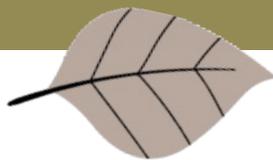


September 2022



12 Tips for a Healthy Fall

As the days get shorter and cooler and the leaves change color, use these 12 healthy strategies to help prevent chronic diseases like type 2 diabetes, heart disease, and cancer.

Get Your Screenings

Visit your doctor regularly for preventive services like cancer and diabetes screenings.

Wash Your Hands

Wash your hands with soap and clean running water for 20 seconds.

Get Your Flu Shot

An annual flu vaccine is the best way to protect against flu, especially for cancer survivors.

Brush Your Teeth

Brush twice a day with fluoride toothpaste.

Sleep

Get at least 7 hours of sleep every night.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Be Sun Safe

Wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses and use broad spectrum sunscreen with at least SPF 15.

Move More, Sit Less

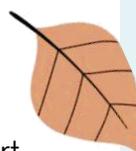
Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Eat Healthy

Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.

Don't Use Tobacco

You can quit today! Call **1-800-QUIT-NOW** for free support.



SPORTS SAFETY: KEEPING KIDS SAFE ON THE FIELD

Gear up. Make sure they use the right protective gear for their activity, such as helmets, wrist guards, knee or elbow pads.

Use the right stuff. Be sure that sports protective equipment is in good condition, fits appropriately and is worn correctly all the time—for example, avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.

Get an action plan in place. Be sure your child's sports program or school has an action plan that includes information on how to teach athletes ways to lower their chances of getting a concussion and other injuries.

Pay attention to temperature. Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.

Be a good model. Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.

National Health Observances:



Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people every day.

- **Healthy Aging Month** - September is Healthy Aging Month, a time to focus attention on the health and well-being of older adults. Use our easy-to-understand [MyHealthfinder resource](#) to encourage adults to protect their health as they grow older.
- **National Childhood Obesity Awareness Month** - Sponsored by the CDC, [National Childhood Obesity Awareness Month](#) is a time to promote healthy growth in children.
- **National Recovery Month** - Every year SAMHSA celebrates people in recovery during [National Recovery Month](#). Use these resources to [encourage parents to talk to their kids about tobacco, alcohol, and drugs](#).

Mental Health Minute

MENTAL HEALTH AND ADDICTION PROBLEMS SOMETIMES WALK HAND IN HAND

Mental health problems and substance use disorders sometimes occur together. More than one in four adults living with serious mental health problems also has a substance use problem. Substance use problems occur more frequently with certain mental health problems, including depression, anxiety, schizophrenia, and personality disorders.

Someone with a mental health problem and substance use disorder must treat both issues. Treatment for both mental health problems and substance use disorders may include rehabilitation, medications, support groups, and talk therapy.

Looking for More Information or Support?

- Read more about how individuals living with both mental health and substance use disorders and their families can [actively engage in their recovery process](#).
- Learn how to [talk about mental health](#) or [how to get help](#) for yourself or someone you care about.
- Read about the [science behind substance use](#) and get facts about how drugs affect the brain and body.
- The first-ever [Surgeon General's Report on Alcohol, Drugs, and Health](#) reviews what we know about substance misuse and how we can use that knowledge to address substance misuse and its related consequences.

LIVE MONTHLY WEBINAR:
**ESTABLISHING A GREAT RELATIONSHIP
WITH YOUR CHILD'S TEACHER AND SCHOOL**
Date: 9/14/2022 | Time: 1:30 PM to 2:30 PM EST
REGISTER FOR THIS EVENT

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