

# STATE OF NEW HAMPSHIRE EMPLOYEE WELLNESS NEWS



June 2010

WELLNESS PROGRAM NEWS YOU CAN USE!

## Join the Commissioners Challenge

Governor Lynch will designate the first week of June (1-7) **Walk NH Week 2010** as a way to help promote walking and keep NH residents healthy. You can be part of this statewide effort to make walking or physical activity a part of your daily lifestyle. What better way to celebrate this special week than to participate in an agency challenge and walk or be physically active at your worksite and in your community with family and friends!

The NH State Employee Wellness Team can help you participate in your agency challenge and provide tools to continue walking and physical activity after the Walk NH event and challenge ends. All NH State Wellness Coordinators have received instructions on how to register, document, track and report your agencies progress throughout the Challenge. To help promote the Challenge, an official letter endorsed by Commissioner's Hodgdon, Burack, Campbell and Reardon has gone out to each Commissioner and their Administrative Assistants along with a list containing their agency Wellness Coordinator.

We hope that you participate and join the Challenge. Your active engagement in the Challenge will not only improve your health, it will motivate other employees to participate. We look forward to your support in helping to make this Challenge not only a healthy event, but a fun one. Awards will be presented to Commissioners or agency heads of the departments with the highest percent of participation and the greatest percent of miles traveled per participant. All employees who participate will receive a personalized certificate of completion. Please join us in celebrating this special week by contacting Wellness Coordinator about the Challenge and getting active!!

If you have any questions, feel free to contact Kathleen Sherman, State Wellness Facilitator at 695-7559 or [kathleen.sherman@anthem.com](mailto:kathleen.sherman@anthem.com); or Michael Loomis, State Wellness Program Specialist at 271-4103 or [Michael.Loomis@nh.gov](mailto:Michael.Loomis@nh.gov). Kathy and Mike will be happy to provide more details about the Challenge and the Walk NH program and assist you with communicating with your agency Wellness

Coordinator.

**Next steps:** Employee registrations are due to your Agency Wellness Coordinator by June 1st! Don't wait, send your registration in today.

### How to get started on fitness...

Many people are intimidated by the idea of starting a fitness regimen. Where to begin? What to do? How to find the time? One of the best forms of exercise is something most of us already do everyday — walking! Walking is safe, gentle, and low-impact requires no equipment or practice and allows for socializing at the same time. According to the Mayo clinic, the benefits of walking include helping the body lower the bad cholesterol (LDL) and raise the good cholesterol (HDL), lowering the risk of heart disease and other illnesses, managing weight, improving mood, and staying strong and fit. A good walk can fit in even the busiest of days! [Resource: Corporate Wellness Programs, April 28, 2010] Other fun activities for the challenge include: biking, gardening, running, skating, dancing, swimming...just to name a few! You have to have fun when getting fit!

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NH Commissioners Challenge During-						
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Walk NH Week						
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## Schedule of Events

**Health Observances:** Men's Health, Fireworks/Home/Internet Safety, National Headache Awareness, Sun and Eye Safety

**June 1-7** State of NH Commissioners Challenge during Walk NH Week! Join in—contact your agency wellness coordinator to sign up today!

**June 1-7** Walk NH, visit [www.walknh.org](http://www.walknh.org) for more information.

**June 2** ChiLiving celebrates **National Running Day**. To learn more about ChiRunning, visit [www.chirunning.com](http://www.chirunning.com). Shared by member of legislative office.

**June 3** "Unlocking the Secrets of Longevity," by the Manchester Food Coop health committee at Southern NH University @ 6 pm; for more information email [manchesterfoodcoop@gmail.com](mailto:manchesterfoodcoop@gmail.com).

**June 5** National Trails Day  
[www.americanhiking.org](http://www.americanhiking.org)

**June 10** Easter Seals Walk with Me! [www.walkwithme.org](http://www.walkwithme.org)

Visit [www.healthnh.org](http://www.healthnh.org) for a calendar of events in NH related to Healthy Eating and Active Living!



## Wellness Coordinators Corner

**Congratulations to Diane Caldon, DAS Wellness Coordinator** who was a recipient of the Governor's Council on Physical Activity and Health Individual Award. She was presented this award on May 26th at the State House after the annual Intergenerational 5K walk. Diane's passion and dedication to the state's wellness status and her own personal health goals are very evident! Diane is a true wellness "champion"!



