

PEHP Healthy Utah Annual Wellness Council Summit
Motivation for Transformation



❧ *Resource Book* ❧



Utah State Office of Rehabilitation

Specialized Services Wellness Council

- Most successful event this year

We just started our Wellness Council this year so we don't have a huge range to choose from. I would say it was the dietitian visit by Maria Givler. She met with individual staff members for ½ an hour each and gave them 1-1 professional dietary advice. Each staff member who saw Maria got a lot of great information and motivation for change.

- An annual/traditional event

We'll see next year!

- Sample of your newsletter

See document attached to email.

- Family participation events

We have included spouses in our Breaking Bad Challenge and access to the dietitian

- Fund raising ideas

We have discussed setting up a healthy snack bar with a small mark-up that will go back to the Wellness Council. We believe this will act as both a healthy alternative to fast food and also a fundraiser.

- Other

We have a few very intractable souls in our building who just feel they don't need to be 'told what to do' with their health. We definitely avoid coming across this way but does anyone have ideas about how to sweeten up these sourpusses?

BREAKING BAD HABITS

HEALTH AND WELLNESS NEWSLETTER

Volume 1, Issue 1

February 2013

Wellness in Specialized Services

Wellness Council Meeting

The positive and exciting developments for Wellness in Specialized Services kicked off in February. This newsletter is to re-cap the main points of our meeting so that we are able to share our progress with our respective departments - UCAT, CES, UWIPS and the CTW/Governors Committee/DOH.

We had a strong response to our Wellness Survey and it shows that people in Specialized Services have a strong desire to address several issues that affect their personal and professional lives.

The areas people want help most are: weight loss, diet and exercise, managing stress, personal financial management and retirement planning.

In the workplace people asked for help with managing changes, organizing and managing work, communication, work station ergonomics, conflict resolution, flexible scheduling, balancing work and family and training to enhance job-related skills.

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BrEAKING BaD (habits) Campaign



We are creating an integrated nutrition and exercise campaign called Breaking Bad (habits). Details on prizes, etc, to follow next month.

We plan to disseminate updates on the campaign at Staff Meetings

Our Breaking Bad campaign looks like this:

- **March:** Healthy Utah testing drive challenge. (See page 4 for testing dates and sites.) We want to try and get everyone tested during March. **There will be a testing session held at JAB on APRIL 9 from 9am to 12:30pm – more information to follow.**

Remember that there is AT LEAST \$50 in it for you when you complete your test.

Note: some people may have tested within the last 6-12 months. You are able to use that test to meet the March testing challenge.

- **April:** Breaking Bad Eating Habits. Nutrition support and assistance. (Recipes, professional dietitian etc, more info to follow.)
- **May:** Breaking Bad Exercise Habits. Encouraging a change in exercise routine (certified personal trainer, workplace activities and support. More information to follow.)
- **June:** The Breaking Bad Specialized Services Challenge. This is the Walter White of health challenges. It begins with a devastating diagnosis and a month of excessive change. There will be incentives and prizes (probably not duffel bags of cash!) Hopefully this show will continue on for many seasons, keeping us all on our best behavior - just like Walter!

We will not try to tackle everything at once, instead we intend to break up the needs of staff into separate topics, headed by a different member of the Wellness Council: physical/exercise needs (Lisa), nutrition (Kelly & Cheryl), financial (Cache), mental health (Ruth) and environment/workstations (Kevin.) We hope to be a resource and sounding board for Specialized Services staff.

FOOD RULES TO IGNORE

Dieting rules abound but can you tell fact from fiction?

True or False:

1. All calories are equal.
2. Skipping meals hastens weight loss.
3. Going vegetarian is a sure way to lose weight.
4. Eating at night causes weight gain.
5. This "fattening" food should be avoided when dieting:
a) bread b) pasta c) neither
6. Which types of food keep you full longer?
a) fats b) proteins c) carbohydrates
7. Some fad diets can cause:
a) gallstones b) heart rhythm abnormalities
c) both of the above
8. Which food helps you burn calories?
a) none b) celery c) grapefruit

Answers:

1. True. But eating fruits and vegetables and foods rich in fiber and water will help you feel fuller than eating an equal calorie portion of some other foods.
2. False. Skipping a meal can trigger overeating at your next meal, slow your metabolism and cause you to burn fewer calories.
3. False. High-fat, high-calorie foods can sabotage any diet plan — vegetarian or not.
4. False. It's not when you eat, but what and how much you eat and how much exercise you get that makes a difference.
5. C. Calorie for calorie, bread and pasta are no more fattening than other foods. However, vegetables might keep hunger at bay longer.
6. B. Though fats digest slower, new research shows that proteins help you feel more satiated and control your appetite.
7. C. Fad diets can cause many health problems. Stick to a reasonable, balanced diet plan instead.
8. No foods burn calories to assist weight loss. loss.
- 9.

How did you do?

If you got 6 or more answers correct, you're a food fact expert.

PAY IT FORWARD Day

April 25th, 2013

We completed a last minute sign-up for our Wellness Council to participate in February's Pay It Forward Challenge (I'm not sure why they didn't run it in conjunction with the April Pay It Forward Day?)

Those who participated in the PIF Challenge gave a lot of positive feedback about the experience but what was curious and touching was that people really didn't want to talk about the ways that they had helped others. There was a modesty about their actions which was consistent across different people.

It seems like doing random acts of kindness creates an intimacy that pushes the ego to the back and exposes a certain vulnerability in the 'giver.' After all, we are entering into a new relationship, however brief, and we don't want to be rejected.

There are a lot of taboos about moving outside of rigid social structures which people have developed over the millennia, protecting us from "the other." We can use kindness to break down barriers we place between ourselves and others in our community.

I was thinking about someone who said they felt like they didn't need to participate in PIF because they are altruistic and help anyway (through church etc.) While this is great, I also think that organized, giving entails a directional power structure where there is a powerful giver and dependent receiver. You go to a certain church/organization or perform certain acts to get this charity. This is great, as sometimes people need support and incentivization to make necessary changes in their lives. The difference with PIF is that the power structure is flat – I can pay for a guy's gas and he could make more money than me – but the difference is how it makes him feel. He might be the guy who is always approached by charities, he has his tithing, his KUER membership and his Red Cross contributions, but today he is the one being appreciated and made to feel a part of that community beyond his tribe. A small emotional shift that day may only stop him from kicking the cat or it may truly have a kind of a "butterfly effect" on the rest of his life.

Whether you PIF formally or whether it has been a part of who you are from the beginning, I hope that you will continue to practice random acts of kindness from time-to-time and feel the subsequent bloom of happiness right there in your own brain.

STAFF MEETINGS

Let's make time in each of our staff meetings to discuss our exciting new Wellness Council and to remind everyone that they can be as involved as they want to be. They are going to get the information at staff meetings and email so if they want to join challenges now or in the future, they can sign up then. This Wellness Council is intended to be a vehicle for a cultural and environmental change in our organization. It should focus our attention on making ourselves and our team mates well and happy because mindfulness is the first step to actual change. Let's envision a Specialized Services where we actively support each other's healthy goals and we enjoy coming to work each day to find a healthy, safe, workplace with opportunity for growth and professional fulfillment!

CALENDAR OF EVENTS

PAY IT FORWARD CHALLENGE

FEBRUARY 2013

HEALTHY UTAH TESTING CHALLENGE

MARCH 2013

MORE GIGGLE, LESS JIGGLE. According to a Vanderbilt University study, laughing might actually whittle your waistline. Researchers found that 10 to 15 minutes of laughter can burn 10 to 40 calories. This may not seem like much, but it could add up to a loss of 4 pounds per year. Having a good chuckle can also reduce stress, relieve pain and increase immunity. Get more humor in your day — watch a funny movie with a buddy, go to a comedy show or spend some time with others who see the comical side of life.

Other Topics of Discussion



Leanne Geigle brought up fundraising for incentive money. We discussed a Poker Walk (could be good to get people out and exploring the neighborhood.) We could do something in conjunction with the Specialized Services summer retreat/teambuilding. We talked about a Healthy Snack table as an alternative to the 7-11. Let's discuss this a little more next meeting.

Leanne brought up the idea of lunchtime walking groups. This could be a good idea, especially for those that are uncomfortable walking the neighborhood alone.

We discussed the Financial Wellness aspect. Cache agreed to head this up. Maybe we can do a drive either mid-year to help for pre-Christmas saving or maybe next January when everyone is poor again after Christmas. Again we will be looking at having a certified professional to come in and speak. *we didn't talk about this in the meeting but someone mentioned to me that they don't want to be 'sold' something so we should keep this in mind as an ethical consideration when bringing in speakers.

We discussed a Wellness Newsletter and Ruth jumped on that one!

We discussed the focus of the group being incremental positive changes, not judgment. It is important that if someone chooses to eat a donut or drink a soda that is their choice and their right and they shouldn't be made to feel bad at work. We are here to support their positive choices because adding just one good thing to anyone's behaviors can help them feel better one step at a time. to the 'next level'!

"If you can't feed a hundred people, then just feed one." Mother Teresa

Lighten Up!

Maria Givler

Achieve a healthy weight, savor nourishing foods, enjoy activity

Do you ever wonder why foods like chocolate, potato chips, gooey baked goods, and French fries seem so irresistible? Research has increased on the subject of cravings, and several theories exist to explain this powerful draw to certain foods.

One explanation involves the associations we make between pleasurable experiences and food. Think of the celebrations that involve food: birthdays (cake), holidays (cookies, sweets), Super Bowl Sunday (wings, chips and dip), and Friday night-the week is over-celebrations (favorite restaurant foods). The associations between food and pleasure actually involve brain chemistry, namely dopamine, the pleasure neurotransmitter. The more we practice this food-reward system, our brains can actually re-wire, so we are more likely to crave certain foods again in the future. Dr. Mark Gold, MD, chairman of the department of psychiatry at the University of Florida has this to say: "It's not just that these high fat, sugar-filled, sodium-laden foods are convenient—it's that they're actually engineered to make us crave them. These foods have an effect on the brain that's much stronger than those produced by foods that you could hunt or grow. The complexity of tastes, flavors, and textures in processed foods is simply more stimulating for the brain than something that comes from the earth."

So, what are some ways you can help to re-train the brain and combat these powerful food cravings? Dr. Pamela Peeke, MD, Assistant Clinical Professor of Medicine at the University of Maryland offers three suggestions:

1. Strengthen your mind.
2. Trick the mouth.
3. Move your muscles.

Read an article explaining these three steps here: [Food Addicts Can Re-Train the Brain](#)

Reference: *The New Way to Conquer Cravings*. www.health.com. April, 16, 2012.

