



State of New Hampshire EMPLOYEE WELLNESS NEWS

April 2010

Wellness Program NEWS YOU CAN USE!

National Workplace Wellness Week

April 4-10, 2010 has been designated **National Workplace Wellness Week**. Here is information from *Healthy U Alberta* for **Setting a Healthy Pace at Work**. When you think about how much time you spend at work, doesn't it make sense to take care of your well-being during each work day? *Pacing yourself at work* is a great way to maintain your health, while incorporating active living principles into your day.

Healthy U recommends that by planning your work tasks, taking active breaks, eating healthy foods and paying attention to your body and mind, you can be healthy and productive at a pace that works for you and your employer.

Pacing yourself at work can help to prevent or reduce the following:

- Physical fatigue and strain
- Mental fatigue and stress
- Workplace injuries, such as repetitive strain injuries or overexertion injuries

Some of the common reasons why people do not work at a healthy pace include:

- Competing demands, being too busy, or facing multiple deadlines
- Getting "lost" or behind in your work, by not setting priorities
- Just doing the job to get it done (without thinking it through or setting a pace that is good for you)
- Employer-driven goals or productivity demands
- Perception that co-workers or employers will think you are working too slowly



With a little planning and a few pacing techniques, you can establish a healthy pace of work and avoid or reduce the health risks you may experience.

Most pacing techniques can be applied in any workplace, whether in office or industrial settings. Here are some important techniques you can use to help you set a healthy work pace for yourself:

- Take regular breaks
- Change tasks more often, avoiding repetitive tasks if you can
- Include "active breaks" in your day by being physically active when you take a break. Use scheduled breaks to walk, stretch, eat well, drink water and take a few minutes for yourself
- On your longer active breaks, such as lunch break, if you can, go for a longer walk, run or bike ride; getting outside and enjoying the fresh air will provide a mental break, too
- Try to listen to your body and respond. For example, if your neck or shoulders are getting sore while you work at your computer, get up and move, and do brief stretches or exercises to reduce the strain or fatigue you may be feeling. (This can also be applied to employees involved in physical labor, too.)
- Avoid working in awkward positions—kneeling, bending, crouching for long periods can lead to muscle and joint strain — change positions, switch or alternate tasks and take a break from that position.



Although each individual is different, some of the real or potential paybacks from setting a healthy pace at work include higher productivity, improved job satisfaction, better health, reduced risk of injury or illness and reduced physical and mental fatigue. [For the complete article, visit www.healthyalberta.com/HealthyPlaces]

Inside this issue:

Schedule of Events	2
Wellness Coordinators Corner	2
State Employee's Story	3
Eat a Balanced "Deskfast"	3
A Healthy Recipe	4
Local Government Center	4
Book of the Month	4
Crossword Puzzle	5

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 -SEA 5K
4	5	6	7 - Start! Walking	8	9	10
National Workplace Wellness Week						
	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 - Walk @ Lunch Day	29	30	



Schedule of Events

Health Observances: Alcohol Awareness, Cancer Control, Foot Health & Workplace Wellness—Check out <http://www.nh.com/nh/events/> for more Health and Wellness events.

April 2010

- *April 3 **SEA 5k Road Race & Fitness Walk** at State Office Park East, www.seiu1984.org
- *April 7 **National AHA Start! Walking Day**
- *April 8 **SoNH Wellness Coordinators Training Session.**
- *April 28 **National Walk@Lunch Day**

MAY 2010

- *May 19 **Concord Hospital Rock N' Race 5 k**
- *May 17 June 25 **DOT Green Commute 2010, more information to follow!**
- *May 19 **National Employee Health and Fitness Day**
- *May 22 **First Annual Spring Herb & Garden Conference in Wilton;** www.nofanh.org. Gardening is a great physical activity to engage in!
- *May 26 **Governor's Council on Physical Activity & Health 5k Intergenerational Walk and Award Ceremony.** Nominate your agency or wellness coordinator or healthy individual for the GCPA&H award! For more information, contact www.nh.gov/gcpah

Wellness Coordinators Corner

Kristie Kathan, NHRS wellness coordinator shares a success story from the past holiday season. The "Stressbusters" (NHRS wellness committee) had a competition Holiday Food Drive in December. Staff was split up into five teams who competed to earn the most points by donating non-perishable food items to be given to the NH Food Bank in time for Christmas. The Grand Prize—the team that collects the most will enjoy the satisfaction of wearing jeans on designated day. NHRS donated 2,139 pounds of food and \$810 to the NH Food Bank—that included 36 full turkey dinners. Given the overwhelming response, all teams were able to wear jeans on December 21st, with the winning team "Fund-Raising Reindeers," to receive something special. Way to go NHRS for your generosity to the community! What incredible support for such a worthy cause!

