

Have you ever felt like your “get up and go has got up and went?” Staying motivated can be difficult. Being physically active can be a challenge. Sometimes enthusiasm wanes over time. Here are some tried and true tips to help you overcome barriers:

- Don't get discouraged
- Keep a positive attitude.
- Use positive self-talk
- Be creative
- Find a buddy
- Keep an activity log
- Set small goals
- Make it fun
- Try new ways to be active
- Vary your activities

Submitted by:  
 Lisa Mitchell  
 Mercer County

# January 2009

## Barriers to Physical Activity



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Cervical Health Awareness Month</i> <i>National Blood Donor Month</i>	<i>National Glaucoma Awareness Month</i>			1 <i>New Year's Day</i>	2	3
				○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
4	5 <i>National Folic Acid Awareness Week</i>	6	7	8	9	10
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
11	12	13	14	15	16	17
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
18	19 <i>Martin Luther King Jr. Day</i>	20	21	22	23	24
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
25	26	27	28	29	30	31
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○

○ Shade in for every 10 min. of physical activity.

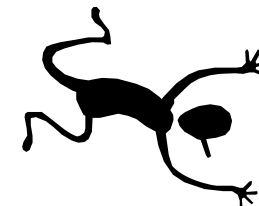
Every year, 1.6 million Americans are treated in emergency rooms as a result of home falls. Home falls are the leading cause of hip fractures among older Americans. Reduce your risk of falling by using these tips:

- Exercise regularly
- Have medicines reviewed by a doctor or pharmacy for side effects that may cause falls
- Have vision checked at least once each year
- Get up slowly after sitting or lying down
- Wear shoes inside and outside the house; avoid going barefoot or wearing slippers
- Improve home lighting by using brighter light bulbs

Submitted by:  
Alicia Cassels  
Brooke County

# February 2009

## Home Safety



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Groundhog Day</i>	3	4	5	6 <i>Wear Red Day</i>	7
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8	9 <i>Congenital Heart Defect Awareness Week</i>	10 <i>National Cardiac Rehabilitation Week</i>	11 <i>Random Acts of Kindness Week</i>	12 <i>Lincoln's Birthday</i>	13	14 <i>Valentine's Day</i>
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15	16 <i>Presidents' Day</i>	17	18	19	20	21
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22 <i>Washington's Birthday</i>	23	24	25 <i>Ash Wednesday</i>	26	27	28
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<i>AMD/Low Vision Awareness Month</i>	<i>Heart Month</i>					
<i>National Cancer Prevention Month</i>	<i>Wise Health Consumer Month</i>					

○ Shade in for every 10 min. of physical activity

Healthy snacking should be a part of everyone's diet. Choose healthy snacks for a balanced diet. Choose snacks high in nutrients and low in sugar and fat. According to MyPyramid, we need more fruits and vegetables, whole grains, and low-fat, calcium-rich dairy products. Keep your kitchen stocked with these healthy choices:

- Low-fat, whole-grain crackers or granola bars
- Whole-wheat breads
- Raw vegetables
- Fresh and dried fruit
- Nonfat or light yogurt
- 100% fruit juices
- Nuts
- Vanilla wafers or graham crackers
- Pretzels

Submitted by:  
 Dana Cook  
 McDowell/Wyoming  
 Counties

# March 2009 Healthy Snacking



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>National Problem Gambling Awareness Week</i>	2	3 <i>National Sleep Awareness Week</i>	4	5	6	7
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8 <i>Daylight Saving Time Begins</i>	9 <i>Eastern Orthodox Lent Begins</i>	10	11	12	13	14
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15	16	17 <i>St. Patrick's Day</i>	18	19	20 <i>First Day of Spring</i>	21
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22	23	24	25	26	27	28
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
29	30	31	<i>American Red Cross Month</i>	<i>National Kidney Month</i>	<i>Save Your Vision Month</i>	
○○○○○○	○○○○○○	○○○○○○	<i>National Colorectal Awareness Month</i>	<i>National Nutrition Month</i>	<i>National Developmental Disabilities Month</i>	

○ Shade in for every 10 min. of physical activity.