This week's healthy recipes

[Low Calorie Winter Dinner Recipes](#)

Healthy Utah Testing Schedule & Locations

March/01/2013	Salt Lake Public Utilities/shops	1530 South Jefferson	Salt Lake City	shops training room
March/19/2013	TAL Office/DCFS	1385 South State St	Salt Lake City	Conference Room
March/19/2013	TAL Office/DCFS	1385 South State Street	Salt Lake City	Conference Room
April/08/2013	Tax Commission	210 N 1950 W	Salt Lake City	1026
April/08/2013	Tax Commission	210 N 1950 W	Salt Lake City	1026
April/09/2013	Judy Ann Buffmire	1595 W 500 S	Salt Lake City	Conference Room



Cannon Building Wellness Council 2012/2013

Most successful - Very hard to say, we've had some great events! Our brown bags, sack lunch on back patio in September was well attended & the Iron Chef's challenge.

Annual tradition - Iron Chef - it was a huge success this year! I will add photos - We had Dr. Patton, Michael Hales & Teresa Garrett as our judges - over 100 people attended! :)

Sample of newsletter included

Family participation - I believe we had families participate in the Diabetes 5k - Christine let me know if I missed something here.

I don't believe we did fund raising ~

However, we did do a Utah Food Bank & Rescue Mission Drive and had excellent participation and people loved giving back to the community! ☺



WellNews

CANNON BUILDING WELLNESS COUNCIL APRIL '13 ENEWSLETTER

This month's success story: Is Michelle Martin; who has lost 35 lbs in the last year. She said, "Hard work with exercising and portion control has helped me to do this. Weight watchers program and PEHP waist away program has also been a great support. I have enjoyed participating in mud runs, 5k's and stomp for the cure snow shoe events. I still have more weight to go but am happy with the progress I am making. Better health and 3 pant size smaller feels great! I've lost 5 inches in my waist!" ☺ If you or someone you know has a success story that you would like to share to inspire others please send them to cweiss@utah.gov
Before.....



After



Thank you Iron Chef Contestants, Judges and all who participated!



The Judges Choice winners were:

Main Dish: Kim Shinkoskey, Cauliflower and Root Vegetable Potpie

Appetizer/Salad: Audrey Curtis, Quinoa Fruit Salad and Diane Kimmerle, Mock Potato 'Cauliflower' Salad

Dessert: Heather Rich, Whole Grain Chocolate Chip Cookies

The winner for the crowd favorite was:

Heather Rich, Whole Grain Chocolate Chip Cookies

CANNON BUILDING

WellNews

CANNON BUILDING WELLNESS COUNCIL APRIL '13 ENEWSLETTER

ManGos



Mangos are low fat, saturated fat free, sodium free, cholesterol free, high in vitamin A, and a good source of

vitamin C. When purchasing, choose slightly firm mangos with sweet aroma and avoid sap on skin. Store mangos at room temperature 1-2 days and refrigerate peeled/cut mangos.

Veggie Bean Wrap

Try this great vegetarian and vegan friendly recipe!

Preparation time: 25 minutes

Serves: 4

2 green or red bell peppers, seeded and chopped

1 small onion, peeled and sliced

1 can (15 oz.) drained and rinsed black beans

2 mangos chopped

1 lime, juiced

½ cup fresh cilantro, chopped

1 avocado, peeled and diced

4-10 inch corn tortillas

In a nonstick pan, sauté bell peppers and onion for 5 minutes over MEDIUM heat. Add beans, stir well. Reduce heat to LOW and simmer about 5 minutes. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. morematters.org

Using Mangos

[http://www.fruitsandveggiesmorematters.org/video/V](http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=5&Video=101&CategoryID=10)
[ideoCenter.php?Auto=1&start=5&Video=101&Cate](http://www.fruitsandveggiesmorematters.org/video/V)
[goryID=10](http://www.fruitsandveggiesmorematters.org/video/V)

APRIL IS...

Alcohol Awareness Month

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?

Source: [How to Cut Down on Your Drinking](http://pubs.niaaa.nih.gov/publications/handout.htm)
(<http://pubs.niaaa.nih.gov/publications/handout.htm>)

NEXT BROWN BAG:

Sleep: From A to Zzzzz's

Presentation By: Leanne Geigle

Date: Tuesday April 9, 2013

Time: 12:00

Where: Room 114

**BRING YOUR WELLNESS CARD &
GET IT SIGNED & LEARN MORE
ABOUT GETTING QUALITY SLEEP!**

Shoulder Pinch



- ◆ Place arms behind head being careful not to press hand into head.
- ◆ Relax shoulders, and squeeze shoulder blades together while keeping shoulders back and down.
- ◆ Hold 5-10 seconds. Repeat 2-3 times.

[http://www.sc.edu/eh/Exercise/Exercise%20](http://www.sc.edu/eh/Exercise/Exercise%20%20Office%20Stretching)
[%20Office%20Stretching](http://www.sc.edu/eh/Exercise/Exercise%20%20Office%20Stretching)

CANNON BUILDING



IRON CHEF COOKOFF ENTRY FORM

March 21, 2013
12:00 PM – 1:00 PM

Applications must be received by March 15, 2013.

Name: _____

Division: _____

Bureau: _____

Telephone: _____

Email Address: _____

PLEASE ATTACH YOUR COMPLETE RECIPE TO THIS ENTRY FORM.

I hereby certify that all food will be properly handled and treated. I also certify that food will be healthy for consumption to the public. I also have read the rules and guidelines and agree to abide by them.

Signed: _____

Dated: _____

Return entry forms by email to Ginny Ambrenac at gambrenac@utah.gov. Please call (801) 538-6298 if you have any questions. After turning in your entry form, you will get a confirmation email. If you do not receive this confirmation, please call (801) 538-6298.

CANNON BUILDING

Iron Chef Cookoff Rules

Cooking rules:

1. All entries must be homemade. No box mixes allowed.
2. All entries must be made using healthy ingredients.
3. Entries are to fall into one of these categories:
 - a. Appetizers/Salads
 - b. Main Dish
 - c. DessertNo casseroles or fried dishes will be allowed. Please be aware of food safety guidelines and only bring food that can be kept warm using a crockpot, kept in cold in the refrigerator, or does not need to be kept warm or cold to ensure safety (example: cookies).
4. All recipes must contain at least one of the showcase ingredients, which are:
 - a. Mango
 - b. Cauliflower
 - c. A whole grain
 - d. Pistachio
5. All cooking supplies and ingredients are to be supplied by the individual applicant.
6. Basic health codes for event cooking shall be followed during preparation and distribution of samples. It will be the responsibility of the individual to maintain an environment that adheres to food safety guidelines throughout the event.
7. Each individual is to make a minimum of 100 sample sizes. The Wellness Council will provide sample cups for tasting.
8. A copy of your recipe must be typed out and presented at your booth. You must also turn in one copy of your recipe to the Wellness Council with your registration.
9. You must be set up by 11:30 and ready to serve by 12:00.
10. Serving time is from 12:00 to 1:00 or until gone.

Judging

1. Judging will be based on the health of the ingredients, the taste, and the appearance.
2. There will be a panel of judges that will pick winners as well as a crowd favorite.
3. Each person will be given a small sample cup for them to judge your entrée.
4. The winner will be announced at the end of the day and via email.

This event is to be fun and enjoyable. Thank you for participating.



Submit an entry to the Iron Chef Competition!

Where: Cannon Health Building 114
When: March 21, 12:00 PM to 1:00PM

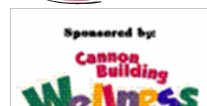
Prizes will be awarded to winners in each category: appetizer, main entrée, or dessert.

At least ONE of these items must be present in the dish:

Mango
Pistachios
A whole grain
Cauliflower

Entry forms will be sent as an attachment to the Wellness Council email, or you can find them throughout the Cannon Health Building. Look for them at the Book Nook and in the cafeteria as well.

Entry forms will be due by the end of the day on March 15.



CANNON BUILDING



Utah Department of Corrections (UDC):

UDC biggest problems that we face as a Wellness Team is that we have over 2,500 employees between the Utah State Prison (Draper), Central Utah Correctional Facility (Gunnison) and Adult Probation & Parole (AP&P) offices all over the state. Getting out information and coordinating activities is a extremely hard, due to some officer that only use the computers to complete a time sheet. Officers and other staff are busy throughout the day working with offenders, providing security, escorting offenders to work, school, medical, court, and religious services. Our facilities have two squads that usually work 12 hours shifts with different days off, and then we have staff that work flex shift, and regular hours. We are trying to build a bigger and better Wellness Team by adding more team members at all locations. We meet once a month, by VIACK.

An annual/traditional event

The first full week of May is designated as Corrections Week. During the week we recognize the officers and staff at the UDC for their exceptional jobs that they perform.

For the last 6 years we have had a Family Night where staff can bring their families and enjoy a night of fun and relaxation. This year we had two family nights: (to accommodate all the different shifts and squads) May 6 & 8 from 6:00 to 8:00pm

- Everyone who came was greeted by our new Director and he handed out bags to the children to use to collect their goodies. (Donated by PEHP and Smith's)
- We held a Bike Rodeo in the parking lot, this area taught adults and children about Bike safety and rules of the road, we talked about the up-coming "ride your bike to work" and about bike care and helmet use. Dept of Public Safety has a trailer they will let you use, that contains all the bikes and equipments. Contact KGibson@utah.gov
- We had Great Basin Wildlife Rescue come and give a presentation about the animals that they rescue and how they take care of them and try to release them back into their habitat. They brought a number of birds with to show the families.
- We had a laser shoot contest-which is like a big video game on a theatre screen, that we use for training..
- We had seven different games for the children to play and receive prizes. (prizes from Oriental trade and from Tobacco cessation program).
- We had a move it corner, where we played music and dances, played with hula hoop, beach balls and bubbles. We even had a clown come in and do stretch band exercises.
- We also fingerprinted each child and provided the card to the parents along with information about being safe, and who you can trust if you need help..
- For our Health and Safety corner, I contacted many state agencies and requested pamphlets, prizes, and information on water safety, boating safety, outdoor safety, poison control, and office of tourism. They were all willing to share their information. We placed it on a couple of tables and had the Wellness Team assist with giving more information and answering questions.
- We provided snacks, sloppy joes, nachos and water.

Contacts:

Miguel Silva – Health Dept – Utah Tobacco Prevention and Control
Doug Murakami – Parents Empowered

DEPT OF CORRECTIONS

Poison Control Center

Dave Hansford – Utah Tourism

Operation LifeSaver – Vern Keeslar olut@digis.net

Department of Public Safety, Department of Health,

Healthy Utah – Leanne Geigle

We received T-shirts, snoopy dogs, key chains, two \$25.00 dollar gift savings from Utah Educational program, from vendors at our benefits fair.