Heather Fairchild, DHHS wellness coordinator shared that Deputy Commissioner Mary Ann Cooney conducts low impact aerobic exercise classes on Tuesday and Thursdays; and yoga on Wednesdays at the "Brown Building" café after work. Deputy Commissioner Cooney is working towards her yoga certification.

From the **DOE, Diane Burbank**, wellness coordinator is working on her April bulletin board based on "National Start Walking Day" on April 7th. The bulletin board will feature:

- (1) a website which includes healthy low calorie and quick snacks,
- (2) a "6 Week Beginner Walking Plan," from the American Heart Association website. She'll utilize captions with a turtle and hare, of course, the hare is sleeping and the turtle slowly and steady walks by and passes the hare! She also posts the Anthem Blue Cross Blue Shield Association's Walking Works website and will include, "What is Your Health Footprint?" Employees of DOE can't wait to see the finished product!

Sara Leslie, wellness coordinator from the **Community College System of NH** scheduled a Yoga workshop in January with 12 participants, and will do a Tai Chi workshop, too. Sara also reports that part of their office, the IT staff, started their own "Biggest Loser" Challenge in January, and at the end of March had lost 83 pounds! Some are doing weight watchers, or lowering their carb and fat content, and meet each week for a support group meeting and weigh in. They are working in teams. Good luck with continued success!

Sara would like to see more participants in her workshops. If you have any ideas, please come prepared to discuss this topic at the next quarterly wellness coordinators training session on April 8th. There will be a wellness panel discussion to discuss how to motivate yourself and others towards wellness.

A State Employee's Journey with Diabetes

I met Linda via email correspondence back in early January. Linda has Type 2 Diabetes and was seeking information on healthy recipes and a list of low glycemic foods. I provided Linda with resources from WebMD and the American Diabetes Association related to healthy recipes and information on the glycemic index; I also inquired if she had consulted with a nutritionist and/or certified diabetes educator, or health coach through Anthem. Linda started insulin last year, and began to gain weight, and was interested in making healthier food choices.

Through further emails, Linda shared with me that she has a diabetes educator and had taken the diabetes education courses offered at Concord Hospital. Since gaining 22 pounds, Linda decided to start going to the gym three times a week for water aerobics which she finds easier on her joints and feet; and using the treadmill. Linda's goal was to lose weight and get her sugars under control. It took her awhile to start insulin therapy because she didn't like needles, but the insulin pens have been a great help. Linda shared with me that she was not told of the weight gain from starting insulin, so she wasn't prepared to gain 22 pounds in six months. I shared with Linda an article from the Mayo Clinic entitled, "Insulin and weight gain, keep the pounds off." It describes the

reason for the change in weight. Linda met with her diabetic educator again in late January who shared with her two websites: diabetic-recipes.com and hungrygirl.com. Linda's A1c had gone from 9.2% last October to 7.9% on 1/22/2010. But that's not all, her A1c was 14% last January! The A1c test (glycohemoglobin) is an important blood test to determine how well diabetes is controlled. For a non-diabetic the normal range is between 4%-6%. The goal for diabetics is less than 7% to prevent developing complications related to diabetes. What helped Linda bring down her A1c was the insulin, healthy eating and physical activity.

Diabetes is a disease of the endocrine system. Diabetes occurs when the body cannot regulate blood sugars. There are two types of diabetes; Type 1 and Type 2. To learn more about diabetes, talk to your health care provider or visit WebMD at <http://diabetes.webmd.com/guide/diabetes-overview-facts>. Linda was gracious enough to share her story to help motivate others with diabetes. Her goals include losing weight, bringing down her A1c to around 6%, and hopefully decreasing the amount of insulin she needs. It continues to be challenging, but Linda is encouraged to make these changes for her health. Good luck to Linda with her healthy goals! [Kathleen Sherman, RN, State Wellness Facilitator, Anthem]

Eat a Balanced "Deskfast"

What is a "Deskfast?" Read the article below by Jacquelyne Froeber, from Corporate Wellness Programs:

Deskfast, or eating breakfast at your desk, is a good thing. Research shows that people who eat something in the morning, even in front of a computer, are more successful at losing weight and keeping it off.

Unfortunately, nearly six out of ten people skip breakfast at least once a week. Studies show foregoing a morning meal leads to bad habits like overeating throughout the day, indulging in foods you wouldn't otherwise eat, and hunger, which can hinder productivity. Bad dietary choices also lead to obesity, and the cost of lost productivity among obese employees was more than \$3.9 billion last year.