The NH Hospital Wellness Team led by Jennifer Edgerly celebrated an annual wellness event on May 20th with the theme "Do it Yourself Wellness"! It was enjoyed by hospital staff and patients. The event included skin analysis, UV protection (don't forget the sunscreen, hat and sunglasses!), Rx benefits, sneaker fitting and more!

**Wanda Botticello from DOS** has started a monthly weekend hiking club. If you're interested in joining or would like more information, please contact Wanda at [wanda.botticello@dos.nh.gov](mailto:wanda.botticello@dos.nh.gov). Wanda reports that the AMC says people shouldn't hike alone and this gives employees who may not have someone to hike with a group to join. In the winter, Wanda wants to switch over to snowshoes or x-country skiing.

Michael Loomis, the new State Wellness Program Specialist and Kathy Sherman, Anthem Wellness Facilitator are available to come to your agency for a **one-on-one agency wellness check-up or tune-up**. Please contact Michael at [Michael.loomis@nh.gov](mailto:Michael.loomis@nh.gov) or Kathy at [kathleen.sherman@anthem.com](mailto:kathleen.sherman@anthem.com) to schedule your agency wellness tune-up!

We want to hear from you! Please let us know if your agency participated in any of the fun Green Commute events so far. Share your stories and we'll print them! Contact Michael Loomis at [Michael.loomis@nh.gov](mailto:Michael.loomis@nh.gov).

Here are two **helpful websites** for healthy eating tips and guidance:

- [www.mypyramid.gov](http://www.mypyramid.gov) and [www.eatright.org](http://www.eatright.org) (shared by Kathy Sherman)
- [www.thecaloriecounter.com](http://www.thecaloriecounter.com) (shared by Cheryl Frey)

# Healthy Recipe

## Greek Sardine Salad

These days everyone's trying to get more omega-3 fats in their diet, because they benefit your heart and your brain according to Eating Well magazine. According to the magazine, sardines are one of the healthiest foods that can be consumed. Sardines are one of the best sources of omega-3 fats, and they're packed with vitamin D. According to environmental experts, sardines are low on the food chain so they don't harbor lots of toxins like bigger fish can. Consider trying this recipe. It's quick

and easy to prepare! Serve with warm pita and enjoy!

4 servings, about 2 cups each; total time: 20 minutes

### Ingredients

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon freshly ground pepper
- 3 medium tomatoes, cut into large chunks
- 1 cucumber, cut into large chunks

- 1 15-ounce can chickpeas, rinsed
- 1/3 cup crumbled feta cheese
- 1/4 cup thinly sliced red onion
- 2 tablespoons sliced Kalamata olives
- 2 4-ounce cans sardines with bones, packed in olive oil or water, drained

**Preparation:** Whisk lemon juice, oil, garlic, oregano and pepper in a large bowl until well combined. Add tomatoes, cucumber, chickpeas, feta, onion and olives; gently toss to combine. Divide the salad among 4 plates and top with sardines.

**Exchanges:** 1 starch, 1 vegetable, 2 lean meat, 3 fat. Visit [www.eatingwell.com](http://www.eatingwell.com) for additional info and delicious healthy meals.

# Local Government Center

**June is National Men's Health Month.** What better time to schedule the LGC's **Men's Health: Tune Up for Life** for your agency employees. Most men do a better job of taking care of their cars than their bodies. This interactive workshop teaches them how to treat their body more like their car by keeping it in tip-top shape. Attendees also learn about chief health threats for men and preventive strategies to stay healthy. Contact Bill at the LGC to schedule a workshop.



To schedule this Health and Safety Seminar, contact your LGC Health Management Representative

Bill Byron  
800.852.3358 ext: 208

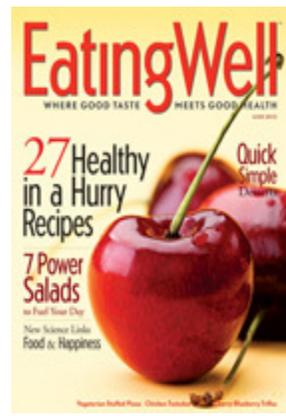
or e-mail

[wbyron@nhlgc.org](mailto:wbyron@nhlgc.org)

# Magazine of the Month

Cheryl Frey from DOI, is a fan of **Eating Well Magazine**. You can check it out by purchasing the magazine or visiting the website, [www.eatingwell.com](http://www.eatingwell.com). Want to slim down for the summer? EatingWell's 28-day Weight Loss Diet Meal Plan is designed to provide an overall healthy-eating program that meets the U.S. Dietary Guidelines for Americans at three different daily caloric levels: 1200, 1500 and 1800. The menus are packed with nutrient-rich foods, including whole grains, lean meats, low-fat dairy and plenty of fresh fruits and vegetables.

