



Wellness Buddy Wednesday Tip

Beat the Afternoon Call of the Snack Machine

Turn on the radio. **Listen to music that has a catchy beat.** Music stimulates the same pleasure center of your brain that food does. Dance a little while you're listening and burn off a few calories, too!

Soak up some sunshine! Squash a food craving **and** lift your spirits by getting 20 minutes of rays. Remember, **Slip, Slop, Slap!** Protect yourself by wearing sunscreen. Research indicates that staying indoors in a windowless office may actually ignite those cravings to snack on high-sugar, high-refined carbohydrate foods.

Feeling stressed? Times of stress often find us giving in to junk-food cravings. **Try deep breathing.** Begin by breathing deeply and center all your attention on feeling and listening as you inhale and exhale through your nostrils. Continue to breathe deeply and slowly. If you feel your attention wandering, gently refocus your attention to your breathing.

Try a frosty treat with less than 75 calories; 1) 10 frozen grapes sprinkled with 2 teaspoons sugar, 2) half of a Skinny Cow Vanilla Ice Cream Sandwich, or 3) Cherry Snow Cone.

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Nutrition & physical fitness are our mission!