

Healthy habits that can become part of your every day routine

A person's habits can have a strong impact on his or her overall health. Unhealthy habits like smoking and living a sedentary lifestyle can increase a person's risk for various conditions and diseases. On the flip side, healthy habits like eating a nutritious diet and getting enough sleep

can bolster a person's immune system and reduce his or her risk for various ailments.

Some healthy habits, like daily exercise, can be time-consuming. Busy adults may not have time to exercise vigorously each day, though the U.S. Department of Health and Human Services urges men and women to find time for at least 150 minutes of moderate-intensity aerobic activity each week. But not all healthy habits take up time. In fact, adults can incorporate various healthy practices into their daily routines without skipping a beat.

- Take the stairs. Taking the stairs instead of the elevator can have a profound effect on overall health. According to Duke University, climbing just two flights of stairs combined per day can contribute to six pounds of weight loss over the course of a single year. In addition, a study from the North American Menopause Society found that stair climbing can help postmenopausal women reduce their risk for osteoporosis and help them lower their blood pressure.
- Drink more water.

The Centers for Disease Control and Prevention notes that water helps the body maintain a normal temperature, lubricates and cushions joints, protects the spinal cord and other sensitive tissues, and helps to rid the body of waste through urination, perspiration and bowel movements. Adults who are thirsty can choose water over soda or other sugary beverages. The CDC notes that sugary beverages like soda and sports drinks contain calories but little nutritional value, making water a healthier way for individuals to quench their thirst.

- Go for daily walks. Walking benefits the body in myriad ways. For example, the Harvard School of Public Health notes that women who walk 30 minutes per day can reduce their risk of stroke by 20 percent and potentially by 40 percent if they walk briskly. In addition, researchers at the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease as men who walked less. A

15-minute walk around the neighborhood each morning coupled with a 15-minute walk after dinner can help adults dramatically improve their overall health.

- Eat more greens. Eating more greens is another healthy habit that doesn't require a major overhaul of an individual's lifestyle. The U.S. Department of Agriculture notes that dark green leafy vegetables, such as spinach, are rich in vitamins A, C, E, and K. The Mayo Clinic notes that vitamin E alone can help people maintain their vision and promote a healthy reproductive system while also improving the health of the blood, brain and skin. The USDA also notes that green vegetables contain very little carbohydrates, sodium and cholesterol. Adults won't have to reinvent the dietary wheel to incorporate more greens into their diets, and the results of doing so can have a significant, positive effect on their overall health.

The right habits can help people live healthier lives, and such habits need not require any major life changes.

Renters can apply directly at IHDA.org.

If you have technology challenges please call ERBA Housing counselors:

Coles, Cumberland, Clark counties call Jodi @ 217-921-5505 x 275
 Jasper, Richland, Lawrence and Crawford call Maicie @ 618-783-3987 x584
 Coles (split with Jodi), Douglas and Edgar call Sandy @ 217-923-3113 x229



Illinois Rental Payment Program

The Illinois Rental Payment Program (ILRPP) can provide up to \$25,000 in emergency rental assistance.

Eligibility Requirements

- Household must have experienced a financial hardship directly — or indirectly — due to the pandemic.
- Household is behind on rent and/ or is at risk of experiencing homelessness or housing instability.
- 2020 household income was below 80% of the Area Median Income, adjusted for household size.
- Proof of citizenship is not required. Rental assistance is not a "public-charge" benefit.

Rental Payment Program

- Eligible households may receive up to 15 months of assistance from June 2020 through August 2021.
- Priority will be given to:
 - households with a member who is currently unemployed.
 - households below 50% of the Area Median Income, adjusted for household size.
- The grant is paid directly to housing provider.
- For program information, visit IHDA.org.
- Tenants can submit an application starting Monday, June 28 at ILRPP.IHDA.org.