We also this year, started our on-line newsletter, it is on the UDC website and we post:

- Brown Bags
- Any upcoming activities
- Any community activities
- Recipes, ideas or coupons
- Health related topics
- New employees, or employee of the month
- Example below:

Correction Week Family Night

will be held May 6 and 8 at the FRED HOUSE ACADEMY from 6:00- 8:00 PM.

Monday, May 6 we will have the following events:

Bike Rodeo, Fish pond, Fingerprinting, Health and Safety Corner, Dance room, and a visit from the Great Basin Wildlife Rescue.

Wednesday, May 8 activities:

Fish pond, Games, Fingerprinting, Health and Safety Corner, Dance Room, and SWAT will have a dog demonstration at 6:00-6:30 pm

Other Activities will include: BOTH NIGHTS (May 6 & 8)

UCI PERSONAL License Plates for Sale can only be purchase at the Family Night on both Monday and Wednesday. Price will be announced later. UCI will only accept CASH!

Laser Shoot Contest for all UCD employees (both nights)

\$20.00 Walmart Gift Card to the highest score, other prizes will be available for employees family members high score.

Door Prizes will be awarded May 9, sign up at the Health and Safety Table.

MARK YOUR CALENDARS TO ATTEND THE DIABETIC EXPO

March 2, 2013

South Towne Expo Center, Salt Lake City, UT

The Expo is a FREE event and includes health screenings, cooking demonstrations, product and service exhibitors and leading experts talking about diabetes management and prevention. Get the latest information on preventing and managing diabetes and its deadly complications to help keep you and your family healthy.

For more information on participating in the 2013 Expo, contact Beverly Bartel at 801-363-3024 ext. 7072 or bbartel@diabetes.org

On Wear Red Day we invited our Medical Staff to train us on CPR/First Aid and use of AED, and handed our apples and water to those who attended.

We completed our FALL BACK INTO FITNESS CHALLENGE for 6 weeks.

The first thing staff had to do was sign up and send us a BIO about themselves, where they worked, hobbies, why they chose Corrections?. Then for the next 6 weeks I sent out their information along with the information emails about the challenge. Everyone enjoyed reading about staff that they didn't know. We sent out an Exercise chart that covered activity, daily water intake, sleep hours and mental health.

We participated in the Maintain Don't Gain Challenge and Pay It Forward. added some of our own activities.

DEPT OF CORRECTIONS



State of Utah

GARY R. HERBERT
Governor

GREG BELL
Lieutenant Governor

Department of Human Services

PALMER DEPAULIS
Executive Director

Division of Child and Family Services

BRENT PLATT
Director

Salt Lake Valley Region

DIANE MOORE
Director

Metro Wellness Council

Our wellness council currently consists of 9 members. We meet monthly and have employees from both the 2nd and 3rd floors (DCFS) involved.

The annual walk in which we have a potluck kick off for and encourage employees to use pedometers and to keep track of other activities they do with the help of a conversion chart. Gift cards and cash prizes are given.

We have an annual poker walk that employees enjoy participating in. They pay an entrance fee and three winners are chosen for gifts afterwards.

The silent auction that is held in the fall is our best fund raising activity. This past year we made \$700. The entire building was invited to this.

This upcoming year we may be adding DWS to our council.

Metro Wellness News

August 2012

Salt Lake Farmers Market at Pioneer Park

2012 Market Hours and Dates:

Saturday mornings: June 9 - October 27, 8 am to 1 pm

Tuesday evenings: August 7 - October 23, 4 pm to dusk

August is.....

National Immunization Awareness Month

Medic Alert Awareness Month

Cataract Awareness Month

5K's in August

4th Magna's 4th of July 5K - Magna

4th of July Sandy Classic - Sandy

4th Murray Fun Days 5k Race - Murray

4th Grantsville City's Barrus Memorial Race

7th Park City Mini-Trails Series 10 k -

13th 2012 Relay for Life - Salt Lake City

14th Runner Cross - Salt Lake City

14th Sole 2 Soul 5K & Event- Celebrating Love SLC

14th Run Through the Lavender Half Marathon - Mona

August 1-7 - World Breastfeeding Week

August 6-10 - National Health Center Week

August 7 - National Night Out (America's Night Out Against Crime)

August 9th - International Day of the World's Indigenous People

"I believe that laughter is the best emotional Band-aid in the World." Matt Leblanc pg. 78 of Redbook Magazine Aug. 2012

Eat Well in Season

August's Superfood: Cantaloupe This summer, dig in to some anti-aging salad! We're serious. If your fruit salad has at least one cup of cantaloupe, you'll get a significant amount of beta-carotene - which can help slow the aging process and keep hair shiny - along with more than 100 percent of your daily Vitamin C needs, says registered dietitian Lisa Dixon. Use it in sweet and savory dishes, like this salad from Dixon: Toss cubed cantaloupe with 1 pint halved grape tomatoes, 1 Cup Feta cheese crumbles, 1 Tbsp. fresh mint, a handful of chopped hazelnuts, and your favorite citrus vinaigrette. Another idea: Cantaloupe Agua Fresca. Combine the juice of two limes and some chopped mint with a pureed, strained melon and 4 Cups of Water. Serve chilled. - Written by Kelly Mickle pg. 150 of Redbook Magazine Aug. 2012

visit: www.healthytahutah@pehp.org
to find out about testing sessions, rebates, challenges.
great information! ↑note change

Our Great Janeen Brazier who founded our Wellness Council will be retiring on August 16th. Please be sure to stop by and see her before her last day.

Experience our popular Metro Farmers Market every Wednesday from now until well into October. The employees bring their extra produce from their yards to share with one another. The items are put out by the lobby area on the 3rd floor by the elevators.

Baby Summer squash with Ricotta and mint

Prep time: 10 minutes Cooking Time: 6 minutes

1 Tbsp. extra-virgin olive oil
2 lb mixed baby zucchini, yellow squash, and pattypan squash, cut into bite-size pieces
½ tsp. kosher salt
1/8 tsp. freshly ground black pepper
¼ tsp. crushed red pepper flakes
¼ Cup mint leaves, torn
½ Cup Ricotta cheese

Whole Mint leaves for garnish

1. Heat a large skillet over medium-high heat. Add oil and swirl to coat skillet. Add squashes, salt, black pepper, and red pepper flakes. Cook 5 to 6 minutes, stirring frequently, until squashes are tender. Remove from heat and stir in torn mint leaves. Transfer squash to a serving dish and top with Ricotta. Garnish with mint leaves. – Chef Stephanie Izard pg. 140 Redbook magazine August 2012.

Greek Omelet

½ Cup chopped fresh spinach
¼ Cup chopped red onion
1 egg and 2 egg whites (or ½ Cup liquid eggs)
2 Tbsp. diced tomatoes
2 Tbsp. crumbled reduced-fat Feta Cheese
½ Tbsp. chopped fresh basil

Make it: Spray a large mug or bowl with nonstick spray. Add spinach and onion and microwave for 1 ½ minutes, or until softened. Blot away excess moisture with a paper towel. Beat egg and egg whites with a fork, then stir them into the mug. Microwave for 1 minute. Mix in remaining ingredients and nuke for 1 more minute, or until set. Lisa Lillien's omelet-in-a-mug pg. 154 of Redbook Magazine of August 2012.



Salt Lake Public Utilities

Ready, Set, Go was a fun team-based fitness and health challenge for all Public Utilities employees. Employees were invited to form a **team of 4** co-workers to compete with other teams to meet their goals. Everyone competing in the challenge received a pedometer.

The contest began on February 4 and ended on April 26. Teams chose a team captain who reported the team's results on a weekly basis.

Each team completed a pledge form on which team members committed to completing **three goals**. Goal examples were as follows:

- Walk a minimum of 1 mile 5 days of the week..
- Exercise for 30 minutes 5 days of the week.
- Sleep between 7-8 hours per night most days of the week.
- Participate in a stress management activity at least 3 times per week.
- Eat at least 5 servings of fruits and vegetables daily.
- Limit sugary beverages to once a week and drink 8 glasses of water a day

Once all teams were formed they were given:

A pedometer

Ready, Set, Go logbook

Weekly exercise and nutrition tips

The PipeLINE

March 2013

Salt Lake City Department of Public Utilities

Serving our Community • Protecting the Environment

Volume 11, Issue 2

Why listening is better than talking *by Margaret Heffernan*

Inside this issue:

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Editorial Board

Linda Jennings, Editor

Vickie Baer, Watershed

Zee Smith, Administration

Ila Lepley, Water Reclamation

Kurt Spjute, Finance

"I don't think my colleagues listen. Any time they're silent, I just think they're loading their guns."

That is the way one banking executive described listening: The period during which you are figuring out how to take out your colleagues.

It's a shocking but, I suspect, not unusual view of listening. And yet listening is at least as important as speaking. Yet while executives endlessly get coaching in presentation skills, very few develop their listening skills. Which could, of course, explain a lot of routine miscommunication at work.

Being a world class listener isn't automatic or easy, so here are some ideas about how to develop your skills.

1. Promise yourself you won't speak. This is hard for some people who feel that silence makes them invisible. Strangely, I've rarely found this to be true. The less you speak, the more impact you make when you do.

2. Listen for underlying assumptions. What is the speaker taking for granted that might or might not be true? Are those assumptions valid, fair or have they even been checked?

3. Listen to rhythms and pace. If you listen to conversations as though they were music, their aural qualities will tell you a great deal about the underlying emotions. Who is tense and who is confident? Is the anger real?

4. Where are the blockages? Many people are poor at articulating their needs. They talk about what they think they need but not why. Try to hear the needs in a conversation, rather than the demands. When you understand needs, you are in a better position to deliver effectively.

Is listening easier than talking? I don't think so. But what I have found is that if you listen well, you always end up with something meaningful to say. That's rarely true of the rest of the room.

Note: This article appeared in the January 15, 2013 issue of Money Watch

HAND SAFETY - GET A GRIP

Hand injuries consistently account for a large percentage of construction related injuries. Your hands allow you to perform a variety of tasks that make you a skilled and valuable associate and allow you to perform many tasks that we normally take for granted.

What would it be like without the use of your hands?

You would not be able to be employed as a construction worker, dress yourself, open a door, use a fork to eat, or hold a child's hand.

The first step to hand safety and preventing injuries is being aware of the hazards and dangers involved in your job so you can avoid or control them. Common hazards that you should be aware of include: pinch points, sharp edges on materials, rotating tools, hot objects and hand tools such as utility knives.