Each of the 28 days on the plan includes 5 to 8 Eating Well recipes that use common, everyday ingredients and are simple to prepare. The recipes include entrees, side dishes, salads and desserts and are accompanied by other healthy foods to create nutritionally balanced meals that are both delicious and satisfying. In addition to breakfast, lunch and dinner, each day in the plans includes a morning and an afternoon snack. The Weight Loss Diet Meal Plans model healthy eating patterns that can be followed for lifelong weight control. Check in with Cheryl, many of the DOI employees have already started! You can contact Cheryl at [cheryl.frey@ins.nh.gov](mailto:cheryl.frey@ins.nh.gov).



# Celebrate Men's Health

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Men's Health is celebrated in June to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men. There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily.

In 1920, the life expectancy of males and females was roughly the same. Since that time and, increasingly, in the 1970s, 1980s and 1990s, the life expectancy for men has dropped in comparison that of women. Women outlive men by more than 5 years.

The leading causes of death include (1) heart disease, (2) cancer, (3) accidents (unintentional injuries). In most cases, these causes of death are preventable by reducing risk factors. Only 34% of men 18 years and over engaged in regular leisure-time physical activity and 23% currently smoke; 32% of men 20 years and over are obese and 31% are living with high blood pressure.

Men's Health Month occurs during the same month as Father's Day. To quote Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994): *"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."*

## Healthy behaviors for a long life include:

- Eat more fruits, vegetables and whole grains. Choose fat-free (skim) or low fat (1%) milk. Eat less fried foods, fatty meats, donuts, cakes and candy.
- Limit foods and drinks high in calories, sugar, salt, fat and alcohol – read the labels, you'll be amazed what's in some of those packages!
- Be active for at least 30 minutes a day. Include activities that raise your breathing and heart rates, and that strengthen your muscles, too.
- Quit smoking, and breathing other people's smoke. Secondhand smoke is harmful to your health, too! Visit [www.trytostoph.org](http://www.trytostoph.org), or call 1-800-Try-To-Stop (800-879-8678) for free counseling.

- Wear helmets, seat belts, protective sport equipment, sunglasses, and sunscreen for your protection.
- Try to get at least eight hours of sleep a night. Sleep is also very important for your health.
- Manage stress in your life. Use your NH EAP. 1-800-852-3345, ext. 4336
- GET CHECKUPS! Ask your doctor or nurse what exams, tests, and shots you need and when to get them. You can also find a list on [www.anthem.com](http://www.anthem.com).
- WATCH FOR WARNING SIGNS! See your doctor or nurse. See them sooner if you feel sick, have pain, notice changes, or have problems with your medicine.

[http://www.cdc.gov/nchs/fastats/mens\\_health.htm](http://www.cdc.gov/nchs/fastats/mens_health.htm)

Note: Nutrition counseling is covered under your medical benefits at no charge to you. *(If billed as an office visit, service will be subject to an office visit co-pay, 3 visits per member per calendar year, unlimited for diabetes or organic disease. All preventive care such as immunizations, prostate screening and routine physical exams are covered at no charge.* The State of New Hampshire (SoNH) Wellness Program can also help schedule health education workshops in your agency.

**Contact your agency Wellness Coordinator to find out how you can participate in the next NH Wellness Training Session in July or contact Michael Loomis, SoNH Wellness Program Specialist at 271-4103 for more information.**



# Local Recreational Spotlight



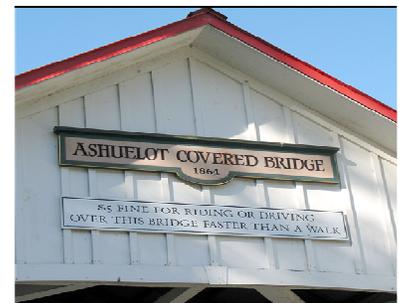
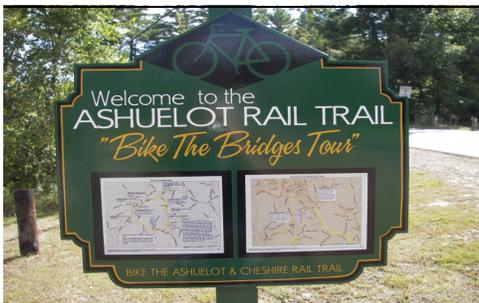
## Ashuelot Rail-Trail