To help employees boost productivity and maintain a healthy BMI, Corporate Wellness Programs recommends:

- **Instant oatmeal.** Bring to work, add water, and — bam! You've got a meal packed with heart-healthy, cholesterol-lowering grains. However, beware of the sugar and salt content. Some instant varieties have high sodium levels that can make you feel bloated and sluggish. Added sugars may pick you up for a minute — but cause a crash later.
- **Lean protein.** A handful of almonds, or a low-fat yogurt cup, can help keep hunger satisfied. Note: Check the sugar content before deciding on a yogurt. Too much sugar means more calories and less nutritional benefits.
- **Fruit.** An apple a day...you know the rest. Portable fresh fruit like pears, peaches, nectarines, and blueberries are easy to grab and go. Plus, these low-calorie starters have fiber, vitamins, and natural sugar to satisfy even a donut craving. Bonus: Recent studies show that blueberries help prevent memory loss, and improve motor skills.

Do you have a refrigerator in your office? Low-fat or skim milk paired with a high-fiber cereal helps keep hunger at bay, and may help with weight loss. [Article shared by Michael O'Mahony, DAS]

Healthy Recipe

Meatloaf Makeover!

-2 pounds ground sirloin or other extra lean ground beef
 -1/4 cup egg substitute
 -1 cup reduced fat sharp cheddar cheese, divided use
 -1 small onion, chopped
 -1/3 cup plain bread crumbs (Italian bread crumbs okay)
 -1 1/2 tablespoons Worcestershire sauce
 -1 tablespoon Dijon or prepared mustard
 -1/2 teaspoon pepper
 -1 cup marinara, pizza or tomato sauce

1. Preheat oven to 350 degrees. Coat a 2 quart baking dish with canola cooking spray.
2. In large bowl, combine ground beef, egg substitute, 3/4 cup of the cheese, onion, bread crumbs, Worcestershire sauce, mustard and pepper. Mix well with hands or wooden spoon.
3. Form meat mixture into a dome and bake for 50 minutes. Pour the marinara sauce over the top of the meatloaf and sprinkle with the

remaining shredded cheese. Bake an additional 8-10 minutes.



Cut into the center to make sure the meatloaf is cooked throughout. Makes 8 servings; 230 calories per serving. Bon appetite! [Recipe by Elaine Magee, MPH, RD from WebMD healthy recipes.] Make this a complete healthy meal by serving with a fresh vegetable and baked sweet potato.

[Shared by Diane Caldon, DAS]

Local Government Center

Sleep Smarts: Improving Sleep Habits- This program provides an overview of how vital sleep is to our health and well being. Participants will learn about the natural sleep cycle, the causes and symptoms of sleep deprivation and how to develop healthy sleep habits.

This program can also be customized for staff comprised primarily of shift workers; focusing on the health and safety dangers that shift workers are at risk for and offering tools and tips on how to survive them such as getting optimal sleep, prioritizing

family life and eliminating stress. Fatal Vision® Goggles - At one time or another we may find ourselves behind the wheel of our vehicle only to be so exhausted that we cannot see straight. Driving while you are tired has been likened to driving under the influence. That is why NH Local Government Center offers the Fatal Vision® Goggles, a training tool used to vividly demonstrate the concept of impairment and the dangers of impaired driving. Groups can take advantage of this interactive demonstration alone or accompanied with our Sleep Smarts program.

To schedule this Health and Safety Seminar, contact your LGC Health Management Representative Bill Byron
800.852.3358
 ext: 208
 or e-mail at wbyron@nhlgc.org

Wellness Book of the Month

Cheryl Frey from DOI shares a new best seller book as a 'good read' called "Anticancer, A New Way of Life," by David Servan-Schreiber. This is Dr. Servan-Schreiber's remarkable story as a cancer survivor and a scientist. Anticancer tells us:

