



# In Top Form!

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is a disease.

# Happy New Year

## Making Resolutions a Reality

- Set a very specific goal
- Assign a timeline
- Choose a goal you can control
- Identify small steps
- Create accountability
- Set your environment up to help you succeed
- Change your lifestyle

**Make it a HEALTHY 2008!**

Include your kids in the goal process! Find fun resolution ideas for kids by visiting [www.aap.org](http://www.aap.org) on the web.



## Heart & Sole Success!

Brentwood Middle School 7th & 8th grade teams won the first semester 07-08 **Heart & Sole** worksite wellness school staff competition and will be treated to a healthy lunch by LifeSigns!

**2nd** place winners were Westwood Elementary and **3rd** place went to Hunter's Bend Elementary. Teams competing second semester are: Bethesda Elementary, Brentwood Middle, Chapman's Retreat Elementary, College Grove Elementary, Fairview Elementary, Oak View Elementary, Pinewood Elementary, and Westwood Elementary.

**Heart & Sole** is a semester long physical activity tracking program coordinated by the Williamson County Health Department and sponsored by LifeSigns.

To enroll your school staff in the competition please contact Kristina Giard at [Kristina.giard@state.tn.us](mailto:Kristina.giard@state.tn.us) or 799-2389x112. To learn more about LifeSigns go to [www.lifesignsmd.com](http://www.lifesignsmd.com)



*"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas!"*



## Headache Triggers and Remedies



By identifying your personal triggers, you can often reduce the frequency and intensity of migraine headaches. Keep a migraine diary to spot cause and effect relationships.

**Common nonfood triggers include:** Stress, Hormonal changes, sensory changes, environmental factors, medications, even earrings or hair accessories can trigger headaches. Food can act as a huge trigger for many people, however some people have no food sensitivities. By keeping a headache diary, you can determine if the foods you are eating affect you negatively.

**Trigger foods include:** Tyramine or phenylethylamine (two amino acids found in chocolate, aged cheese, soy foods, nuts, citrus fruits and vinegar), Alcohol, Tannins, Deli Meats (as well as other nitrate filled items such as pepperoni, bacon, hot dogs, sausage, etc), Sulfites (preservative commonly found in wine, dried fruits, canned vegetables, and many processed foods), Additives (avoid MSG, HVP, HPP) Aspartame, and Caffeine.

**Nutrients / supplements that can help minimize migraines:** Riboflavin, Magnesium, Omega 3 Fats, Feverfew, CoQ10. *Please see your health care physician before taking supplements to ensure other health factors are not overlooked.*



Always exciting and fun things to do!  
Check out the classes and events at [www.wcparksandrec.com](http://www.wcparksandrec.com)



To teach your kids about exercise and nutrition in a fun way, let them visit [www.dole.com](http://www.dole.com) on the web. Click on the kids tab, which has educational games, as well as colorful and informative activities!



## A Look Back at 2007...

### SMOKEFREE TENNESSEE!

Congratulations to our state of Tennessee for passing the Tennessee Non-Smokers Protection Act! On June 11th Governor Phil Bredesen signed the Act into Law, which makes it illegal to smoke in most places where people work. If you have any questions regarding the Act call 1-800-293-8228. Or if you need help quitting call

1-800-QUIT-NOW

Smokefree Tennessee  
Tennessee Non-Smokers Protection Act