SOME SAFETY SUGGESTIONS TO HELP PRE-

VENT HAND INJURIES:

- Be rested, stay alert!
- Know the area you will be working in and the correct safety procedures for the tools or equipment you will be using.
- Inspect the tools and equipment prior to using them for defects and proper operation. Use the right tool for the work you are doing. Many serious hand injuries are the result of using the wrong tool for the job or using the right tool in the wrong way.
- Use push sticks, pliers or clamps to secure work; never put your hands into a danger zone.
- Ensure power is off prior to any repair work.
- Use your personal protective equipment including the appropriate gloves.

HERE ARE A FEW SAFETY HINTS FOR SOME OF THE COMMON HAND TOOLS WE USE

EACH DAY:

Hammers - Grip handles tightly keeping your wrist straight.

Keep your eyes on the object you are hitting and strike it with a square blow.

Screwdrivers - Use a vise, to ensure the object you're working on is secure or place it on a flat surface so it doesn't slip. Never hold the object in your hand.

Knives - Keep knife blades sharp. Make cuts in a direction away from your body. Retract or shield the blades when not in use.

Keep in mind that your hands are one of your most important tools; keep them safe and in good condition.



Upcoming WEF Webcasts *(register at www.wef.org)*

Wednesday, February 20

1:00 pm – 3:00 pm EST

Cost \$0

Collection Systems: Business Case for Action

Topics in this webcast will include Inflow/Infiltration - how much is OK?, the drive for replacement and rehabilitation, and the use of specific tools such as flow monitoring.

Speakers in this webcast will be:

- Jerome Flogel | P.E., Milwaukee

Metropolitan Sewerage District

- Patrick Stevens | P.E., ADS Environmental Services
- Reggie Rowe | CH2M Hill, Inc.

Wednesday, February 27

1:00 pm – 3:00 pm EST

Cost \$0

Fundamentals of Grit Removal and Grit System Evaluation

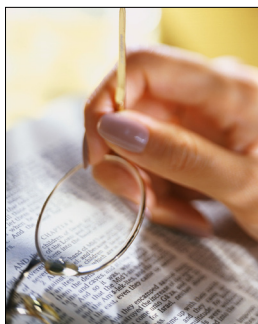
Part I of this two-part series will take you through a series of recordings from the WEFTEC 2011 Fundamen-

tals of Grit System Evaluation workshop and include a live question and answer session with the speakers. Specific presentations will include:

- 101 Degritting: The Basics – Why Do We Need Degritting Anyway?
- What: Grit Properties, Settling Principles & Characterization
- How: Grit Removal/Handling

DEPT OF PUBLIC UTILITIES

Fighting Old Age at Every Stage *excerpt from Fitness Beyond 50*



Craig Venter, the first person to sequence the human genome, said in a June 2011 arti-

cle of Men Journal when asked, “How should a [person] handle getting old?”: “By fighting it at every stage—mentally, physically. If you start to think of yourself as old, you will be.

What investment are you willing to make in order to significantly increase your chances of living a longer and healthier life? There are 168 hours in a week. Most of us sleep about eight hours a night, which leaves 112 hours per week available for other activities. If you’re not retired, that leaves 72 hours. Spending five to ten hours exercising equals approximately seven to fourteen percent of your available time. If you are retired, you have 112 hours available and exercising five to ten hours equals only 4.5 to 9 percent of your time.

Research has shown that a *highly active* sixty-five-year-old adds on average 5.7 years of healthy life expectancy, compared to the average person of his or her age. Say you’re willing to commit to seven hours a week for aerobic

and strength training and stick with your commitment for ten years. You’ll have invested 3,640 hours, and for that you have the potential to gain 33,200 active hours. You’re getting back nine times your investment.

What these numbers don’t show is how much better your life will be. You’ll feel, look and behave like a different person. You’ll be able to do more things and have a much fuller life.

What’s the End Game?

What would you like to be doing when you’re eighty? Travel, for example, or enjoying sports activities such as golf, tennis or cycling? You certainly would like to be able to do vigorous walking. Spending time with grandkids is generally a high priority. Wouldn’t it be nice if you could do some physical activities with them? Now to the hard part; what do you need to do so that you can do those things? And how does it differ from what you’re doing now?

The biggest advance in modern medicine is not a new drug. Rather, it’s the knowledge that what we can do to manage our lives can help us to live longer and happier. The most important change are lifestyle (activity and exercise) and diet.

We’re all going to die, but we can delay the inevitable by quite a bit and gain more enjoyment between now and then. The goal is to lead an active, healthy life, not just be alive. Nike got it right: “Just Do It.” Get out there—whether it’s with your wife, kids, grandkids, friends or a whole new group of people—making that effort will pay off big-time. When it comes to exercise, we need to be involved and committed.

Check Out Your Life

The American Heart Association has a questionnaire, My Life Check—Life’s Simple 7. The website is: www.mylifecheck.Heart.org. Take a few minutes to complete it to get a measure of where you are today. It will give you suggestions and information regarding your blood cholesterol, blood pressure, blood sugar, healthy diet, healthy weight, physical activity and smoking status. The heart assessment tool not only gives you a heart score but an opportunity to create a plan for forming new, healthy habits.

The tool includes options for goal setting as well as ideas for getting past things that might get in the way of your success. The final score is an estimation of your heart health on a scale

February is Heart Health Awareness Month (1997 Safety Health Publishing Inc.)

Many people who go into cardiac arrest have had warning signs such as chest pain—often for hours. Even if Cardio Pulmonary Resuscitation is started immediately, once you are in cardiac arrest your chances of walking out of the hospital are not good.

Early recognition of a heart attack is crucial. The sooner you realize you are having a problem and the sooner you seek medical aid, the better your chances.

You do not have to be old to have a heart attack! Physicians are attending more and more people who are in their thirties and early forties.

What Happens During a Heart Attack

Like any other muscle, the heart needs oxygen to survive. Oxygen is supplied through the blood, which is carried to the heart via the arteries. Many people have a fatty buildup inside the arteries that restricts blood flow. When the supply of oxygen is impaired or stopped, part of the heart will die and the person will suffer a heart attack.

What Happens in Cardiac Arrest

If enough of the heart muscle dies, or if there are other problems, the heart may stop. This is called cardiac arrest. When this happens, the heart no longer beats effectively. Death follows quickly unless Cardio Pulmonary Resuscitation and Advanced Life Support are quickly provided. The trick is to get to a hospital before you go into cardiac arrest.

Signs and Symptoms of a Heart Attack

Pain

You may have a crushing or squeezing pain, usually in the center of your chest under your breastbone (sternum). This pain may be very severe or very mild, and it may radiate into the jaw, neck or arms (often the left arm). The pain may start without any physical exertion. You do not have to be outside shoveling the snow in order to suffer a heart attack.

Weakness

The person may feel very weak and tired.

Sweaty, Cool Skin

The victim's skin may be slightly moist or even very sweaty while still

cool to the touch—a very unnatural situation. The person may also have very pale or an ashen gray skin, and look extremely sick. However, it is not unusual for a heart attack victim to look and feel normal.

Nausea and Vomiting

The person may have vomited or feel like vomiting.

Shortness of Breath

When a person is having a heart attack they may have difficulty breathing. In some cases with certain heart conditions, a fluid may back up into their lungs, making it extremely hard for the person to breathe. In some cases the person may even cough up frothy sputum that also may be tinged with blood. This is extremely serious.

Denial

Many people wait too long to seek medical aid. They deny that they are having a heart attack, even when they have all the signs and symptoms. This is a big mistake—a mistake that can kill you. If you are with a person who is having the signs and symptoms of a heart attack, don't let them talk you out of calling an ambulance. Try your best to convince the victim to seek medical aid.

Menus for heart-healthy eating: Cut the fat and salt

Heart-healthy eating can be easy if you have a strong start. Use this menu to kick off your heart-healthy diet.

By Mayo Clinic staff

Do you want to adopt a heart-healthy diet but aren't sure where to start? One way to begin is to create a daily meal plan that emphasizes whole grains, fruits and vegetables and limits high-fat foods (such as red meat, cheese and baked goods) and high-sodium foods (such as canned or processed foods).

Breakfast

1 cup cooked oatmeal, sprinkle with 1 tablespoon cinnamon and chopped walnuts

1 banana

1 cup skim milk

Lunch

1 cup low-fat (1 percent or lower) plain yogurt with 1 teaspoon ground flaxseed

1/2 cup peach halves, canned in juice

5 Melba toast crackers

1 cup raw broccoli and cauliflower

2 tablespoons low-fat cream cheese, plain or vegetable flavor (as a spread for crackers or vegetable dip)

Sparkling water

Dinner

Grilled turkey burger (4 ounces) with a whole-grain bun

1/2 cup green beans with toasted almonds

2 cups mixed salad greens

2 tablespoons low-fat salad dressing

1 tablespoon sunflower seeds

1 cup skim milk

1 small orange

Snack

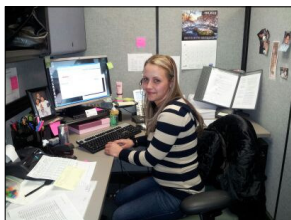
1 cup skim milk

March 2013

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Jeff Ruiz Randy Ashworth	2
3 John Haslam Edgar Sanchez	4 Kenny Kaji- yama	5	6 Laura Briefer Le Tran Jeff Hardcastle Donna Martinez	7 Zee Smith Aaron Rice	8	9 Roy Madsen Dominique Mar- tin Jesse Fullmer
10	11	12 Arlene Larsen	13 Rob Smethurst	14	15	16
17	18 Pat Laforett	19 Sybilla Dalton Charles Adamson Dave Robinson	20 Audree Ketchum	21 Jonathan Bell	22 Kenny Reeves Travis Stringham	23 Sean Lee Roland Lopez Keith Huston Sharon Jolley Tom Reynolds Karl Hartman
24	25 Derek Vonhatten	26 Dale Justice	27	28 Araceli Arche Dominik Fitz- patrick	29	30
31						

Welcome and Goodbye!

Daneesha Mills-Martinez joined our Customer Service team January 7, 2013. Daneesha is a busy Mom of 4 children, is involved with the PTA and loves to fish in her spare time. Welcome Daneesha!



Donna Carlton joined the Customer Service team 14 years ago. She enjoyed interacting with our customers (even our ornery ones) as well as her team members. Donna plans to spend her time traveling and is looking forward to not having to be anywhere or do anything unless she wants to. We will miss Donnas great attitude and wish her the best for a long and happy retirement.



What's Wrong with Perfectionism? *excerpt from Bad Bosses, Crazy Coworkers & Other Office Idiots*

Perfectionism might work if you were only demanding it of yourself. But unless you're an artist who works alone in a studio, you must always deal with these imperfect creatures known as human beings. Perfectionism holds others to an unrealistic standard. Then, when they fail to deliver, you feel betrayed and miserable.

