

August 2014

August is National Immunization Awareness Month



Immunization helps prevent dangerous and sometimes deadly diseases, and National Immunization Awareness Month is a great reminder to take action. Vaccines are very safe. They are thoroughly tested before licensing and carefully monitored even after licensing to ensure safety.

To stay protected against serious illnesses like the flu, measles and tuberculosis, adults need to get shots just like kids do.

- If you have a child age 6 or younger, find out which shots your child needs:



- For adults and teenagers, find out which shots are needed:



- Visit cdc.gov/vaccines to see a vaccination chart for adults and those with medical conditions including pregnancy.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends and co-workers to stay up to date on shots. And talk to your health care professional about what is right for you and your family!

healthfinder.gov

Cucumber and Tomato Tangy Yogurt Salad

Ingredients

- 4 large vine-ripe Tomatoes
- 2 large Cucumbers
- 2 green Onions
- 6 teaspoons Sunflower seeds
- 4 tablespoons rice Vinegar
- 1 ½ cups plain fat-free Yogurt
- Salt and Pepper for flavor



HealthyEating.org
[Meals-Recipes](#)

Directions

1. Slice vegetables to preferred size.
2. Place vegetables in large bowl and toss in the sunflower seeds.
3. Mix vinegar and yogurt together and pour over salad.
4. Add salt and pepper to taste.

Move of the Month

Bent Over Row

This exercise is great for your posture!

1. Keeping your back flat, hold a dumbbell in each hand.
2. Allow the dumbbells to hang in front of you and press your shoulders down and back.
3. Lift your elbows up and back and squeeze your shoulder blades together.
4. Allow the weights to hang naturally until your elbows are bent at a 90 degree angle.
5. Do three sets of 10 repetitions.



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