



Spotlight

"Posture Perfect"

Tuesday, Nov. 11

6:30 p.m.

Huntsville Botanical Garden,
Murray Hall
Refreshments

Register by calling 265-8317.

Dr. Allen Goodson, board certified Orthopedic Surgeon, specializes in the prevention, diagnosis and treatment of musculoskeletal disorders. He shares tips about keeping bones and joints healthy.

Is stress stressing you out?

Stress – like it or not – is here to stay ... especially during the holidays. Managing stress is key to improving your mental and physical well being. Follow these guidelines that can help keep your stress under control:

1. **Talk with someone you can trust.** Share your feelings with a family member, friend, healthcare provider or clergy. "A joy shared is doubled, and a sorrow shared is halved."
2. **Take time for yourself.** Allow time to do something you enjoy.
3. **Laugh.** Laughing releases chemicals in the brain that help promote a relaxation response.
4. **Make wise food choices.** Good nutrition is important because it gives your body the fuel it needs to deal with daily stress and hassles. Registered dietitians are available for nutritional planning at Huntsville Hospital Wellness Centers. **Call 265-WELL.**
5. **Exercise.** Choosing an activity you enjoy kills two birds with one stone. Huntsville Hospital Wellness Centers offer classes from aquacise and pilates to kickboxing. **Call 265-WELL.**
6. **Simplify.** All the date planners or electronic gizmos in the world aren't going to erase stress if you're doing too much.
7. **Cut down on caffeine.** Caffeine can disrupt sleep and cause irritability, headaches, irregular or fast heartbeat and stomach pain. Sleepless nights and restless days take a toll on your already stressed-out body. If you have serious concerns about your sleep, call the **Huntsville Hospital Sleep Centers at 1-866-52-SLEEP.**
8. **Find balance.** Learn and use relaxation and meditation exercises. Huntsville Hospital Wellness Centers offer yoga classes for every skill level.
9. **Kick the habit.** If you are a smoker, join a smoking cessation program. Call the **Center for Chest Disease at 265-7071** for the next class start-date.
10. **Get regular physical exams.** Your health care provider can identify stress-related problems and make recommendations accordingly.
11. **Appropriately address your stress.** Never "self-medicate" with diet formulas, alcohol or over-the-counter medications. Medications should only be used as prescribed. Covering up a problem can make the stress even worse.

Sources: *Centramax Health Library, healthy.net, huntsvillehospital.org/services/wellness/*

Roasted Turkey (Prevention magazine)

This high-heat method yields a gorgeous, juicy turkey in less than three hours.

1 (15 pound) turkey 2 tablespoons butter, softened
1 large navel orange Salt and freshly ground black pepper

Preheat oven to 425 degrees F. Rinse the turkey and pat dry. Place on a rack in a roasting pan. Cut the orange in half and squeeze juice all over the turkey. Place the squeezed halves in the turkey's cavity. Rub the turkey with the butter, then sprinkle liberally with salt and pepper. Tie the legs together with kitchen string. Roast the turkey breast side up on the second-from-lowest rack in the oven, until a thermometer stuck in thickest part of the turkey's thigh reads 165 degrees F. The turkey will turn a burnished mahogany. If it browns too fast, cover loosely with foil. Start checking for doneness after 2 1/2 hours. (Makes 8 servings. Per serving: 116 calories, 6.6 g total fat).

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