Your sense of humor is a powerful tool in improving your daily mood and emotional state. There are many benefits of humor, when used appropriately and sensitively. Here are a few:

- Lowers stress, anxiety and tension
- Improves heart health
- Boosts your immune system
- Promotes mental well-being
- Raises self-esteem
- Improves interpersonal interactions and relationships
- Brings families and groups together with a feeling of cohesiveness
- Helps memory

Submitted by:  
Becky Mowbray  
Harrison County

# April 2009 Benefits of Humor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>National Alcohol Awareness Month</i>	<i>National Autism Awareness Month</i>		1	2	3	4
<i>National Cancer Control Month</i>	<i>National Humor Month</i>		○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
5 <i>Palm Sunday</i>	6	7 <i>World Health Day</i>	8 <i>Passover</i>	9	10 <i>Good Friday</i>	11
<i>National Public Health Week</i>	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
12 <i>Easter Sunday</i>	13	14	15	16	17	18
<i>National Library Week</i>	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
19 <i>National Volunteer Week</i>	20	21 <i>Holocaust Remembrance Day</i>	22 <i>Earth Day</i>	23	24	25
<i>Eastern Orthodox Easter</i>	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
26	27	28	29	30		
○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○		

○ Shade in for every 10 min. of physical activity.

Arthritis is one of the most common diseases. Millions of adults and half of those over age 65 are troubled by this disease. Older people most often have osteoarthritis or rheumatoid arthritis. Talk to your doctor to develop a treatment plan. It should include both activity and rest.

- Start with a goal to improve flexibility. Hold stretches for 30 seconds, but never stretch to the point of pain or discomfort. Work up to 15 continuous minutes a day.
- Next, try strength training. Take at least one day off between these activities. Aim for 2 to 3 times a week.
- Progress to aerobic (cardiovascular) activities. Start with as little as 5 minutes. Aim for 30 minutes 3 to 4 times a week.

Submitted by:  
Brenda Porter  
Cabell County

# May 2009 Healthy Joints



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Asthma and Allergy Awareness Month</i> <i>Clean Air Month</i>	<i>National Arthritis Month</i> <i>National Osteoporosis Month</i>	<i>National Stroke Awareness Month</i> <i>Older Americans Month</i>	<i>National Melanoma / Skin Cancer Detection and Prevention Month</i>		1	2
					○○○○○○	○○○○○○
3 <i>Nursing Home Week</i> <i>International Moment of Laughter Day</i>	4	5	6 <i>National Nurses Week</i>	7	8 <i>World Red Cross Day</i>	9
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
10 <i>Mother's Day</i>	11 <i>National Women's Health Week</i>	12 <i>W.Va. Primary Election Day</i>	13	14	15	16 <i>Armed Forces Day</i>
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
17	18	19	20	21	22	23
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
24	25 <i>Memorial Day</i>	26	27 <i>National Senior Health and Fitness Day</i>	28	29	30
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31						
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○

○ Shade in for every 10 min. of physical activity.

In 1994, President Clinton signed a resolution creating National Men's Health Week. Since then, a man's life expectancy has increased 2 years. Unfortunately, a man's life is 5 years shorter than the average woman's life. Early detection of cancer (prostate, testicular, lung, and colon,) as well as an increased awareness of health issues has improved men's health. Here are some ways for men to live a longer, healthier life:

- Protect yourself when working
- Exercise—do activities you like
- Limit alcohol
- Eat more fish
- Relax and enjoy life
- Get regular check-ups and screening tests
- Choose a day during Men's Health Week to wear blue and show support