Nestled in the hills and valleys of southwestern New Hampshire, the Ashuelot Rail-Trail stretches for 21 miles as it runs along the scenic Ashuelot River and through picturesque farmland. This is a true multi-use trail as both motorized and non-motorized users such as snowmobilers, cross country skiers, equestrians, hikers and mountain bikers take to the trail. The trail's southern endpoint is near the rural town of Hinsdale, the trail heads east through the small town of Winchester before turning north and heading toward the city of Keene. One mile from the start of the trail is the Hinsdale Station, a far reaching and accurate private restoration of a Boston & Maine Railroad station in New England. The location of the Hinsdale Station is somewhat unique as it overlooks the valley below. Most railroad stations aren't situated with spectacular views like this one.

For the next few miles, the trail runs along a ridge and provides some panoramic views of the Ashuelot River. Near the four-mile mark, the trail passes the Ashuelot Covered Bridge, which is listed in the National Register of Historic Places. Here also are the Sheridan House, an historic building restored by the Winchester Historical Society, and the run down Ashuelot station. At mile seven, the trail crosses a small road where directions to Winchester offer the opportunity to explore this charming town and stop for a bite to eat. From Winchester, the trail heads north through the town of Swanzey and on toward Keene.

**Parking and Trail Access:** To reach the Keene trailhead from Ashuelot River Park, turn left on West Street, right on School Street, then right again on Emerald Street. Parking is available in the shopping center lot directly across from the trailhead.

To reach the Hinsdale trailhead, follow State Route 63 for 2.1 miles south out of Hinsdale. The trailhead is on the right. <http://www.trailink.com/viewtrail.aspx?AcctID=6016391>



## Rail-Trail Overview

Rail-trails are multi-purpose public paths created from former railroad corridors. Most often flat or following a gentle grade, they traverse urban, suburban and rural America. Ideal for many uses, such as bicycling, walking, inline skating, cross country skiing, equestrian and wheelchair use, rail-trails are extremely popular as recreation and transportation corridors.

Rail-trails create healthier places for healthier people. They serve as wildlife conservation and historical preservation corridors, stimulate local economies by increasing tourism and promoting local business, offer safe and accessible routes for work and school commuting, and promote active lifestyles for all ages. To learn more about rail-trails or find one near you, visit <http://www.railstotrails.org/index.html>

All recreational trails in New Hampshire are multi-use trails. Users of may include hikers, bikers, equestrians, off-highway recreational vehicles (OHRV's), snowshoers, cross-country skiers, and sled dogs. Please note: Different types of *motorized usage* are allowed at different times of the year on some multi-use trails. Please check to be sure your particular activity is allowed before using the trails. For more information, visit:

<http://www.railstotrails.org/ourWork/trailBasics/FAQs.html>

## The Great Outdoors!

### 2010 New Hampshire's Great Park Pursuit!

The New Hampshire Division of Parks and Recreation is once again organizing the 2010 Great Park Pursuit. Details are being finalized. The kick-off will be Saturday, June 12th at Bear Brook State Park. Four other events will follow on June 26, July 10, July 24 and August 8.

The Great Park Pursuit encourages teams, which need to consist of at least one player over 18 and one under 18 to compete in organized events throughout the summer. The goal is to get outdoors, enjoy NH State Parks and have fun!

**HURRY!** Registration closes on June 1, 2010. Visit <http://www.nhstateparks.org/whats-happening/great-park-pursuit/default.aspx> or call 603-271-3556 to register.



## Resources for Eating Healthy

Provided by "Green Guide 2010", a handbook for sustainable living in New Hampshire

**Farmers' Markets**—One of the easiest ways to eat local food is to visit a farmer's market. There's often more than just fresh, local food there. Many offer live entertainment and homemade goodies. For a list of farmers' markets in New Hampshire, visit [nhfma.com](http://nhfma.com), [www.healnh.org](http://www.healnh.org), or call 603-673-5792. And if you don't want to leave home, visit the virtual farmer's market at [nhfarms.com](http://nhfarms.com)

**Pick Your Own!**—Eating local is important, but so is having fun. And what's more fun than eating a very right off the bush? Two resources we like for searching through all the state's pick-your-own options are:

- <http://agriculture.nh.gov/publications/> Scroll down and select "New Hampshire Harvest-Your-Own Guide"
- [pickyourown.org](http://pickyourown.org) This colorful site lets you search by state and it also includes instructions on how to can, freeze or dry your harvest.

