

JUNE 2010

HEALTHY WOMAN™ TODAY

Is Your Home Safe? 10 Tips for Safety

According to the Home Safety Council, “a safe home is in your hands.” Since June is Home Safety Month, the Home Safety Council is working to build awareness about ways that people can improve the safety of their homes.

Review the following top 10 tips from the Home Safety Council to see how your home rates. Need some improvements? Follow these steps to protect yourself and the people you love.

Prevent Poisoning

- 1) Are cleaners, medications and beauty products stored in a place where children can't reach them? Do you use child safety locks?
- 2) Do you know how to reach your local poison control center? If there's an emergency, do you know to call 911?

Preventing Fires and Burns

- 3) Do you have working smoke alarms at home? Have you held fire drills? If your home is new, did you install fire sprinklers?
- 4) Do you stay by the stove when you're cooking, especially when you're frying?
- 5) Is your hot water heater set at 120°F degrees to prevent burns? Do you use the back burners and turn pot handles toward the back of your stove? Do you use a travel mug when you drink something hot?

Preventing Falls

- 6) Do you have grab bars in the tub and shower? Do you use non-slip mats?
- 7) Do you have bright lights over stairs and steps and on landings? Are your stairs free of clutter?

Preventing Choking, Suffocation and Drowning

- 8) If an item fits through a toilet paper tube, it can cause a young child to choke. Put coins, latex balloons and hard, round foods such as peanuts and hard candy in a place where children don't have access.
- 9) Babies should sleep on their backs, alone in their cribs. Don't put pillows, blankets, comforters or toys in cribs; they may prevent a baby from breathing.
- 10) Do you watch your children when they're in or near water? Are you within arm's reach at all times? This includes bathtubs, toilets, pools and spas – even buckets of water.

For additional information, please visit the Home Safety Council's website at www.homesafetycouncil.org.





Healthy Woman Online will be your free resource to help you make informed health and well-being decisions.

Beginning July 6, you can:

- Be the first to learn about and sign up for events.
- Connect with other like-minded women.
- Receive information about health, relationships and life balance issues.

More information to come soon!

How to (easily) eliminate 100 calories a day!

Want to avoid putting on 10 pounds a year but don't want to deprive yourself?

If so, read on. 3,500 calories consumed adds about a pound in weight. If you reduce your intake by just 100 calories per day, you'll cut about 36,500 calories per year, or 10 unwanted pounds a year. Follow one or more of the below suggestions each day to help reduce your caloric intake.

INSTEAD OF	TRY
Layer cake	Angel food cake
Whole milk	Non-fat or 1% milk (or soy or almond milk)
White bread	Light or whole-wheat bread
Bagel	2 pieces of whole grain toast
Butter or margarine in pans for cooking	A non-stick cooking spray
Yogurt with fruit on the bottom	Light yogurt with a no-calorie sweetener
Potato chips	Baked potato chips
12 ounces of soda	12 ounces of water
Super-sized portions of meat	3-ounce portions (the size of a deck of cards)
Traditional pizza	50% less cheese and additional vegetables