Submitted by:  
 Denis M. Scott  
 Morgan County

# June 2009 Men's Health



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>National Cancer Survivor Day</i> ○○○○○○	1 <i>Stand for Children Day</i> ○○○○○○	2 ○○○○○○	3 ○○○○○○	4 ○○○○○○	5 <i>World Environment Day</i> ○○○○○○	6 ○○○○○○
7 <i>National Cancer Survivor Day</i> ○○○○○○	8 ○○○○○○	9 ○○○○○○	10 ○○○○○○	11 ○○○○○○	12 ○○○○○○	13 ○○○○○○
14 <i>Flag Day National Men's Health Week</i> ○○○○○○	15 ○○○○○○	16 ○○○○○○	17 ○○○○○○	18 ○○○○○○	19 ○○○○○○	20 ○○○○○○
21 <i>Father's Day Summer Begins</i> ○○○○○○	22 ○○○○○○	23 ○○○○○○	24 ○○○○○○	25 ○○○○○○	26 ○○○○○○	27 ○○○○○○
28 ○○○○○○	29 ○○○○○○	30 ○○○○○○				

○ Shade in for every 10 min. of physical activity.

Getting older is a natural part of life. Everyone wants to feel good and be as active as possible for as long as possible. Here are some tips to help you glide into your golden years with grace and finesse.

- Eat healthy—foods rich in antioxidants.
- Eat fish—those rich in omega 3 fatty acids.
- Drink water—6 8-ounce glasses every day
- Limit alcohol—everything in moderation
- Be Smoke-free—now is the time
- Stay Sun-safe—wear SPF of 15+ sunscreen year-round

Submitted by:  
Terrill Smith  
Raleigh / Summers  
Counties

# July 2009

## Aging Gracefully



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Eye Injury Prevention Month</i>  <i>UV Safety Month</i>			1	2	3 <i>Independence Day Observed</i>	4 <i>Independence Day</i>
			○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
5 <i>National Therapeutic Recreation Week</i>	6	7	8	9	10	11
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
12	13 <i>NVON Conference, Belleville, Ill.</i>	14 <i>NVON Conference, Belleville, Ill.</i>	15 <i>NVON Conference, Belleville, Ill.</i>	16	17	18
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
19	20	21	22	23	24	25
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
26	27	28	29	30	31	
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○ Shade in for every 10 min. of physical activity.

Approximately 42% of West Virginians over the age of 65 are toothless. Chronic conditions such as diabetes and osteoporosis can compromise oral health. To maintain good oral health, practice the following:

- Brush and floss every day—after every meal when possible.
- Brush your teeth for at least two minutes.
- Visit the dentist regularly.
- Eat wisely—avoid sugary snacks and drinks.
- Avoid tobacco—users have 4 times the risk of developing gum disease.
- Drink fluoridated water and use fluoride toothpaste. Fluoride protection against tooth decay works at all ages.

Submitted by:  
Amanda Harrison  
Putnam County

# August 2009 Oral Health

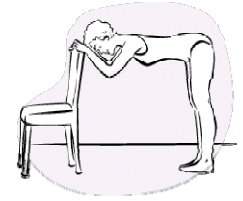


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Cataract Awareness Month</i> <i>Medic Alert Awareness Month</i>	<i>National Immunization Awareness Month</i>					1  ○○○○○○
2  ○○○○○○	3  ○○○○○○	4  ○○○○○○	5  ○○○○○○	6  ○○○○○○	7  ○○○○○○	8  ○○○○○○
9  ○○○○○○	10  ○○○○○○	11  ○○○○○○	12  ○○○○○○	13  ○○○○○○	14  ○○○○○○	15  ○○○○○○
16  ○○○○○○	17  ○○○○○○	18  ○○○○○○	19  ○○○○○○	20  ○○○○○○	21  ○○○○○○	22  ○○○○○○
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○ Shade in for every 10 min. of physical active.

# September 2009

## Stretching Exercises



Stretching improves your flexibility, which can give you more freedom of movement. Stretching is moving a muscle to its full range and then holding the stretch until you feel some gentle tension. Stretching should be done after a short warm-up, such as walking or pumping your arms and before an aerobic or strengthening activity. Warming up, cooling down, and stretching help prevent muscle injury and soreness.