If you are a perfectionist, chances are you developed a series of bad habits a long time ago that may be difficult to break. Nevertheless, with practice and forbearance you can become less perfect, if you really try.

•**Realize that perfection is impossible.** There will always be someone richer, thinner, prettier, younger-looking, or more successful than you. You don't have to invite her to become your best friend or babysit your husband. But you don't have to resent her.

•**Don't think of yourself as an A-personality or a B-personality.** Instead, consider yourself a B+ personality. "B+ people" are not

underachievers. They manage to achieve their goals, balancing them with a little thing called a personal life.

•**Keep a piece of paper and pen on your night table.** When you wake up in the middle of the night with a great idea, write it down. Then analyze it in the cold light of day. Is it really so wonderful? You may find that, while it's okay, it's not all the way up to brilliant. And that's perfectly okay. It's okay to have ideas that are half-baked. Someone else may be able to stick them in the oven and help them rise.

•**Stop practicing conversation interruptus.** Way back in 44 B.C., Cicero set down the rules for ordinary conversation. And do you know what Cicero said back in the day? "Do not interrupt," or in Latin, "Nolo interruptus." It was one of Cicero's key tenets. Interrupting has been annoying people since 44 B.C. Don't do it.

•**However, feel free to say, "Shut up, Mom."** Chances are, your mother always told you not to say "shut up." The words aren't fit for polite company. But when you say, "Shut up, Mom," you're not really admonishing your mother to be quiet. You are silencing your inner voice, the one that sounds like your mother when she's criticizing you. When your inner critic starts beating you over the head because you made a simple mistake, just say, "Shut up, Mom." (Then watch her sulk because you don't pay attention to her anymore!)

"No one is perfect... that's why pencils have erasers."-- Anonymous

Take Back Your Time *article from CBS Money Watch*

(Money Watch) It's 11 p.m. You are staring at the television. You left work at 6 p.m. and have done absolutely nothing since. What happened?

Time coach Elizabeth Saunders, author of *The 3 Secrets to Time Investment* has identified several potential problems that account for the scenario above -- and solutions.

Problem 1: Lack of clarity on what you wanted to do.

Solution: "Never arrive home without a clear sense of the top two or three items you want to accomplish," Saunders says. No, you don't have to plan every minute. But if you know you'd like to go for a run, read for 30 minutes and have a glass of wine with

your spouse, those three relaxing and rejuvenating activities stand a much better chance of happening.

Problem 2: You planned to clean the entire kitchen, de-clutter the attic and write a novel. After you figured out that this was not physically possible, you got overwhelmed and did nothing instead.

Solution: "Estimate out how long it will take to do each task and how much time you have each evening," Saunders says. "If there's a mismatch between hours to spend and the number of tasks to do, cut them down to a more reasonable level." Maybe you can organize your spice drawer in an evening, but you probably won't do that and clean out the

whole basement too.

Problem 3: You need a break after work, but the "break" turns into an evening.

Solution: "Set a timer or put a limit on the number of shows you can watch. When your time is up, turn the TV off and move on," says Saunders. It may help to have something else you really want to do -- a magazine or book that's sitting there waiting for you, a plan you made with your kid to work on a project together.

How do you take back your evenings?



Tips to Help You Manage Your Time

- Time spent drawing up a plan is never a waste—it will save you time in the long run.
- Avoiding burnout is achieved by pacing yourself for a working life, not just a working day.
- Time management is doing things more effectively, not just more quickly.
- Quiet times in the office, such as before everyone else has arrived, can be used to great effect.
- Work backward to calculate steps that need to be taken and the time they will take.
- Always add 10% to your time estimate.

How To Care for Those Sick with Flu

Health officials report most of the country is battling a widespread outbreak of the flu and are urging people to get vaccinated now if they haven't already done so.

With so many people sick, the American Red Cross has steps people should take if they are caring for someone who has the flu.

The flu virus spreads from person-to-person in droplets of coughs or sneezes. The virus can also spread if a person touches droplets

on another person or object and then touches their own mouth or nose before washing their hands. To prevent the spread of the flu virus, it is important to remember to wash your hands and cover your cough or sneeze.

WASH YOUR HANDS

Washing hands properly is an important step to avoid getting the flu. For visibly soiled hands, first wash with soap and warm water. When using soap and water:

- Wash for at least 20 seconds, covering the entire hand including fingernails and under jewelry.

- Rinse and dry thoroughly with a disposable towel.
- Use the towel to turn off the faucet.
- If using an alcohol-based hand sanitizer:
- Rub thoroughly over the entire hand, including nail areas and between the fingers.
- Continue to rub until the product dries.

SNEEZING AND

COUGHING If someone has to cough or sneeze,

they should cover their mouth and nose with a tissue and wash their hands afterwards. If they don't have a tissue, they should cough or sneeze into their elbow or upper arm, not their hands.

TAKING CARE OF

THE SICK If caring for someone who has the flu, people should:

- Disinfect door knobs, switches, handles, toys and other surfaces that everyone touches.
- Use detergent and very hot water to do dishes and wash clothes. It's okay to wash everyone's dishes and clothes together. They

should wash their hands after handling dirty laundry.

- Designate only one adult as the caregiver. People at increased risk of severe illness from the flu should not be caregivers.
- Deal with crisis situations calmly and confidently to give the best support to the person being cared for.
- Remember their own needs as well. Practice healthy habits. Eat a balanced diet. Drink plenty of

water. Get regular exercise. Get enough sleep and rest.

• If

someone is ill, they should:

- Stay in a room separate from common areas of the home and avoid contact with others as much as possible.
- Stay at home for at least 24 hours after their fever is gone without using medicine to reduce the fever.
- Get lots of rest and drink plenty of fluids.
- Consider wearing a face-mask, if available and tolerable, when sharing common spaces with household members.
- Check with their health-care provider about whether they should take antiviral medication, or if fever persists, whether anti-





Ready-Set-Go Health Challenge

Team Name: _____

Team Member's Name: _____

Phone number: _____

Create your own three goals or commit to three of the following:

- Walk a minimum of 1 mile five days out of the week.
- Exercise for 30 minutes 5 days of the week.
- Sleep between 7-8 hours per night most days of the week.
- Participate in a stress management activity at least 3 times per week.
- Eat at least 5 servings of fruits and vegetables daily.
- Limit sugary beverages to once a week and drink 8 glass of water a day

My team and I commit to the following goals:

Signature: _____ **Date:** _____



The Ogden-Weber Tech College Wellness Council has had a lot of fun over the past few years. Here are some of the activities that we did this past year:

- During the month of October we created a flyer with some of the women that are breast cancer survivors and who are employed at the college and posted them around campus. Everyone on campus wore pink and we handed out pink ribbon stickers, pink and white taffy, and pink mints. This was set as a reminder to get your mammogram.
- We held a suicide prevention seminar. One of our council members is certified to teach this class and provided excellent information. We offered healthy snacks at this seminar.
- Smoking Cessation Classes were offered and we handed out kits to help stop smoking to not only employees but students as well.
- The Wellness Council has provided fruit and vegetables at our work events where food is provided to encourage employees to choose these items over healthier sides.
- We encourage our employees to sign up for the Ogden Marathon every year. If an employee signs up and they complete the race, the College will reimburse their registration fee to them. Our Wellness Council and Marketing team designs a race shirt and the shirts are paid for by the council for each participant. The College then provides a special lunch in recognition of their accomplishment. Family members are invited to participate in this event.
- For this event we have a walk/run called the Half Way to May. Everyone will meet and walk around the college campus and healthy snacks are provided. This is a way of getting everyone excited for the marathon.
- National Wear Red Day - Another day that we encouraged everyone to wear red to support the American Heart Association. We then sent out information and provided a website to raise awareness of cardiovascular disease. <http://www.goredforwomen.org/>
- We provide zumba and yoga classes to employees on campus. Punch cards have been created and employees can purchase the cards and attend these classes.
- We created a work out tracker and encourage employees to work out 30 minutes, 4 days a week, for 4 weeks. They log their time that they worked out and the activity and then turn the tracker in to the council for a prize drawing at the end of the month. Gift Cards are purchased through the Wellness Council budget.
- With warmer weather approaching we handed out bottle of Water" facts to raise awareness of the importance of drinking water.

WEAR PINK

FRIDAY, OCTOBER 19TH Day

Wear pink because...

- October is Breast Cancer Awareness Month
- 1 in 8 women will be diagnosed with Breast Cancer in their lifetime
- Breast Cancer is the second leading cause of death among women in the U.S.



"We wear pink because we beat it!"



OGDEN-WEBER TECH COLLEGE

**WELLNESS
COUNCIL**

The Half Way to May Run/Walk

For the Ogden Marathon May 18th



April 9, 2013

3:15 p.m. to 4:30 p.m.

Main Campus Front Lawn

Post run snack provided



OGDEN-WEBER TECH COLLEGE





Payson City

Payson City Employee Wellness

A little of this and a whole lot of that!



Payson City Wellness

1. Most successful event this year
 - a. Biggest Loser Quarterly Incentive

2. An annual/traditional event
 - a. Invite the community to participate in a 5k/1 mile run/walk with us – it is call Pay It Forward 5k/1 mile Challenge

3. Sample of your newsletter
 - a. See Attached

4. Family participation events
 - a. Kickball game
 - b. Volleyball clinic
 - c. Running Group
 - d. Exercise Group
 - e. 5k/1 mile run/walk

5. Fund raising ideas
 - a. None

6. Other

Introduction

Payson City Employee Wellness Program is designed to promote health and educate employees and their families about overall health and way to prevent diseases. The Wellness Committee believes a healthy employee is a happy employee. The Goal of the Wellness Committee and the Wellness Program is to improve morale with quarterly incentives, educational classes/webinars, exercise classes/webinars, challenges, activities, release time and other such items.

Overall employee wellness is important for all employees. The Employee Wellness Program is open to all employees, part or full time, and their families.

Terms of the Program

The Program is very simple, participate in the challenges, activities, classes, release time and quarter incentive.

Council

Chair/Coordinator:

Council:

Sub-committee:

Incentives

The Program will offer Quarterly Incentives to employees and their families. Employee/participant must sign-up with the Wellness Coordinator by the 15th of the first month in the quarter. Incentives must be 80% completed or exercise at least 72 of the 90 days in the quarter and tracked by a log. The log must be turned in to the Wellness Coordinator by the 6th of following month and the Incentive Rewards will be determined by the 30th of the same month.

Family members may participate in the quarterly incentive, but depending on the Wellness Program budget determines the value of the reward.

Please see Incentive Rewards and Incentive Outline for more information.

Incentive Rewards

Incentive Rewards includes comp time, prizes and random drawing. Family members will only be eligible for prizes and random drawing. The face value of prizes and random drawing items is determined by the Wellness Program budget.

