

# E-HEALTHY NEWSLETTER

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QUICK & EASY  
FITNESS TIPS

### Tip #1 SPLIT IT UP

Instead of spending one hour at the gym, do six 10-minute workout sessions throughout the day. Try some leg crunches or lunges during short breaks at work.

### Tip #2 WALK YOURSELF

Take a quick walk around the neighborhood before breakfast or after dinner. Walking keeps you energized throughout the day.

### Tip #3 DRINK PLENTY WATER

Dehydration will hinder your aerobic performance. Water helps you burn calories and digest fat, and most importantly, it detoxifies your system.

### Tip #4 MAKE IT FAMILY TIME

Have your spouse or kids work out with you. Play catch, dance to some music, run alongside your children as they learn to ride a bike.

### Tip #5 PICK UP THE PACE

Whatever you're doing, do it faster. So if you are washing clothes, vacuuming the house or washing the car, speed it up just a notch!



## Cervical Health Awareness Month

The United States Congress has designated January as Cervical Health Awareness Month.

The Miami-Dade Schools Police Department (M-DSPD) would like to support cervical health by promoting prevention, early detection, and treatment of cervical cancer.

Each day in the United States, 30 women are diagnosed with cervical cancer and 11 women die from it. Cervical cancer is cancer to the cervix (the lower part of the uterus).

One of the best ways to protect against cervical cancer is by having regularly scheduled Pap tests

by your doctor.

**EACH DAY IN THE US,  
30 WOMEN  
ARE DIAGNOSED WITH  
CERVICAL CANCER.**

Human Papilloma Virus (HPV) is found in about 99% of cervical cancer. A Pap test does not diagnose the (HPV), rather detects any precancerous or abnormal cells early enough so that cervical cancer can be prevented. More than 70% of cervical cancer can be attributed to HPV.

HPV is estimated to be the most common sexually transmitted infection in the U.S. It is recommended to

schedule a HPV test during your annual Pap Test.

You may want to consider minimizing the following **risk factors** that could contribute to cervical cancer:

- Multiple sex partners
- Sex at an early age
- Sexually Transmitted Diseases (i.e. Chlamydia)
- Cigarette smoking
- Weak immune system

To learn more about cervical cancer, you may visit the Cancer Society on-line at, [www.cancer.org](http://www.cancer.org).

## How to Prevent Birth Defects



According to the National Council on Folic Acid, approximately 50% of all pregnancies are unplanned.

Taking folic acid before pregnancy reduces the risk of birth defects of the brain and spine by 70%. Women need folic acid, even if not planning to become pregnant.

Taking a multi-vitamin with folic acid everyday, along with a healthy diet should be a priority in 2011. Happy New You!