



## Top 10 Tips for Staying Healthy When Money is Tight

### --Leading health care organizations help Ohioans live healthier lives

INDIANAPOLIS, July 6, 2009 /PRNewswire-FirstCall via COMTEX News Network/ -- Several area health care organizations agree that today's tough economic times can make staying healthy a challenge. The organizations provided tips for Ohioans to stay healthy.

Those organizations are: The Athletic Club of Columbus, Central Ohio Diabetes Association, Columbus Dietetic Association, Lilly USA, Mental Health America of Franklin County, NAMI Ohio, Ohio Association of Free Clinics, Ohio Department of Health and Prevent Blindness Ohio.

Helping people live healthy lives is a top priority for these healthcare organizations, especially during today's tough economic times. In addition to providing 10 tips for staying healthy, the organizations participated in the Ohio Health Fair at the Ohio Statehouse in May which was presented by Mental Health America of Franklin County and Lilly USA.

The tips include:

1. Seek balance in your life through energizing your body, engaging your passions, and enriching your mind. (The Athletic Club of Columbus)
2. Anyone who has diabetes and hasn't attended a full Diabetes Self-Management Education series should call the Central Ohio Diabetes Association at (614) 884-4400 and register. It will make all the difference. (Central Ohio Diabetes Association)
3. Keep a food journal. Recording what you eat can help you identify trouble spots in your day and find empty calories that are slowing your weight loss goals. A Registered Dietitian can help you make quick, easy recommendations to improve your health. (Ohio/Columbus Dietetic Association)
4. Free health education materials to help people live healthy lives are available at [www.lillyforbetterhealth.com](http://www.lillyforbetterhealth.com). (Lilly USA) This information includes "A Healthy You! - America's Guide to Healthy Living," a 148-page book that brings together a wide variety of health information from reliable sources. The Web site also features information about patient assistance programs for individuals who need help paying for their medications.
5. Stay positive. Thinking negatively can drag down your mood and your health. But don't let that worry you. Experts say you can learn to be less gloomy. Don't assume the worst. Our fears often don't materialize. Ask yourself how realistic yours are. Keep a gratitude journal. Write down anything that makes you smile, like great relationships or special occasions. (Mental Health America of Franklin County)
6. Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder, panic disorder, post traumatic stress disorder and borderline personality disorder. The good news about mental illness is that recovery is possible. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan. (NAMI Ohio)
7. Concentrate on good nutrition. Cut the juice and go for the whole fruit instead. Whole fruit has been shown to satisfy hunger better than juice, with the added benefit of more fiber, vitamins and minerals. If you

really want the liquid, make a smoothie using whole fruit instead of pouring a glass of juice. (Ohio Department of Health)

8. Invest in your health. Being physically active can save you money in the long run by helping you avoid medical treatments later. Just about everyone can walk, and the only investment is a good pair of athletic shoes. Walking even for 10-15 minutes at a time, as with other types of physical activity, has also been shown to improve mood. (Ohio Department of Health)
9. Quit smoking. If you smoke one pack a day at \$5 a pack and quit, you will save \$1,826 a year (Moneycentral.msn.com). For help quitting, call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW. If you are ready to quit, we can help. (Ohio Department of Health)
10. A healthy lifestyle and regular comprehensive eye care is the most cost-effective way to ensure healthy sight. Take these simple steps now to reduce the likelihood of eye disease later in life: eat healthy foods, exercise, monitor your health, don't smoke, and get a comprehensive eye exam on a regular basis. (Prevent Blindness Ohio)

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