



# Harvest a *healthy* family

A Latin poet once wrote “Life is not merely to be alive, but to be well.” Wellness is about living healthfully, **not because you have to, but because you love to**, on every level. The funny thing is that when we stop thinking of our health as another bothersome responsibility and begin to yearn for the quiet bliss of a balanced life, we become thoroughly contagious – **everyone** wants to know why we glow from the inside out! Choosing to actively pursue wellness allows us to harvest our own *healthy families* through great nutrition, exercise, and immunizations this Fall.

 **St. Luke's**  
**HOSPITAL**  
Our specialty is you.

*Spirit of*  
**Women**

*Harvest a Healthy Family* is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

## Harvesting Your Healthy Family

### NUTRITION:

- 🍴 Watch portion sizes – For more information on Portion Distortion visit <http://hp2010.nhlbihin.net/portion/index.htm>
- 🍴 Get the whole family to contribute with food preparation, focusing on an exciting variety of fruits, vegetables, and whole grains
- 🍴 Insist on eating together, especially for breakfasts and dinners

### HEALTH IS ACTION®:

- 🍴 Walk whenever possible – walk briskly through the store or plan a family walk after dinner
- 🍴 Move in your home – whether it is through yard work or getting things done around the house—be creative! Play bouncy upbeat songs as everyone is cleaning, to cheer up the mood and get them dancing as they clean
- 🍴 Invite physical activity into the family routine – plan a breathless hiking trip or cheer on your kids in community sports teams

### ANNUAL CHECK-UPS:

- 🍴 Fall is recognized as flu season, so be sure to schedule your family's annual immunizations to keep them full of energy and zest
- 🍴 Use online tools like [www.cdc.gov](http://www.cdc.gov) and [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) to get information you can trust
- 🍴 Schedule annual check-ups with your local Spirit of Women hospital around milestones, such as birthdays and anniversaries to include your health in your annual celebrations!

As the seasons change, so can we - let us find ways to unite our families through wellness by invigorating our daily routines. When it comes to nutrition, it is important to get everyone involved in making eating right the most satisfying priority. Infuse family time with energy and activity and use milestones or holidays to schedule annual check-ups to ensure that your health and your family's health are just where they need to be.



## WELLNESS ON THE WEB

Community of healthy living champions: [sparkpeople.com](http://sparkpeople.com)

Declutter and de-stress: [realsimple.com](http://realsimple.com)

Find a workout partner: [exercisefriend.com](http://exercisefriend.com)

Ratings for products you use: [goodguide.com](http://goodguide.com)

Give back locally or virtually: [volunteermatch.org](http://volunteermatch.org)

Search for tasty new recipes: [cookstr.com](http://cookstr.com)

What's going right in the world: [goodnews.com](http://goodnews.com)

Harvest a healthy family. St. Luke's Hospital offers a wide variety of health and wellness programs, events and classes for women and their families throughout the year. Go to [www.stlukes-stl.com](http://www.stlukes-stl.com) and click on Classes & Events to learn more.

Need a physician for you or a family member? Call St. Luke's Physician Referral Service at 314-205-6060 to find one that fits your needs.