- Don't bounce as you stretch
- Most stretching exercises require no equipment and can be done in less than 2 minutes
- Do each stretching exercise 3 to 5 times at each session
- Mild discomfort is normal, but stretching should never cause pain; if it hurts—stop

Submitted by:  
Sue Flanagan  
Berkeley County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>America on the Move - Month of Action</i>		1	2	3	4	5
<i>Fruit and Vegetable Month</i>		○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
6 <i>Suicide Prevention Week</i>	7 <i>Labor Day</i>	8	9	10	11	12
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
13 <i>Prostate Cancer Awareness Week</i>	14	15	16	17	18	19
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
20 <i>National Farm Safety and Health Week</i>	21	22 <i>First Day of Autumn</i>	23	24	25	26
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
27	28 <i>America on the Move Week</i>	29	30	<i>National Food Safety Education Month</i> <i>National National Preparedness Month</i>	<i>Healthy Aging Month</i> <i>National Cholesterol Education Awareness Month</i>	
○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○			

○ Shade in for every 10 min. of physical activity.

Endurance exercises increase your heart rate and breathing. Start with a few minutes, especially if you have been inactive. Build up to 30 minutes of endurance exercise on most days of the week. Your goal is to work from moderate to vigorous activities.

- Moderate Activities—swimming, bicycling, gardening, dancing
- Vigorous Activities—shoveling snow, jogging, hiking, climbing stairs

Endurance activities should not make you breathe so hard that you can't talk. They also should not cause dizziness or chest pain. Avoid soreness by stretching after your endurance activities, while your muscles are warm.

Submitted by:  
Paula Strawder  
Wood County

# October 2009

## Exercising Your Heart and Lungs



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Domestic Violence Awareness Month</i>  <i>Health Literacy Month</i>	<i>Healthy Lung Month</i>  <i>Lupus Awareness Month</i>	<i>National Depression Screening Month</i>  <i>National Liver Awareness Month</i>	<i>National Physical Therapy Month</i>  <i>Alzheimer's Association Memory Walk</i>	<i>1 International Day of the Older Person</i>	2	3
<i>4 Mental Illness Awareness Week</i> <i>National Fire Prevention Week</i>	5	<i>6 WVCEOS Leadership Conference</i>	<i>7 WVCEOS Leadership Conference</i>	<i>8 WVCEOS Leadership Conference</i>	9	<i>10 World Mental Health Day</i>
○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○
<i>11 National Depression Screening Day</i>	<i>12 Columbus Day</i>	13	14	15	<i>16 World Food Day</i> <i>National Mammography Day</i>	17
○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○
18	19	20	21	22	23	<i>24 Make a Difference Day</i>
○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○
25	26	27	28	29	30	<i>31 Halloween</i>
○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○

○ Shade in for every 10 min. of physical activity.

“Use it or lose it!”

Most people lose 20% to 40% of their muscle tissue as they get older. One of the best ways to keep muscles strong and healthy is through exercises called strength training.

Done regularly, strength training provides many Benefits:

- Builds muscle and bone—preserves strength, independence, and energy,
- Reduces signs and symptoms of many diseases and chronic conditions.
- Can reduce depression, build self-confidence, and improve overall well-being.
- No matter your age, strength training can help you stay vital, strong, and independent throughout your life.

# November 2009

## The Power of Strength Training



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Daylight Saving Time Ends</i>	2	3 <i>General Election Day</i>	4	5	6	7
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
8 <i>Random Acts of Kindness Week</i>	9	10	11 <i>Veterans Day</i>	12	13 <i>World Kindness Day</i>	14 <i>World Diabetes Day</i>
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
15 <i>America Recycles Day</i>	16	17	18 <i>Great American Smokeout</i>	19	20	21
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
22 <i>National Family Week</i>	23	24	25	26 <i>Thanksgiving Day</i>	27	28
○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○	○○○○○○
29	30	<i>American Diabetes Month National Alzheimer's Disease Awareness Month</i>	<i>National Family Caregivers Month National Healthy Skin Month</i>	<i>Diabetic Eye Disease Month National Hospice Month</i>		
○○○○○○	○○○○○○					

○ Shade in for every 10 min. of physical active.

