

County Medical Services Program (CMSP) Wellness

Get Covered With CMSP:

Are you....

- Between 21 and 64?
- Not eligible for Medical, Medicare or Covered California?
- Single annual income up to \$34,470?

You may qualify for....

- Little to no monthly cost for health coverage
- Preventative health screenings & lab tests
- Unlimited number of visits with primary care or specialty care, *no cost*
- Pharmacy coverage
- Six months of coverage
- Can be renewed

Call (209) 533-5711 to request an application

Simple Ways to Stay Active in the Winter

Here are some ways to stay active for 30 minutes a day in the cold, winter months:

1. Make a workout of household chores by taking the stairs and/or do repetitions with the laundry basket.
2. Join a gym or health club. Choose one that you will actually go to such as one on your way home or near your work.
3. Join a club with a heated swimming pool in order to do laps, aerobics, or simply exercise in warm water.
4. Walk indoors. Go to the junction or large department store and walk laps (keep up a quick pace, no stopping to browse).
5. Invest in new or used home workout equipment., but make sure it is something that you will use.
6. If you do workout/exercise outdoors keep in mind:

- a. To dress appropriately:
 - i. Wear reflective clothing
 - ii. Wear breathable clothes
 - iii. Wear a hat & gloves to keep warm
 - iv. Choose footwear with traction
 - v. Wear a helmet for skiing and snowboarding
- b. Make sure you get plenty of fluids, even though it is cold outside.
- c. Be aware of the wind-chill factor
- d. The safety of the activity. Do not go running when the ground is icy.

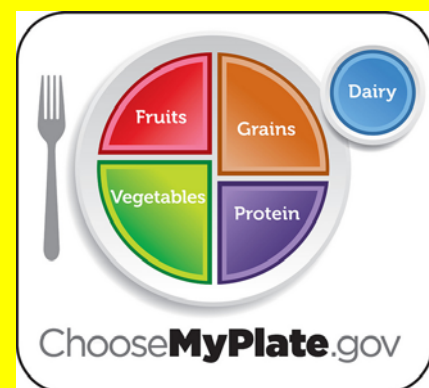
Remember activity can be an enjoyable way to lose weight, enjoy time with friends, and allow you to enjoy the foods you love.



Nutrition Messages to Focus on

Nutrition is an important part of health and nutrition messages help us fit healthy foods in our diet. MyPlate focus' on fruits and vegetables making up half the plate, and healthy whole grains and protein being the other half. Calcium is important as well, whether from dairy or a fortified item.

- Easy to eat fruits: bananas, apples, grapes, and strawberries
- Easy to eat vegetables carrots, celery, jicama, and broccoli.
- Read the label : the first ingredient is 100% whole wheat



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Serving Size

Here are visuals to help keep portions in check:

- Tennis ball = 1 cup cooked rice or pasta
- Baseball = 1 medium apple, orange, or cut raw veggies or fruit
- Deck of playing cards = 3 oz meat
- 4 dice = 1oz of cheese
- Nickel (diameter) = 2 oz dry spaghetti = 1c cooked spaghetti
- Computer mouse = Medium potato
- Large Marshmallow = 2 Tbl peanut butter
- 4 stacked dimes = 1 tsp oil or salad dressing or mayonnaise
- Woman's palm = 1 slice of bread



Food Safety



It's critical to keep food safe during the preparing, cooking, and storing process so everyone stays healthy.

The ten most common reasons for food poisoning are – fingers.

The number one way to prevent contamination: wash hands with soap & water before, during, and after preparing meals.

Wash all fruits and vegetables (including prepackaged items).

Use separate cutting board for meats and produce.

Cook all foods to the correct temperature.

Do not allow foods to sit for more than 2 hours in the “danger zone” (food left at or above room temperature).

Keep hot foods hot and cold foods cold. Use warming / cooling pans.

Keep leftovers cold when transporting or they could spoil along the way.

Use all leftovers within 3-4 days.

Avoid stacking containers of hot food.; leave space for the air to

Food Safety Tips

- 1. Clean:**
The first rule of safe food preparation!
- 2. Separate:**
Don't give bacteria a chance to spread!
- 3. Cook:**
Kill harmful bacteria!
- 4. Chill:**
Refrigerate foods quickly!

