



A	Aerobic activity Get at least 30 minutes of continuous exercise each day. Take a dance class, turn your coffee break into an activity break, or go for a bike ride. MOVE MORE!	N	Nuts and whole grains. Eat them everyday. Nuts and whole grains are good sources of nutrients your body needs. Check labels to see if the foods you eat are made with whole grains! www.mypyramid.gov
B	Breakfast gives you energy to make it through the day. Make it healthy. Include a whole-grain cereal with low fat milk, or a piece of fruit and yogurt.	O	Omit high fatty foods. Check food labels for "grams of fat" and keep your daily intake at a healthy level. Try foods that are labeled as Low Fat or fat free! Learn how to read and understand food labels.
C	Calcium for strong bones and teeth. Calcium comes from dairy products, like milk, yogurt, and cheese. Build a strong body today and reduce your risk of osteoporosis later in life. Make sure you get at least 3-A-Day.	P	Portion control. Don't over do it, eat smaller portions. When eating a meal remember to slow down, take small bites, chew slowly, and enjoy the meal. MODERATION!
D	Dental health is important. Brush and floss at least twice a day to keep teeth and gums healthy. Visit the dentist twice a year for good checkups. www.oralhealth.ncdhhs.gov	Q	Quit unhealthy habits! Make the choice, quit today! www.quitnownc.org
E	Eight glasses of water each day. Eight 8 oz glasses of water is recommended daily. Depending on the type of activity you are doing, your body may need more water. Water... Just Drink It!	R	Read up, TV down. Instead of watching TV, read a book, put together a puzzle, play a board game, or explore your local library. Exercise your mind!
F	Fiber, get it daily. Fiber is important nutrient your body needs. Fruits, vegetables, and whole grain foods are good sources of fiber. Aim for 25 grams of fiber each day.	S	Sun Safety. Protect your skin from the sun. Wear a sunscreen with a high SPF everyday. Check your body regularly so you will be aware of any changes. www.sunsaftyalliance.org
G	Grill it, bake it, broil it, but don't fry. Grilling, baking, and broiling are healthier ways to cook. Cave people got it right when they cooked over open fires.	T	Team up with a friend. Get support from a friend or family member; encourage each other everyday to make healthy choices. Create a walking group, exercise together, share recipes, etc.
H	Heart healthy eating. Choose foods which are low in fat, saturated fat, cholesterol, and sodium (salt). Read food labels know what sodium, saturated fat and trans fat levels mean. www.americanheart.org	U	Use seat belts and all safety gear. Remember to wear your helmets, safety pads, seat belts and all other safety devices. It's the law! Safety gear is there to protect you, so make sure you use it. www.ncsafekids.org
I	Immunizations. Talk with your doctor or go to www.cdc.gov/vaccines to view a vaccine schedule. Some vaccines require a booster dose so find out if yours are up-to-date.	V	Veggies and fruits provide vitamins and nutrients your body needs. Depending on your age, the serving sizes range from 5 to 9 servings a day. To find out how much you need from each food group go to www.mypyramid.gov and print out a plan specifically for you!
J	Junk food, get rid of it! Most junk food eating is out of boredom. Trade out unhealthy snacks for healthier ones. Try sliced veggies, fresh fruit, popcorn or pretzels.	W	Walk 10-20 minutes extra each day. Explore your neighborhood or local walking trail, park the car further from the grocery store, take the stairs, or take your dog for a longer walk. All the extra steps will add up!
K	Know your numbers. Do you know what your cholesterol level, blood pressure, blood sugar level, or body mass index numbers are? Find out where you stand.	X	eXercise regularly. Pick an activity you enjoy doing, and make it a daily routine. Set a goal to exercise at least 3 times a week for 30 minutes of continuous exercise. Keep track of your activities in a journal.
L	Lose _____ pounds. Set a realistic healthy weight loss goal. Lose weight the healthy way by making healthy food choices and incorporating exercise into your daily life.	Y	Yearly health exams. Remember to get your yearly physical exams, such as dental, cholesterol, blood pressure, prostate exam, breast exam, colon, and blood sugar test, to monitor your health.
M	Manage stress. Allow some time in the day for to relax and de-stress. Try Yoga or Meditation! Talk with someone you trust about ways to handle stress.	Z	ZZZZZ's. Rest is very important because it gets your body ready for the next day! Make sure you get at least 7-8 hours of sleep every night.

Yes, sign me up for this FREE program!

The five healthy habits I would like to adopt are: _____

If you chose the letter "L" how many pounds do you want to lose? _____

If you chose A, W, or X how many minutes each DAY will you exercise? _____

PLEASE WRITE NEATLY!!!!!! FIRST AND LAST NAME (One letter per box)

Mailing Address: _____

Age: _____ Male or Female: _____ Race: _____ City: _____ Zip: _____

Do you attend School in Carteret County? If so which school? _____

Email Address: _____

Emails will be sent monthly to remind participants of upcoming events, activities and giveaways!

Register by September 30th, 2008

CountDown Carteret is a free countywide campaign to promote awareness for living a healthier life. **The goal is for YOU to adopt five (5) healthy habits from the A-Z healthy habit list.** The initiative is sponsored by Healthy Carolinians of Carteret County and other supporting agencies and community members.

There will be a several special events and activities planned throughout the year such as:

- CountDown Carteret Kick Off
- CountDown Carteret "Evening Beach Walk Series" July, and August (Dates and Times TBA)
- "Revisit Your Resolutions" July 2008
- Nutrition Support Classes "Eat Smart Move More Weigh Less" (Dates and Times TBA)
- "Holiday Challenge" November 17th thru December 31st 2008
- New Year New You Resolution January 2009
- CountDown Carteret Celebration May 2009

With so much health and wellness information available on the internet...Where do I go to find good information? Check these out websites...

- Healthy Carolinians of Carteret County.....www.healthycarteret.org**
- Carteret County Parks and Recreation.....www.ccparksrec.com
- Interactive Food Guide Pyramid.....www.mypyramid.gov**
- Tobacco Cessation.....www.quitnownc.org
- Child Safety Info.....www.ncsafekids.org**
- Healthy Living.....www.nchealthinfo.org
- Physical Activity.....www.fittogethernc.org**
- Healthy Living.....www.healthierus.gov
- Produce for Better Health.....www.fruitsandveggiesmorematters.org**
- Eat Smart Move More NC.....www.myeatsmartmovemore.com

Plus many many more!

Looking for something specific or trying to find a local resource? Send us an email at countdowncarteret@live.com or call Andrea Boyd @ 252- 222-7779.

Free workshops will be available to Businesses, Churches, Clubs, and Organizations throughout the year who would like to create healthier environments for their employees and members.

Healthy Carolinians of Carteret County is a 501(c)(3) nonprofit. Anyone can join CountDown Carteret by mail or email.

Registration Deadline is September 30th, 2008- Fill out and return bottom portion:

MAIL: Carteret County Health Department C/o Andrea Boyd,
3820 A Bridges Street
Morehead City, NC 28557

or

EMAIL: Send registration information to countdowncarteret@live.com

Support is just an email or phone call away. Participants this year will receive the Eat Smart Move More Newsletter, information on local resources and upcoming events, ideas and fun activities for better health, and other community related news via e-mail! Those who sign up by Sept 30th will be registered for the grand prizes drawing in May!!!!

THIS PROGRAM IS FOR ADULTS AND KIDS!