Illinois Rental Payment Program
 Preserving Housing Stability during the COVID-19 Pandemic
 Applications available Monday, June 28. Tenants have until 11:59 p.m. on Sunday, July 18 to apply. Apply at ILRPP.IHDA.org.
 Questions? Contact us: QUESTIONS_ILRPP@IHDA.ORG
 Toll Free: 866-454-3571




PRINTED BY THE AUTHORITY OF THE STATE OF ILLINOIS
 03/18/2021, 32,000 copies printed, #16506

Back in Practice



James Hildebrandt, DO, joins the SBL Medical Clinic at the Center for Healthy Living

After serving as Vice President of Medical affairs for eight years, Dr. Jim Hildebrandt is returning to patient care.

"I've always known that I'm happiest when I am of service to others. I view a physician as a consultant to the patient. My job is to figure out what their goals are and help them reach those priorities."

As an internist, Dr. Hildebrandt focuses on caring for people 12 years of age and older with acute illness and chronic conditions. He also has an allergist certification to care for adults and children suffering from allergies.

Welcoming New Patients

Please call **217-238-4961** for an appointment.




Also available for patient care are **Tom Dust, PA-C (left)** and **Andrew McDevitt, APRN (right)**.



Sarah Bush Lincoln
 Trusted Compassionate Care

SBL Medical Clinic
 at the Center for Healthy Living
 1004 Health Center Dr., Suite 210 • Mattoon www.sarahbush.org

Moultrie-Douglas County Fair Celebrates 90 Years

July 11 - 17, 2021
Arthur, IL
www.moultriedouglascountyfair.com

SUNDAY, JULY 11
 1-3 p.m. All Domestic Art Entries
NO CHURCH SERVICE

MONDAY, JULY 12
 6-10 p.m. — Carnival Rides
 7 p.m. — Junior Miss Pageant
 North Grand Stand - \$7 each

TUESDAY, JULY 13
 6-10 p.m. — Carnival Rides
 7 p.m. — Miss & Little Miss Fair Queen Pageants
 North Grand Stand - \$7 each

WEDNESDAY, JULY 14
 6 p.m. 4-H Project Auction - South Livestock Bldg.
 6-10 p.m. — Carnival Rides POP Night \$17
 7:30 p.m. — VVworship Gospel Music FREE - Midway Stage

THURSDAY, JULY 15
 6-10 p.m. — Carnival Rides POP Night \$18
 5 p.m. — Midnight — Beer Tent
 6 p.m. ITPA Tractor Pull
 (South Grand Stand)
 Gate \$15.00 each - Children 6-12 \$5.00 - 5 & under FREE

FRIDAY, JULY 16
 5 p.m.-1 a.m. Beer Tent Open (9 p.m. Jane Doe)
 6 p.m. — Hog Show
 6-11 p.m. — Carnival Rides POP Night \$20
 7 p.m. — Battle Creek (Country)
 FREE - Midway Stage

SATURDAY, JULY 17
 9:30 a.m. — Baby Pageant Registration
 10 a.m. - Baby Pageant - Main Stage - \$5 each
 10 a.m. — Beef Cattle Show
 10 a.m. — Lamb Show
 5 p.m.-1 a.m. Beer Tent Open (8:30 p.m. DJ Brent)
 7-8:30 p.m. — Entertainer DREW BALDRIDGE
 \$20.00 Advance Sales
 \$25.00 Day of Show

2021 SPONSORS

- Agri-Fab • Awesome Machines • Beniach Construction • Day Seeds
- Dimond Bros. • Doehring Farms • Douglas County Farm Bureau • The Equity
- The Hillard Agency • Hydro Gear • Illini FS • Jennings Implement
- Kirby Medical Group • LG Seeds • Libman • Mickey Williams Seeds
- Mid-State Tank Inc. • Moultrie County Farm Bureau • Pauly's BBQ
- Sarah Bush Lincoln • Sav-Mor • Sloan Implement • South Central FS
- State Bank of Arthur • Tuscola Ford • United Prairie • WMCI 101.3

Tri-County Journal • (217) 253-5086 • www.thetuscolajournal.com

Visit Downtown Mattoon Boutiques & Men's Wear

Birch Boutique - Wild Rose Boutique – Hissy Fit Boutique

Jack & Bills fine Men's Wear and Tuxedo Rentals