

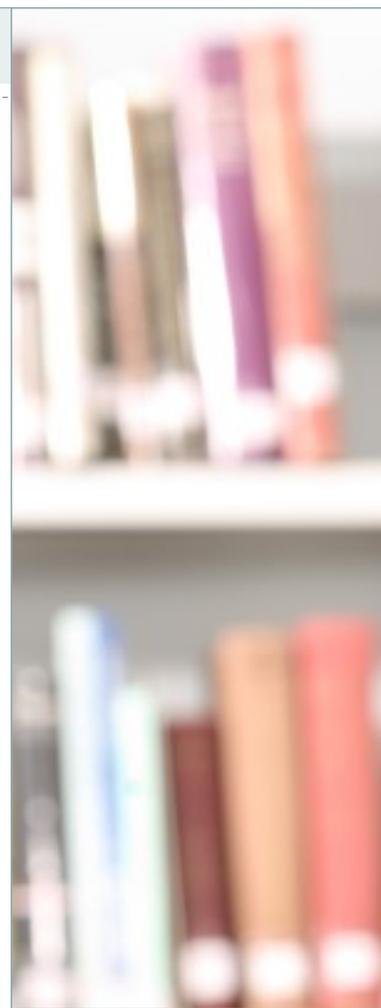


News 4 A Healthy Shelby County

SAFE HUNTING

Hunting season is upon us and with it comes the dangers associated with handling a firearm, tree stands, and rough terrain. Without proper knowledge of hunting safety techniques and precautions, hunters can be at risk for injury and even death. Follow these tips to have a safe and fun hunting season:

- **Keep the muzzle of your gun pointed in a safe direction**—Never point your gun toward anything you do not intend to shoot.
- **Treat your firearm as if it is loaded**—Every firearm should be treated as if it is loaded. Many accidents happen when people think their firearm isn't loaded. This can be a deadly mistake. Always keep the safety on until you are ready to shoot.
- **Look beyond your target**—Before taking a shot, always be sure to check what is in front of and beyond the target. If you can't see what is beyond your target, never take the shot!
- **Don't be trigger happy**—Your finger should never be inside the trigger guard unless you are ready to shoot.
- **Obey the zone-of-fire**—Your zone-of-fire is the 45 degree area directly in front of each hunter. Anything outside of this area can not be safely seen and is outside of your field of vision. Always be aware of the position of fellow hunters.
- **Take safety measures when climbing** —Getting to your tree stand can be one of the most dangerous parts of hunting. Always use climbing hooks and a safety harness when climbing up to your stand. Always use a rope to hoist your firearm to your tree stand.



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SPECIAL POINTS OF INTEREST

- Before taking a shot, always be sure to check what is in front of AND beyond the target.
- Always keep the safety on until you are ready to shoot.

KEEP KIDS ACTIVE

The dark, cold days of winter can lead to an imbalance with physical activity. It's essential to remain active to keep your body's metabolism elevated to decrease the risk of converting it to a storage body. The recommended activity is at least 60 minutes of aerobic exercise per day. In the winter, it is estimated that children burn only half as many calories as they do in the summer. Not only does the lack of exercise have a negative effect on their physical well-being, it also allows kids to store up a lot of unused energy.

Here are some ways to keep you and your children moving this winter:

Head to the bowling alley to enjoy a few games as a family, or if you don't mind cooler temperatures, visit your nearest ice skating rink for a fun winter activity that can burn about twice as many calories as walking.

If the cold doesn't bother you or your kids, get out there! Build a snowman, go sled riding, or take the family skiing, snow tubing, or snowboarding. If you're outside, make sure you are dressed appropriately, and take other safety precautions to stay warm, prevent frostbite, and have fun.

Coloring a snowman. All you need is a few bottles of food coloring. Build a normal snowman, then use food coloring to paint the snowman.

Balloon Volleyball. Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills. Change things up a bit by kicking or head-bumping the balloon.

