

September 23

Our lives begin to end the day we become silent about things that matter. –M L King Jr.

Wake up America!!!

Our Teens are Struggling with obesity and eating disorders... The kids are hurting - are we paying attention?

55% of High School Girls and 30% of High School Boys report 'disordered eating symptoms' Source: CDC



The 17th annual Family Health & Fitness Day USA is a national health and fitness event for families, set for Saturday, September 28, 2013. The event's purpose is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health. **Take the family out, have some FUN and get some exercise!**

What's the difference between a fly and a bird?

A bird can fly but a fly can't bird!

Why was the mother firefly unhappy?

Because her children weren't that bright!



Smile Life is GOOD!

What should I do to prepare for this flu season?

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

You can also take simple preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

It's not what you gather, but what you scatter that tells what kind of life you have lived. Let's scatter the good things. -Helen Walton (Sam's widow)

Safety is Good Business on and off-the-job

Safety doesn't stop when you leave work. Passing that philosophy on to employees & encouraging them to follow your example creates a sustainable culture of safety. This keeps overall injuries & healthcare costs down, keeps productivity up, and empowers employees to apply best safety practices 24/7, wherever they are.

Partner with the National Safety Council to save 10,000 lives and prevent 1 million injuries by 2014. Speak up! Mentor the younger workers! Stop unsafe acts... **Do what you can make a Difference!!!**

Ladies – Watch where you set that Purse

Recent studies confirm 20-30% of handbags/purses tested contained high levels of bacteria. A British study suggests the amount of bacteria found on hand bags is significant enough to pose a threat to human health. *"Handbags come into regular contact with our hands and a variety of surfaces, so the risk of transferring different germs onto them is very high – especially as bags are rarely cleaned,"* said Peter Barratt, technical manager at Initial Hygiene.

Leather handbags contain the highest levels of bacteria because the soft material acts as a breeding ground for germs. The insides of handbags are contaminated with high levels of bacteria too, and bottles of hand cream emerged as the dirtiest item inside women's purses, the study revealed.

To minimize germs, women should avoid setting bags on bathroom floors, keep antibacterial wipes in their bags or in their cars, and clean handbags regularly with these wipes or handbag cleaners. The study also suggested women wash or sanitize their hands after touching the inside or outside of their purses. "Once these germs get on the bags, they can easily be transferred via hands onto other surfaces. Regular hand sanitization is essential to prevent the presence of bacteria in the first place and thorough cleaning of bags is recommended to prevent the build-up of contamination," Barratt said. **Another tip:** Don't throw sneakers, food, or used tissues in your handbag. Each of these items is moist—the perfect environment for bacteria to grow. The solution is pretty simple: Just put each of these in a separate plastic bag *before* placing them in your purse.