Exercise Release Time

The Payson City Council and City Manager has approved employees to receive one and a half hours (1 ½) a week for exercising. To receive this benefit, employees must do the following:

1. Sign-up for the Quarterly Incentive with the Wellness Coordinator
2. Coordinate with the Supervisor for Release Time
 - a. Release Time CAN NOT be taken in ONE day
 - b. Release Time must be taken during the work week
 - c. Release Time must be indicated on the Timesheet
3. Log exercise – complete the exercise log
4. Indicate the exercise time on your timesheet
5. Turn-in Log to the Wellness Coordinator
 - a. The Wellness Coordinator will compile the information and report to the Human Resource, City Manager and Department Supervisor upon request.

Name _____

2nd Quarter Incentive Exercise Log 2013

Date	Exercise Time
1-Apr	
2-Apr	
3-Apr	
4-Apr	
5-Apr	
6-Apr	
7-Apr	
8-Apr	
9-Apr	
10-Apr	
11-Apr	
12-Apr	
13-Apr	
14-Apr	
15-Apr	
16-Apr	
17-Apr	
18-Apr	
19-Apr	
20-Apr	
21-Apr	
22-Apr	
23-Apr	
24-Apr	
25-Apr	
26-Apr	
27-Apr	
28-Apr	
29-Apr	
30-Apr	

Date	Exercise Time
1-May	
2-May	
3-May	
4-May	
5-May	
6-May	
7-May	
8-May	
9-May	
10-May	
11-May	
12-May	
13-May	
14-May	
15-May	
16-May	
17-May	
18-May	
19-May	
20-May	
21-May	
22-May	
23-May	
24-May	
25-May	
26-May	
27-May	
28-May	
29-May	
30-May	
31-May	

Date	Exercise Time
1-Jun	
2-Jun	
3-Jun	
4-Jun	
5-Jun	
6-Jun	
7-Jun	
8-Jun	
9-Jun	
10-Jun	
11-Jun	
12-Jun	
13-Jun	
14-Jun	
15-Jun	
16-Jun	
17-Jun	
18-Jun	
19-Jun	
20-Jun	
21-Jun	
22-Jun	
23-Jun	
24-Jun	
25-Jun	
26-Jun	
27-Jun	
28-Jun	
29-Jun	
30-Jun	

Must turn log into Sarah at end of incentive for the 1 1/2 a week exercise time.
 Arrange your work and exercise release time schedule with your supervisor. Indicate exercise time on timesheet and exercise log.

Newsletter

A monthly newsletter will be available for employees. It will contain topics on the following:

1. Wellness Components
2. Physical Activity
3. Nutrition
4. Fruit and Veggies of the Month
5. Recipe of the Month
6. Mental Health
7. Tobacco Cessation
8. Awareness Observances
9. Incentives
10. Activities
11. Healthy Utah challenges, webinars and information

Health Assessment

A Health Assessment provided by Healthy Utah or a similar provider will be available for employees, their spouse and dependents over the age eighteen on a yearly basis, typically held in March.

Testing Session Information

Healthy Utah's testing sessions are provided free of charge to state and local government employees and their qualified spouse who are under PEHP's medical plans, and are eligible for the Healthy Utah benefit.

The testing session consists of a 20-30 minute appointment to check blood pressure, cholesterol (total and HDL), blood glucose, waist circumference and BMI (height and weight). A four hour fast prior to the appointment may be needed by some members to obtain a more accurate blood glucose reading. Sessions are conducted at various sites throughout the state.

Members can earn the \$50 First Steps rebate, and if they qualify, the \$50 Good For You rebate just by participating in the a testing session and completing an on-line Health Questionnaire. Other rebates are also available for members needing to make health improvements.

Healthy Utah

Benefited employees have additional resources from Healthy Utah. Wellness Council will create teams to help promote Healthy Utah Challenges and Incentives which will be open to all employees.

1. Health Challenges
2. PEHP Waist Aweigh
3. Workout Warriors
4. Wellness Seminars
 - a. Nutrition
 - b. Physical Activity
 - c. Stress Management
 - d. Special Seminars and Inservices
5. Wellness Webinars
6. Healthy Lifestyles
7. Rebate Program

Work Well Challenge

The Program will participate and incorporate Healthy Utah (PEHP) WorkWell Challenge into their Incentives, Activities, Challenges and other aspects of the program. The WorkWell Challenge has the following sections:

1. Wellness Components
2. Physical Activity
3. Nutrition
4. Mental Health
5. Tobacco Cessation

What is Work Well?

The Governor's Work Well recommendations are designed to keep employees healthy while they are at work. The recommendations focus on creating healthy work environments, making the healthy choice, the easy choice for workers.

Governor's Work Well Recommendations

1. Offer healthy menu choices at each work meeting, conference, and training where food is served.
2. Post healthy eating messages in cafeterias, break rooms, and vending areas.
3. Work with vendors in state facilities to include healthy options in cafeterias and vending machines, based on customer preference.
4. Encourage employees to exercise, including utilization of the existing exercise release policy of 30 minutes, three times per week, with supervisor approval.
5. Promote the use of stairs as a way to get more daily physical activity.

6. Encourage employees to walk, bike, or bus to work and, where circumstances permit, provide showers, lockers, bike racks, discounted bus passes, and flexible working schedules.
7. Educate employees about trails and pathways that are safe and near worksites.
8. Implement a Tobacco Free Campus.
9. Implement a workplace lactation support policy that is supported by management and communicated to all staff.
10. Establish worksite wellness councils to support healthy eating and daily physical activity.

Incentive Outline

Quarterly Incentives begin on the first day of each quarter and end on the last day of each quarter. Employee/participant must sign-up with the Wellness Coordinator by the 15th of the first month in the quarter. Incentives must be 80% completed or exercise at least 72 of the 90 days in the quarter and tracked by a log. The log must be turned in to the Wellness Coordinator by the 6th of following month and the Incentive Rewards will be determined by the 30th of the same month.

Quarter Incentive Schedule

1st Quarter Incentive January 1 through March 31

2nd Quarter Incentive April 1 through June 30

3rd Quarter Incentive July 1 through September 30

4th Quarter Incentive October 1 through January 2

2013

1st Quarter Incentive January 1 through March 31

Biggest Loser

Requirements

Sign-up for the incentive

Attend Monthly Weigh-ins performed by Wellness Coordinator

Turn-in exercise log by April 6

Incentive Details

Choose a category that works for you

Categories

Overall

Men

Women

Couples

Healthy (MUST participate in the Healthy Assessment and receive an improved or maintain status, plus they need to at least maintain their weight or lose weight.)

Winners are based on percentage lost. Winners in any of the five (5) categories must *at least* maintain their weight during the incentive.

Incentive Reward

All participants receive 2 hours of comp time. Winners in the five (5) categories receive an additional 8 hours of comp time. Random prize drawing will be provided depending on the Wellness budget.

How to Calculate Winner

Starting weight – Final Weight/Starting weight

Example:

$$184 - 155 = 29 / 184 = 16\%$$

Easiest way to calculate is to set-up an excel spreadsheet then type in the weigh-ins...it does everything else for you.

2nd Quarter Incentive April 1 through June 30

My Fitness Plan

Requirements

Sign-up for the incentive

Turn-in exercise log by July 6

Incentive Details

Choose a plan that works for you, make it your own.

Examples

Mapmyfitness.com

Training plans

Nutrition

Challenges

Apps for phone

Mealsmatter.com

Weight Watchers

Incentive Reward

All participants receive 2 hours of comp time when requirements are completed.

3rd Quarter Incentive July 1 through September 30

Lazy Man Triathlon

Requirements

Sign-up for the incentive

Turn-in exercise log by October 6

Incentive Details

The Lazy Man Triathlon is an opportunity to experience an Ironman Triathlon at your pace. Depending on the category you choose, you will be striving towards the goal of accomplishing 65 to 112 miles by bike, 2 to 2.5 miles by swimming, and 16 to 26.2 miles by running. Your goal is to get this done before September 30.

The 'Lazy Man' is broken down into four categories.

1. Couch potatoes Challenge

- a. 2 miles swimming
- b. 65 miles biking

- c. 16 miles walking or running

Lazy bones Challenge

- d. 3.5 miles swimming
- e. 130 miles biking
- f. 30 miles walking or running

- b. 250 miles biking
- c. 65 miles walking or running

2. Lazy man Challenge

- a. 7 miles swimming

3. Iron Man Challenge

- a. 9 miles swimming
- b. 300 miles biking
- c. 85 miles walking or running

Example how to complete a challenge, break it down.

2.4 Miles Swimming (13.2 laps each week)
112 Miles Biking (18 -2/3 miles each week)
26.2 Miles Running (5/8 miles per day)

This is an example of how to exercise – not a requirement – exercise the way works best for you.

Incentive Reward

All participants receive 2 hours of comp time when requirements are completed.

4th Quarter Incentive October 1 through January 2

Maintain Don't Gain

Requirements

Sign-up for the incentive

Turn-in exercise log by January 6

Weigh-in October 1; on your own (at home or at work) turn-in on October 2 to Wellness Coordinator

Weigh-in January 2; on your own (at home or at work) turn-in on January 6 with Log to Wellness Coordinator

Incentive Details

Participant must maintain weight within two pounds over the Holidays.

Incentive Reward

All participants receive 2 hours of comp time when requirements are completed.

Activities

The Program will offer activities, sport teams, exercise classes/webinars, potlucks and challenges at various times throughout the year. Employees are encouraged to participate, but not required. One of the activities employees are encouraged to participate in with their families is the Pay It Forward 5k/1 mile Challenge held annually in April. Help on the planning committee is also welcome.

Exercise Classes

The following classes will be held at 5am on Friday – dates to be announced

Yoga
Cardio
Strengthening
Zumba

Exercise Group

An exercise group will meet in the Weight Room at 5am Monday, Wednesday and Thursday – if you would like to join them contact the Wellness Coordinator for details.

Volleyball Clinic

A volleyball clinic will be held bi-monthly on Saturday during the months of February – May. The clinic will teach you the basics of volleyball and then a game will be played. If you would like to join the clinic contact the Wellness Coordinator.

Running Group

A running group will be held bi-monthly on Saturday. The group will meet at Payson City Memorial Park. For exact times, please contact the Wellness Coordinator.

Kickball

The family kickball game will be held annual in September. Bring a treat to share and get ready to have a fun time.

Cooking class

Learn skills to implement into your home cooking from taco baskets to homemade bread.

Potlucks

Share your cooking talents with your co-workers. Bring a 'theme' based food items to share.