Hula Hoop. As long as you make sure that you're not too close to furniture or breakables, hula-hooping is a great indoor activity that helps strengthen your child's core muscles. If you're looking to switch things up a bit, try hula hooping while walking backwards, or spin the hoop around your ankle or arm.



Marble toe race. Find two large bowls, fill the first bowl with water place some marbles inside. Ask your little guy to pick up the marbles and place them in another bowl by using his feet. The first one who can get all the marbles in the other bowl wins. If you don't want to get your floor wet, lay towels on the floor, or skip the water component.

Make activity stations. Make signs and each area has an activity; jumping jacks, crawling through tape/rope, planking etc. Set a timer, then rotate through the stations.

Red light/green light. This classic game gets an indoor reboot perfect for small spaces. Instead of running as fast as you can when they hear "green light," kids have to walk like zombies.

Just dance! Even if you do not take dance lessons, create a fun playlist on your iPad or phone and let loose. Dancing is a fun way to burn calories and great stress reliever. There are numerous styles of kid's dance fitness videos that you can check out if you need some guidance.

Check out the website GoNoodle. Tons of physical activities that kids can do in a small space.

Set up a maze. Turn the hall into a "laser" maze with yarn. Zig-zag yarn from varying heights and challenge your kids to get across without touching the laser.

Crab carry. When bad weather had you dreaming of sunnier times on the beach, play crab carry. Teach your little ones how to walk like a crab by placing their palms and feet to the floor while raising their stomach up to face the sky. Staying in that pose, let them see how long they can balance something like a bean bag on their belly. Crab races are also another fun option.

Try to incorporate children's exercise video games, such as Wii Fit, or Kinect for Xbox.

Take a trip to the mall. Just walking around the shopping center with your kids is a good way to get moving.





MEN'S HEALTH

Screening with a prostate-specific antigen (PSA) test can reduce the number of deaths from prostate cancer. Prostate cancer is a slow-growing cancer. For this reason, screening is not always recommended for men over the age of 70. After age 70 the benefits of treating for prostate cancer may not always outweigh the risks.

Screening Guidelines by Age

Age 45 to 59

- If PSA is 3 ng/mL or higher, men should talk to their doctor. They may need a biopsy of the prostate.
- If PSA is between 1 and 3 ng/mL, men should see their doctor about follow-up testing every 2 to 4 years.
- If PSA is less than 1 ng/mL, men should consult their doctor about when to have a follow-up.

Age 60 to 70

- If PSA is 3 ng/mL or higher, men should talk to their doctor about having a biopsy.
- If PSA is between 1 and 3 ng/mL, men should see their doctor for follow-up testing every 2 to 4 years.
- If PSA is less than 1 ng/mL, no further screening is recommended.

Over 70

- Talk to your doctor about the need for screening.
- Prostate screening is not recommended for men ages 76 and older. A high PSA at this age does not generally mean that a biopsy is needed. There may be reasons other than cancer for an elevated PSA at this age.

WHAT IS BPH?

Benign prostatic hyperplasia (BPH), also known as enlarged prostate, is common as men get older.

Symptoms

Common signs and symptoms of BPH include:

- Urinary urgency or frequency
- Increased nighttime urination
- Difficulty starting urination
- Weak urine stream or frequent stopping and starting
- Dribbling at the end of urination
- Incomplete bladder emptying

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BLOOD PRESSURE CLINIC

14 Shelbina Nutrition Site 11am-12pm

For more info go to:

<https://offgridsurvival.com/huntingsafetytips/>

<https://www.mskcc.org/>

www.mayoclinic.org

Zucchini Cornbread Casserole

Ingredients:

4 c shredded zucchini
1 onion, chopped
2 eggs, beaten
1 pkg corn muffin mix
1/2 tsp salt
1/4 tsp black pepper
8 oz shredded cheddar cheese



Directions:

Preheat oven to 350°F. Grease a 2-quart casserole dish. In a large bowl, mix together zucchini, eggs, onion, muffin mix, salt and pepper. Stir in 4 ounces of cheese. Spread mixture into casserole dish; top with remaining cheese. Bake in preheated oven for 60 minutes.