



# Arlington Community Health Fair

## FREE to Everyone

FREE Flu & Sore Throat Medicine / Vitamins  
FREE Screenings ♦ Information ♦ Coffee & Treats

**Friday, December 11, 2009**  
**9:00 a.m. - 4:00 p.m.**

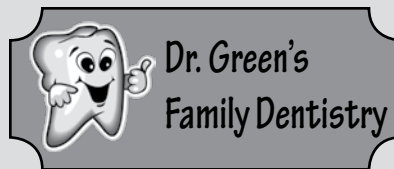
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**American Legion Hall**  
Main Street ♦ Arlington, SD



# Benefits of Good Health

## Good Health

Good health is something that almost everyone strives for. No one wants to be in poor health or to feel sickly. A lot of people do not understand how to achieve good health. To them it is like a mystery that can not be solved. But good health is not some distant dream or far reaching goal. Anyone can experience the benefits of good health if they just know how to go about it.

## Advantages Of Good Health

### 1. Enjoy Life.

There are many advantages of good health. When a person is in good health they are able to enjoy all of the joys and pleasures of life.

### 2. Saves Money.

Being in good health also saves money on doctor and hospital bills. This enables people to spend their money on things that they really want to do.

## Good Health Foods

An important step in achieving good health is proper nutrition and good health foods. Too many people today have no idea what proper nutrition means. We are living in a world that is full of fast food meals, high calorie snacks, fattening desserts and sug-

ary beverages. In order to have good health one must first have good eating habits and eat good health foods.

## Fruits & Vegetables.

Two of the most important things a person can eat are fruits and vegetables. Fruits and vegetables are the ultimate good health food choice. They are easy and convenient to eat and full of vitamins, minerals, and fiber. They come in handy easy to eat packages and require no special equipment to eat. Too many people drench their veggies in butter and cream sauces.

## Steam Vegetables

To get the most nutrition out of your vegetables try lightly steaming them and enjoying them with a squirt of lemon juice. Fruits are even easier to eat.

## Smoothies are Great Way to Increase Your Health.

If you are the type of person who does not enjoy eating green vegetables here is a simple and easy solution to get those greens in every day. Make a fruit smoothie using your favorite fruits. Bananas and strawberries make a great combination. Add a small amount of water to a blender, two fresh ripe bananas, a handful of fresh strawberries, some crushed up ice and blend. Now here is the sneaky part where we add in some ex-

tra nutrition. Add in a handful of leafy green veggies. It can be Romaine lettuce or even baby spinach or kale. The fruit masks the flavor of the greens and you will never even know that they are in there but you will reap the benefits of eating fresh greens.

Other foods that are important for good health include whole grains, lean proteins, low fat dairy products and a small amount of real fats.

## 8 Glasses of H2O

Water, though not a food, is a very important element in healthy eating. Water helps to hydrate the body. Experts recommend drinking at least eight glasses of water every day.

## A Simple Guide to Good Health

### 3 Easy Steps

There are some simple steps that can be taken to achieve good health. If these steps are followed almost anyone can achieve and benefit from good health.

#### 1. A healthy diet.

The first step in achieving good health is to follow a healthy diet. By eating a well balanced and nutritious diet a person can reduce their chances of heart disease, diabetes and high blood pressure among other things.

#### 2. Exercise!

Exercise is also very important to good health. Exercise improves blood circulation, bone strength, stamina and endurance. It also helps to relieve stress and give people a sense of well-being.

#### 3. Relax & Enjoy!!!

Taking the time to relax and enjoy friends, family and loved ones is also very important to maintaining good health. After all it is the people that you love that make life worth the living. By taking the time to enjoy the company of others you will improve your overall mood, reduce stress and make happy memories that will carry you through later years in life.

Even when you follow a healthy diet and exercise routine it is still important to get regular check-ups with your doctor, dentist, chiropractor and attend **FREE HEALTH FAIRS** to maintain good health. Having **regular visits and screenings** can unveil any potential health problems that need to be taken care of. It has been said that the best medicine is preventative medicine.

**Don't miss a single day with those you love!**