

**WELLNESS  
WISDOM**

- Losing five to 10 percent of your weight, and keeping it off, can lower your blood pressure and help reduce your risk for type 2 diabetes. If you are 5 feet 6 inches tall, for instance, and weigh 160 pounds, losing five to 10 percent of your weight comes to eight to 16 pounds.

**INSIDE  
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# Pender Health Heroes

VOLUME 1, ISSUE 1

SEPTEMBER 2014

## Before and After with Patti Glunt

"When the doctor said I had to start on insulin, it woke me up," she said. It was April, 2014, and Patti started walking. She walked 2 miles a day to start, and worked up to walking 5 miles a day. She ate more vegetables instead of meat, and cut her portion sizes.

Patti's before and after pictures are quite amazing. She has lost 80 pounds, putting her at a healthy weight for her height. At the health risk assessment, Patti found that she had lowered her cholesterol, her blood pressure was now within normal limits and her HgbA1C (a blood test for diabetes), had come down to 6.2. Patti was no longer diabetic, but pre-diabetic!

"I just last year, Patti Glunt of Pender County Health Department had "resigned herself to being fat." She had

been diagnosed with Type 2 Diabetes, weighed 185 pounds, and her doctor was telling her that she may have to start on insulin soon.

walked in Costco one night, and a friend I had known for a long time didn't recognize me. I had to explain who I was," said Patti. "People who

have not seen me since I lost all the weight are just in shock."

Not only do Patti's health numbers look better, she feels so much better mentally and physically. "I have so much energy," she said. People who live in her neighborhood will stop and ask her how she did it, and say how good she looks. She is seen as an inspiration by coworkers, who are starting to take up her healthy habits in hopes they can get results just as Patti did.



# Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

# Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an edi-

torial. You can also profile new employees or top customers or vendors.

Caption describing picture or graphic.



# Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask your-

self if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several

tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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**Caption describing picture or graphic.**



## Organization

### Microsoft

Primary Business Address

Address Line 2

Address Line 3

Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

**Business Tagline or Motto**

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include

a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual

charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



**Caption describing picture or graphic.**