Pay It Forward 5k/1 mile Challenge

Pay It Forward 5k/1 mile Challenge is held annually in April. The community is invited to participate in the event. Registration is \$1; everyone receives a medal, certificate and name in drawing. Sponsors have made it possible to purchase prizes for the drawing. Along with the 5k/1 mile is an Elementary School Challenge. The elementary school with the most participants (faculty, students and family members) receives a plaque, playground equipment (provided by sponsor money) and an award assembly where athletes talk to the students about the importance of being healthy and active.

Payson City Employee Wellness

A little of this and a whole lot of that!

Volume 5 Issue 4
April 1, 2013

Wellness Components

Emotional Wellness Assessment

The emotional dimension of wellness involves recognizing, accepting and taking responsibility for your feelings. Read each statement carefully and respond honestly by using the following scoring: Almost always = 2 points; Sometimes/occasionally = 1 point; Very seldom = 0 points

1. I am able to develop and maintain close relationships.
2. I accept the responsibility for my actions.
3. I see challenges and change as opportunities for growth.
4. I feel I have considerable control over my life.
5. I am able to laugh at life and myself.
6. I feel good about myself.
7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
8. I am able to recognize my personal shortcomings and learn from my mistakes.
9. I am able to recognize and express my feelings.
10. I enjoy life.

Total for Emotional Wellness Dimension

Score: 15 to 20 Points - Excellent strength in this dimension.

Score: 9 to 14 Points - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Next month the Social Wellness

Physical Activity

How much physical activity do adults need? <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Physical activity is anything that gets your body moving. For Important Health Benefits Adults need at least:

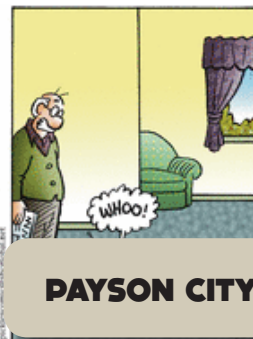
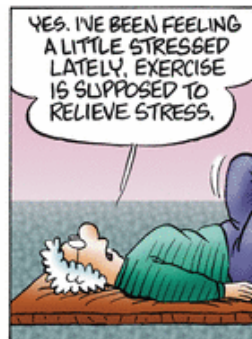
2 hours and 30 minutes of moderate-intensity aerobic activity every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups.

OR

1 hour and 15 minutes of vigorous-intensity aerobic activity every week and muscle-strengthening activities on 2 or more days a week that work all major muscle.

10 minutes at a time is fine...We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Give it a try: Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity. Try to get 6000 to 10000 steps a day to keep your activity level going.



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Exercise Log 2nd Quarter Incentive	

PAYSON CITY

Nutrition

How to Understand and Use the Nutrition Facts Label

5

Understanding the Footnote on the Bottom of the Nutrition Facts

Label

Note the * used after the heading "%Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "%DVs are based on a 2,000 calorie diet". This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn't change from product to product, because it shows recommended dietary advice for all Americans--it is not about a specific food product.

Look at the amounts circled in red in the footnote--these are the Daily Values (DV) for each nutrient listed and are based on public health experts' advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

<http://www.fda.gov/food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>

Fruit and Veggie of the Month

February Fruit of the Month

Pineapples
Mangoes

February Vegetable of the Month

Zucchini
Rhubarb
Artichokes
Asparagus
Spring peas
Broccoli
Lettuce

Recipe of the Month

Jello Poked Cake

Bake cake mix as directed using a 9x13 or two 9" round pans*. Cool at least 30 minutes. Meanwhile prepare large pkg jello by using 2 cups boiling water; set aside. After cake has cooled the 30 minutes, poke LOTS of holes in top with a long fork. Then slowly pour the jello over so it can go into the holes. Refrigerate. **if making layered cake, cool then take out of pans, clean pans then place cakes back into pans & poke holes & pour jello over cakes. Refrigerate 3 hours; dip cake pan in warm water 10 seconds; unmold onto serving plate. Spread with about 1 cup of fluffy frosting; unmold 2nd layer & place on top of other cake; continue spreading fluffy frosting over entire cake & refrigerate until really cold.*

Fluffy Frosting:

1 cup cold milk
4-serving size pkg instant pudding
¼ cup powdered sugar
8 oz Cool Whip thawed

Pour milk into large bowl; add pudding & powdered sugar beating with wire whisk 2 minutes. Stir in Cool Whip; put on top of cake. Refrigerate at least 4 – 6 hours.

Suggestions on flavors:

Cake

Lemon
White
White
Banana
Chocolate
White

Jello

Lime
Cherry
Orange
Strawberry/Banana
Cherry
Raspberry

Pudding

Lemon
Vanilla
Vanilla
Banana
Chocolate
Coconut

PAYSON CITY

Mental Health

Stress relief: When and how to say no By Mayo Clinic staff

Sure it's easier to say yes, but at what price to your peace of mind? Here's why saying no may be a healthier option for stress relief.

Consider these reasons for saying no:

- Saying no isn't necessarily selfish.
- Saying no can allow you to try new things.
- Always saying yes isn't healthy.
- Saying yes can cut others out.

When to say no

Sometimes it's tough to determine which activities deserve your time and attention. Use these strategies to evaluate obligations — and opportunities — that come your way.

- Focus on what matters most.
- Weigh the yes-to-stress ratio.
- Take guilt out of the equation.
- Sleep on it.

How to say no

No. Nope. Nah. See how simple it is to say one little word, allowing you to take a pass on tasks that don't make the cut? Of course, there will be times when it's just not that easy. Here are some things to keep in mind when you need to say no:

- Say no. The word "no" has power. Don't be afraid to use it.
- Be brief. State your reason for refusing the request, but don't go on about it. Avoid elaborate justifications.
- Be honest. The truth is always the best way to turn down a friend, family member or co-worker.
- Be respectful.
- Be ready to repeat. Calmly repeat your no, with or without your original rationale, as needed.

Saying no won't be easy if you're used to saying yes all the time. But learning to say no is an important part of simplifying your life and managing your stress. And with practice, you may find saying no gets easier.

Tobacco Cessation

Healthy Utah Tobacco Cessation Rebate Requirements

- Complete 5 phone calls to the Utah Tobacco Quit Line (1.800.QUIT.NOW).
- Remain tobacco-free for 6 months.

More information at

<http://www.healthyyutah.org/programs/rebates.php#tob>

Awareness Observance Month/Weeks/Days

April Month Awareness

Alcohol Awareness Month
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Distracted Driving Awareness Month
National Facial Protection Month
National Donate Life Month
Sexual Assault Awareness and Prevention Month

Sports Eye Safety Month

Women's Eye Health and Safety Month

April Week Awareness

1st Wk - National Public Health Week
23 - 30 - National Infant Immunization Week
24 - 30 - National Infertility Awareness Week

April Day Awareness

7 - National Alcohol Screening Day
7 - World Health Day
17 - Zoo Awareness Day
19 - Bicycle Day
22 - Earth Day
24 - World Meningitis Day
25 - Parental Alienation Awareness Day

PAYSON CITY

April Wellness

Heart Healthy Proteins

Protein has received some bad press, but choosing the right kind of protein can improve heart health and help you lose weight all while feeling full. Research has proven that eating a healthy protein at breakfast keeps you full longer and causes you to eat less throughout the day.

Try these heart healthy proteins:

- Skinless Chicken or Turkey
- Fish/Seafood
- Eggs
- Legumes (Chickpeas, Lentils, and Soybeans)
- Nuts and Seeds

Source: Best Bites Wellness Calendar

Fun Wellness Fact of the Month:

Chickens, pigeons, cranes, quails, and at least eight other families of birds bob their head when they walk. Researchers suggest that they do this because head bobbing helps with balance, provides depth perception, and sharpens their vision.

Source: <http://facts.randomhistory.com/walking-facts.html>

February's Wellness Challenge Winner:

Quinten Christensen

The Challenge

Each week a fact will be placed in the stairwell on a random day. Take the stairs everyday to look out for the facts. Write down the keyword from the fact on your calendar in the box for the day you found it.

All calendar entries are due to Jessica or a Wellness Council Member by:

Friday, May 3rd, 2013.

URS/PEHP

EMPLOYEE HEALTH AND FITNESS DAY THURSDAY, MAY 30TH, 2013

FOR EACH EVENT YOU PARTICIPATE IN YOU WILL
RECEIVE A RAFFLE TICKET!

WINNERS WILL BE NOTIFIED VIA E-MAIL.

THIS IS AN APPROVED BLUE JEANS AND TENNIS SHOE DAY!



9:00-11:00

HEALTHY BREAKFAST

540 BASEMENT CONFERENCE ROOM

GOGURT AND FRUIT WILL BE PROVIDED. THERE WILL ALSO BE HEALTHY BREAKFAST IDEAS AND TIPS.

11:30-1:30

SHAPE OF UTAH WALK

START/END IN FRONT OF 540

WHILE WALKING THE SHAPE OF UTAH, YOU WILL READ FUN FACTS ON SOME OF THE UTAH'S PARKS AND RECREATIONAL ACTIVITIES. WATER AND PROPEL FLAVOR PACKS WILL BE PROVIDED. IF YOU CHOOSE TO DO THE WALK OUTSIDE OF THE POSTED HOURS PLEASE NOTIFY NICOLE BURBANK TO RECEIVE YOUR RAFFLE TICKET.

2:30-4:30

JEOPARDY

540 BASEMENT CONFERENCE ROOM

SIGN UP IN ADVANCE IS REQUIRED. PLAY JEOPARDY AGAINST YOUR CO-WORKERS.

THE CATEGORIES ARE: NUTRITION, MENTAL WELLNESS, PHYSICAL ACTIVITY, WELLNESS COUNCIL, AND UTAH.

HINT....MANY OF THE ANSWERS CAN BE FOUND IN YOUR WELLNESS CALENDAR OR IN THE WELLNESS CORNER ON THE PORTAL!!!