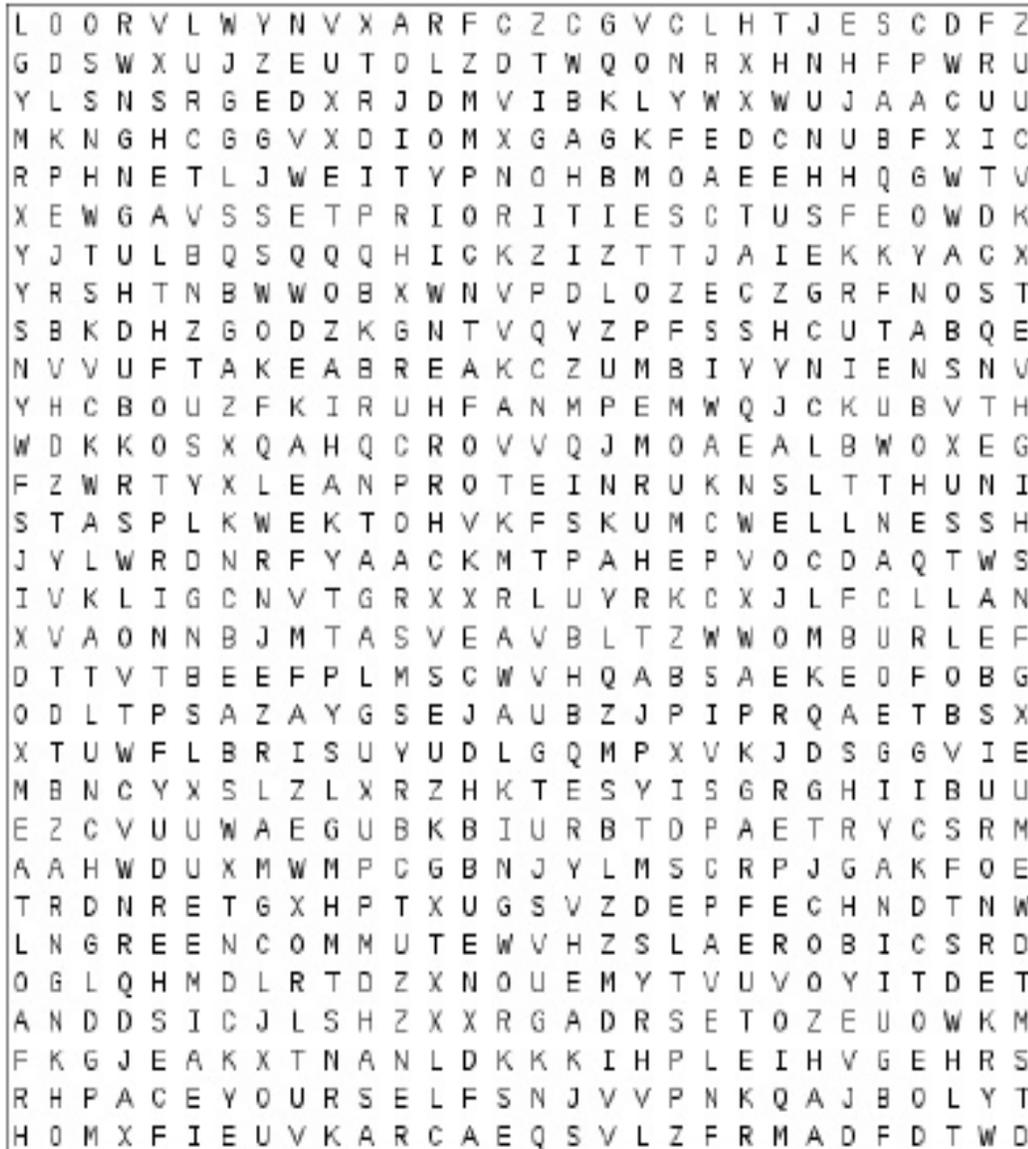
- Why the traditional Western diet creates the conditions for disease and how to develop a science-based anticancer diet
- How and why sugar and stress feed cancer and ways to achieve life balance and good nutrition to combat it
- Why the effects of helplessness and unhealed wounds affect our ability to restore health
- How to reap the benefits of exercise, yoga and meditation
- How to minimize environmental toxins
- How to find the right blend of traditional and alternative health care.

Advocating a sea change in the way we understand and confront cancer, Anticancer is a radical synthesis of science and personal experience, an inspiring personal journey, and certainly a guide to "a new way of life." [Resource: www.anticancerbook.com]



INSIDE The NEWSLETTER

All of the clues are found in this April 2010 newsletter.



WORD BANK

- WORKPLACE
- WELLNESS
- PACEYOURSELF
- FATIGUE
- STRESS
- SETPRIORITIES
- TAKEABREAK
- ROADRACES
- WALKATLUNCH
- GREENCOMMUTE
- AEROBICS
- WALKINGWORKS
- HEALTHFOOTPRINT
- ANTICANCER
- DESKFAST
- DIABETES
- OATMEAL
- LEANPROTEIN
- FRUIT
- MEATLOAF



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http://www.classhelper.org/word_search_puzzles.shtml?puzzles_action=show_puzzle&puzzles_puzzle_id=18159

Do you have an article or item of interest that you would like to share in the Wellness Newsletter? Contact Kathy Sherman and we could publish your story in the next issue!

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