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Genesee County Community Mental Health

InShape®

August 17th 2009:

The wellness promotion program “InShape” has begun. It is an individualized fitness program that includes:

- ~ **One-on-One Instruction from a Health Mentor**
- ~ **Training at a Health Facility**
- ~ **Nutritional guidance**

These are just to name a few

“InShape” provides organization, support, and reinforcement to consumers ready to take action to improve their physical well-being.

People with mental health issues often face additional health risks, including weight gain caused by some medications and lack of motivation due to their illness.

What that means is they

are at risk for also having chronic diseases such as Diabetes, High Blood Pressure, High Cholesterol, etc.

The purpose for “InShape” is to help prevent or improve some of those statistics.

If you are interested and would like to find out more information, please contact Shante Burke at 810.496.5740.

Flu Season....How To Protect Yourself.

With fall approaching flu season is following right behind it. Hopefully, the following information will help protect you against the virus.

First, check to see if you have symptoms. They include:

- ~ **Fever (100.4 or higher)**
- ~ **Cough**
- ~ **Sore Throat**
- ~ **Runny or Stuffy Nose**
- ~ **Body Aches**
- ~ **Headache**
- ~ **Fatigue**
- ~ **Chills**

If you think you have the symptoms listed, contact your physician. To also help prevent spreading the virus:

- ~ **Sneeze or cough into a tissue or sleeve**
- ~ **Wash Hands Often**
- ~ **Stay home if you are feverish**
- ~ **Avoid contact with others**

To help fight against the virus:

- ~ **Get plenty of sleep**
- ~ **Eat Healthy Meals**
- ~ **Exercise Regularly**
- ~ **Practice good hygiene**

Additional tips would be to not touch your eyes, nose, and mouth before washing your hands. Also, hand sanitizers are great to have in your office, home, or car.

For further information please click the link below:

http://www.msnbc.msn.com/id/32597920/ns/health-swine_flu/



CMH Garden Project

At GCCMH we are very happy to announce the birth of our "CMH Garden Project". It was created by the help of one of our many college interns.

Most people are aware of the physical benefits of gardening but they don't always think about the mental benefits of gardening. It can provide some very significant and much needed mental benefits in addition to

physical exercise. That is why Genesee County Community Mental Health created the "CMH Garden Project"; we understand the importance of being healthy from the inside out.

If you are interested in helping in the garden please contact Shante Burke at 810.496.5740

"The greatest gift of the garden is the restoration of the five senses."
~Hanna Rion



Splash Bash.....Join the party!

Splash Bash is a great way to start working toward your wellness goals. This is a very user friendly class for everyone.

It will help you tone-up; strengthen your muscles, condition the heart and lungs.

Classes are lead by Lisa Wolfe, Health Mentor at GCCMH.

The U of M Recreation Center is where classes are given, Tuesday and Thursday from 11am-12pm.

Space is limited!!!

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InShape®

Shaping the Future of Mental Health

Did You Know....

Here are some quick facts for your enjoyment, and hopefully they provide you with information you may not have known:

~There are more than 10,000 varieties of tomatos

~Carrots have zero fat content

~Iced Tea was introduced at the World's Fair in St. Louis in 1904

~Sometimes frozen fruits and vegetables are more nutritious than fresh

~It takes 3500 calories to make a pound of fat

~The onion is named after a Latin word meaning large pearl

~Lemons contain more sugar than strawberries

~Botanically speaking the banana is an herb and a tomato is a fruit

Stay Tuned....

Would you like more food for thought?

Keep a watch each month for the "World of Wellness" with new topics, issues, and stories.

