

Bucksport Wellness

December 2007

Lose and Win 2008

A Hancock County 10 week challenge for a Healthier Lifestyle.

(Based on the book "The Town that Lost a Ton")

When: January 3 – March 6, 2008

Sponsored by: Health-Link, Ellsworth Me

Come and join our Team! Currently there are 3 teams participating from Bucksport. If interested contact Mary- 469-6411. Get In Shape in 2008!

NORTHERN COMFORT DRINKS

Back by popular demand! Look for the basket of teas, flavored coffee and hot chocolate provided for you by your Wellness Team.

ENJOY!

SURVIVING HOLIDAY PARTIES

A study by the New England of Medicine showed that average weight gain over the holidays tends to be less than two pounds, but people who are overweight tend to gain more. It's good to plan ahead to take steps to prevent gaining weight in the first place:

- An hour or two before a party, eat a high-fiber snack. It will make you feel full and allow you to make better choices.
- When at a party, always use a plate or napkin for appetizers. It helps you quantify what you're eating.
- If appetizers have toothpicks, hold onto your used toothpicks. That lets you keep track of how many appetizers you've eaten.
- Get enough rest. Feeling tired can make it easy to overeat.

"The most real things in the world...Love, generosity, and friendship....are those that neither children nor grown-ups can see."

(Yes Virginia, There really is a Santa Claus Editorial New York Sun 1897)

HAPPY 2008!

