the green beans are tender and browned in spots, 25 to 35 minutes.
3. Whisk the remaining 3 teaspoons oil, vinegar and mustard in a large bowl. Stir in cheese and scallion greens.

When the vegetables are done, toss with the dressing in the bowl. Serve warm.



Nutrition

Per serving : 151 Calories; 5 g Fat; 1 g Sat; 3 g Mono; 3 mg Cholesterol; 23 g Carbohydrates; 4 g Protein; 3 g Fiber; 295 mg Sodium; 567 mg Potassium

1 1/2 Carbohydrate Serving

Exchanges: 1 starch, 1 vegetable, 1 fat