

Health Highlights: Holiday songs to CPR + Holiday Charcuterie Board  
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Audio Version

## **ANCHOR INTRO**

CHRISTMAS HAS COME AND GONE - BUT KEEP SOME HOLIDAY SONGS ON YOUR PLAYLIST. THEY MIGHT JUST SAVE YOUR LIFE. TIM DITMAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(THE AMERICAN HEART ASSOCIATION RECENTLY UPDATED ITS C-P-R PLAYLIST... THE LIST OF SONGS WITH THE RIGHT TEMPO FOR CHEST COMPRESSIONS. YOU CAN HUM THE SONGS WHILE DOING C-P-R TO KEEP THE RHYTHM. ON THE LIST: LAST CHRISTMAS BY WHAM... AND JINGLE BELL ROCK BY BOBBY HELMS. YEAR-ROUND CLASSICS THAT WORK INCLUDE 1999 BY PRINCE... FLOWERS BY MILEY CYRUS... AND THE APPROPRIATELY TITLED... STAYIN' ALIVE BY THE BEE GEES. OSF HEALTHCARE WELLNESS SPECIALIST JORDAN MEEKS EXPLAINS.

**\*\*\*SOT\*\*\* Jordan Meeks, OSF HealthCare pediatric wellness specialist**

"It's compressing the chest in half at a rate of about 100 beats per minute. Think of the song Stayin' Alive by the Bee Gees. The compressions help restore blood flow to the body and brain, which is really important to help preserve that person's life."

### **TRACK:**

CONTACT YOUR LOCAL HOSPITAL... PUBLIC HEALTH DEPARTMENT... OR FIRST RESPONDER SERVICE IF YOU WANT TO BE TRAINED IN C-P-R.

STORY #2:

A CHARCUTERIE [**shar-KOO-tuh-ree**] BOARD CAN BE A STAPLE OF ANY HOLIDAY GATHERING. BUT YOU SHOULD TRY FOR A BALANCE OF TASTY AND HEALTHY. OSF HEALTHCARE DIETITIAN CARLY ZIMMER SAYS MAKE PRODUCE THE STAR... BUT DON'T LET ONE ITEM DOMINATE.

**\*\*\*SOT\*\*\* Carly Zimmer OSF HealthCare dietitian**

"Think about the MyPlate visual from the USDA. Half of your plate is fruits and vegetables. A quarter is protein. A quarter is grains. It's a good visual to think about when making these charcuterie boards." (:13)

TRACK: ZIMMER SAYS TO PREPARE AS MUCH AT HOME AS POSSIBLE... SO YOU KNOW EXACTLY WHAT YOU'RE EATING. BUT IF YOU GO TO THE STORE – LOOK FOR WHOLE GRAIN... LOW-FAT... LOW-SODIUM... OR LOW ADDED SUGAR OPTIONS. WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN. )>>