



New Programs to Help Making Your Health Priority

What can we at Doctors Direct Healthcare do to help you meet all your wellness goals?

Special points of interest:

- **Sunscreen is your friend!**
- Don't forget your eyes when outside . Wear protective sunglasses.
- Are your immunizations up to date? Make sure tetanus vaccine is current. Accident rates go up in the summer and you do not want to find out at that time that you need a booster.
- Going on a cruise or some type of travel to other countries? Look closely at the communicable disease for that area. Some countries have high rates for malaria for example, and you may need a course of medication for prevention.
- Schedule time for relaxation and rest. If you need a vacation from your vacation, you are trying to do too much!

America's Move to Raise a Healthier Generation of Kids

This year, the wellness goal is to reduce the rate of obesity in our children. We want families to unite as a team and get active! Food is fuel, but we use it as rewards, for social gatherings and as comfort. This summer, the challenge is to find new and exciting ways to be fit and healthy as a family. Take a look at www.letsmove.gov for resources for the whole family.

We are offering a new comprehensive program for weight loss and nutrition. This program is all about setting goals, cooking light, shopping light, reading labels, getting through times of stress or holidays without bad eating habits and all about ways to get more activity in your day.

You can participate in the program in three ways. The first is by regular postal mail. You would receive education and support in a weekly mailing, followed by telephone support. The second choice is an email based program where you are provided education in email attachments with communication and support in emails or phone calls as you need them. The third method is joining our Sparkteam. This is our interactive social community that has endless access to tools for tracking your food and activity, articles on everything from motivation to printable exercise demos. You can enroll for the postal program by calling and asking for disease management. For the email or Spark program, send an email :

dphillips@doctorsdirecthealthcare.net.

Find New Ways to Fit Good Nutrition into Your Life

One of the wonderful things about Summer is the opportunity to eat healthy food. You can toss food on the grill and eat without adding fat.

Fresh fruits and vegetables are in abundance at every store and corner market. It just feels like summer when you sit down to cold watermelon. This summer lets build on your normal habits for summer to make your food even better!

- Add whole grains to one meal a day, try a new cereal for breakfast, use half whole grain pancake mix with your regular mix, make French toast from whole wheat white bread.
- Add fresh fruit to at least two meals a day: take different melons and cut them into bite size pieces, put them in a plastic container and toss in your lunch. Fresh pineapple, ice cold, is like dessert so treat yourself to some after dinner, or if you prefer, cut into rings and toss on the grill with dinner!
- Eat your vegetables without salt or fatty sauce! Cut up a variety of fresh squash and zucchini, peppers and onions , toss some spices and an ice cube, wrap in foil and put on the grill for a fast side dish with flavor and no clean up!



Keeping You Healthy is our Number One Priority!

Tech Bites! The latest trend is applications for the smart phones. Our Sparkpeople program is available as an app for your Iphone, blackberry and any other smart phone. Now you can log your food and activity while on the road.

Technology helped to create the level of sedentary life-style, so put it to work to help solve it!

Pedometers can track your activity and steps, log your food, remind you to take your medications, play music while you walk... Put your gadgets and gizmo's to work for your health!

Web resources for more information

www.doctorsdirecthealthcare.net

www.becomeanex.org

www.mypyramid.gov

www.dlife.com

www.myfoodapedia.gov

www.kidnetic.com

www.healthierUS.gov