MAY 29TH & MAY 30TH

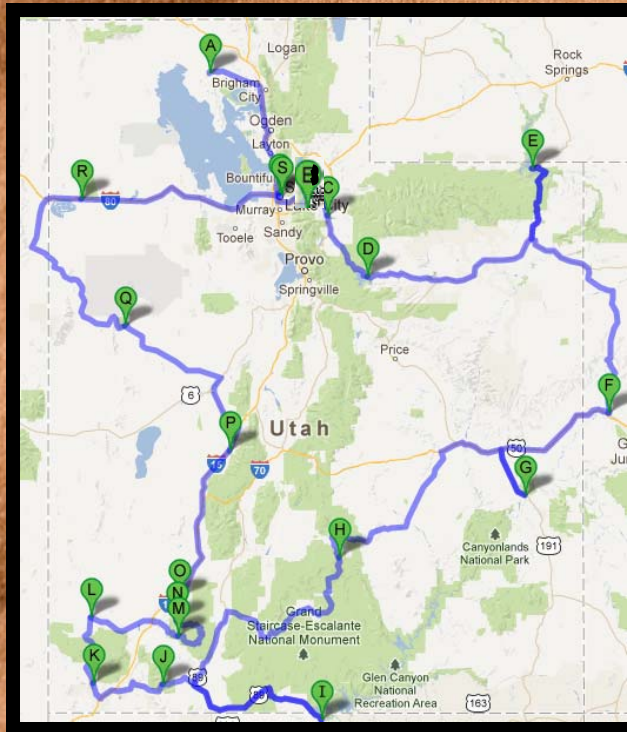
BRAIN TEASERS

AT YOUR DESK

A BRAIN TEASER WILL BE POSTED ON THE PORTAL ON THE 29TH AND 30TH. TURN IN YOUR BRAIN TEASER TO NICOLE BURBANK AT THE END OF THE DAY THAT THE TEASER WAS POSTED. ONE RAFFLE TICKET WILL BE GIVEN FOR EACH COMPLETED BRAIN TEASER.

**RAFFLE TICKET DROP BOXES WILL BE LOCATED AT EACH EVENT, OR TURN
IN YOUR TICKETS TO HR BY THE END OF THE DAY ON THE 30TH.**

WALKING UTAH



**LET'S ALL WALK OUR WAY TO THE MANY AMAZING SITES UTAH HAS TO OFFER!
EVERYONE'S STEPS COUNT TOWARD OUR GOAL OF 1,714 MILES!!**

WALK, RUN, JOG, STAIR CLIMB, PLAY VOLLEYBALL, ETC.

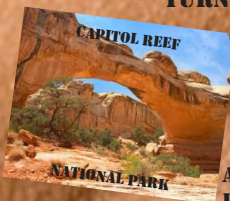
**TRACK YOUR STEPS USING THIS YEARS EMPLOYEE HEALTH AND FITNESS DAY PRIZE:
A Pedometer BADGE HOLDER!**

**TRACK YOUR STEPS IN THE EXCEL TRACKING SHEET. THERE IS ALSO A TAB IN THIS
TRACKER TO CONVERT YOUR OTHER PHYSICAL ACTIVITIES INTO STEPS.**

TURN IN YOUR MILES TO NICOLE BURBANK EVERY TUESDAY AND THURSDAY.

FOLLOW OUR PROGRESS AROUND UTAH ON THE PORTAL.

DESTINATIONS ON ROUTE



**A-GOLDEN SPIKE HISTORICAL SITE
IN BETWEEN A & B-WILLARD BAY
B-STATE CAPITOL
C-JORDANELLE STATE PARK
D-STRAWBERRY RESERVOIR
E-FLAMING GORGE
F- "MIDDLE OF NOWHERE DETOUR"
G-ARCHES NATIONAL PARK
H-CAPITOL REEF NATIONAL PARK
I-LAKE POWELL**

**J-ZION NATIONAL PARK
K-SNOW CANYON STATE PARK
L- "PINE TREE IN THE WOODS NEXT TO RABBIT"
M-CEDAR BREAKS NATIONAL MONUMENT
N-BRIAN HEAD
O- "WAS THAT A YETI???"
P- "I THINK WE ARE LOST"
Q-FISH SPRINGS NATIONAL WILDLIFE REFUGE
R-BONNEVILLE SALT FLATTS STATE PARK
S-URS**



URS/PEHP

MAY WELLNESS

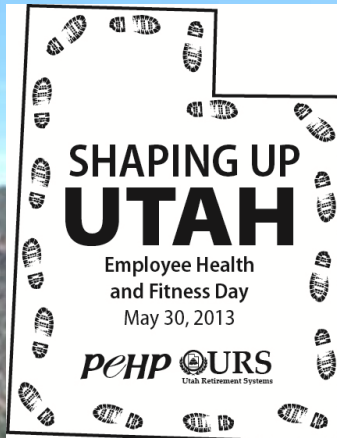
FUN UTAH FACT:

Levan, is "navel" spelled backwards. It is so named because it is in the middle of Utah.

Source: <http://www.50states.com/facts/utah.htm#UV8-wpOG1-s>

MARCH'S WELLNESS CHALLENGE WINNER:

Valerie Terry



EMPLOYEE HEALTH AND FITNESS DAY

THURSDAY, MAY 30TH, 2013

This year's theme is "Shaping Up Utah". Fun new events have been planned as well as some old favorites. More information will be posted on the Portal.

Don't forget, it's a blue jeans and tennis shoe day!!

THE CHALLENGE

Let's walk around the State of Utah together!!! In a collaborative effort we have a goal to walk the equivalent of 1,714 miles. There are many points of interest along the way. Starting April 29th you can pickup your Employee Health and Fitness Day gift, which is a badge holder pedometer, from HR.

We've provided a tracker and an exercise to miles conversion sheet on the Portal.

Report your miles on Tuesdays and Thursdays by e-mailing your tracker sheet to Nicole Burbank.

Updates will be posted to the Portal on Wednesdays and Fridays.

For each tracking sheet you turn in you will receive one raffle ticket for the Shaping Up Utah prize drawing. You can receive up to nine raffle tickets from this challenge!

URS/PEHP

A-Golden Spike Historical Site

In between A & B-Willard Bay **41.2 miles**

B-State Capitol **51.5 miles (92.7 miles)**

C-Jordanelle State Park **40.3 miles (133 miles)**

D-Strawberry Reservoir **44.3 miles (177.3 miles)**

E-Flaming Gorge **155 miles (332.3 miles)**

G-Arches National Park **254 miles (586.3 miles)**

H-Capitol Reef National Park **142 miles (728.3 miles)**

I-Lake Powell **255 miles (983.3 miles)**

J-Zion National Park **110 miles (1093.3 miles)**

K-Snow Canyon State Park **49 miles (1142.3 miles)**

M-Cedar Breaks National Monument **112 miles (1254.3 miles)**

N-Brian Head **3.3 miles (1257.6 miles)**

Q-Fish Springs National Wildlife Refuge **205 miles (1462.6 miles)**

R-Bonneville Salt Flatts State Park **123 miles (1585.6 miles)**

S-URS **106 miles (1691.6 miles)**

We are off by 50 miles....

540 E. 200 S., Salt Lake City, UT to Disneyland

540 E. 200 S., Salt Lake City, UT to St. George, UT **305 miles**

St. George, UT to Las Vegas, NV **123 miles (428 miles)**

Las Vegas, NV to Barstow, CA **152 miles (580 miles)**

Barstow, CA to Disneyland **110 miles (690 miles)**

****Bonus**** Disneyland to SeaWorld **90.3 miles (780.3 miles)**

Week #1—September 3rd– 7th



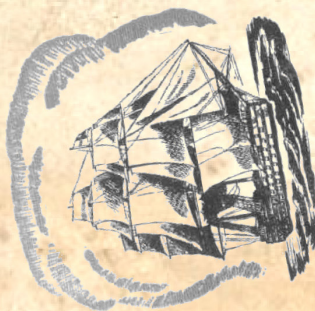
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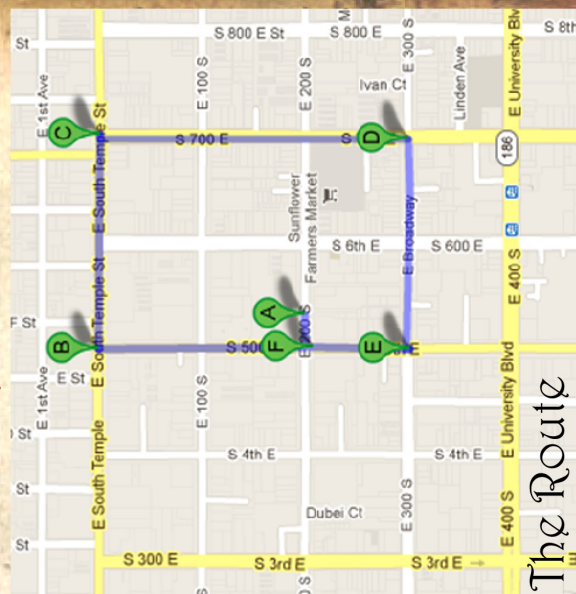
2



4

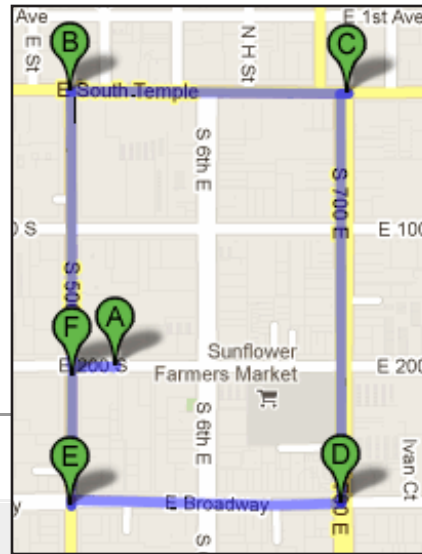


3



The Route

X



A 540 E 200 S, Salt Lake City, UT 84102

1. Head **west** on **E 200 S** toward **S 500 E/S 5th E**

go 256 ft
total 256 ft

➡ 2. Take the 1st right onto **S 500 E/S 5th E**
About 1 min

go 0.3 mi
total 0.4 mi

Total: **0.4 mi** – about **1 min**

B E South Temple St

total 0.0 mi

3. Head **east** on **E South Temple St** toward **N F St**

go 0.3 mi
total 0.3 mi

Total: **0.3 mi**

C E South Temple St

total 0.0 mi

4. Head **west** on **E South Temple St** toward **S 700 E**

go 46 ft
total 46 ft

↶ 5. Take the 1st left onto **S 700 E**
About 1 min

go 0.4 mi
total 0.5 mi

Total: **0.5 mi** – about **1 min**

D S 700 E

total 0.0 mi

6. Head **west** on **E 300 S/E Broadway** toward **Vincent Ct**
About 55 secs

go 0.3 mi
total 0.3 mi

↶ 7. Turn left onto **S 500 E/S 5th E**

go 33 ft
total 0.3 mi

Total: **0.3 mi** – about **1 min**

E S 500 E/S 5th E

total 0.0 mi

8. Head **north** on **S 500 E/S 5th E** toward **E 300 S/E Broadway**

go 0.1 mi
total 0.1 mi

Total: **0.1 mi**

F S 500 E/S 5th E

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2012 Google

Directions weren't right? Please find your route on maps.google.com and click "Report a problem" at the bottom left.



Stair Fact for:
Wednesday, April 3rd, 2013

Amino acids are the building blocks of protein and it takes 20 of them to make a complete protein.

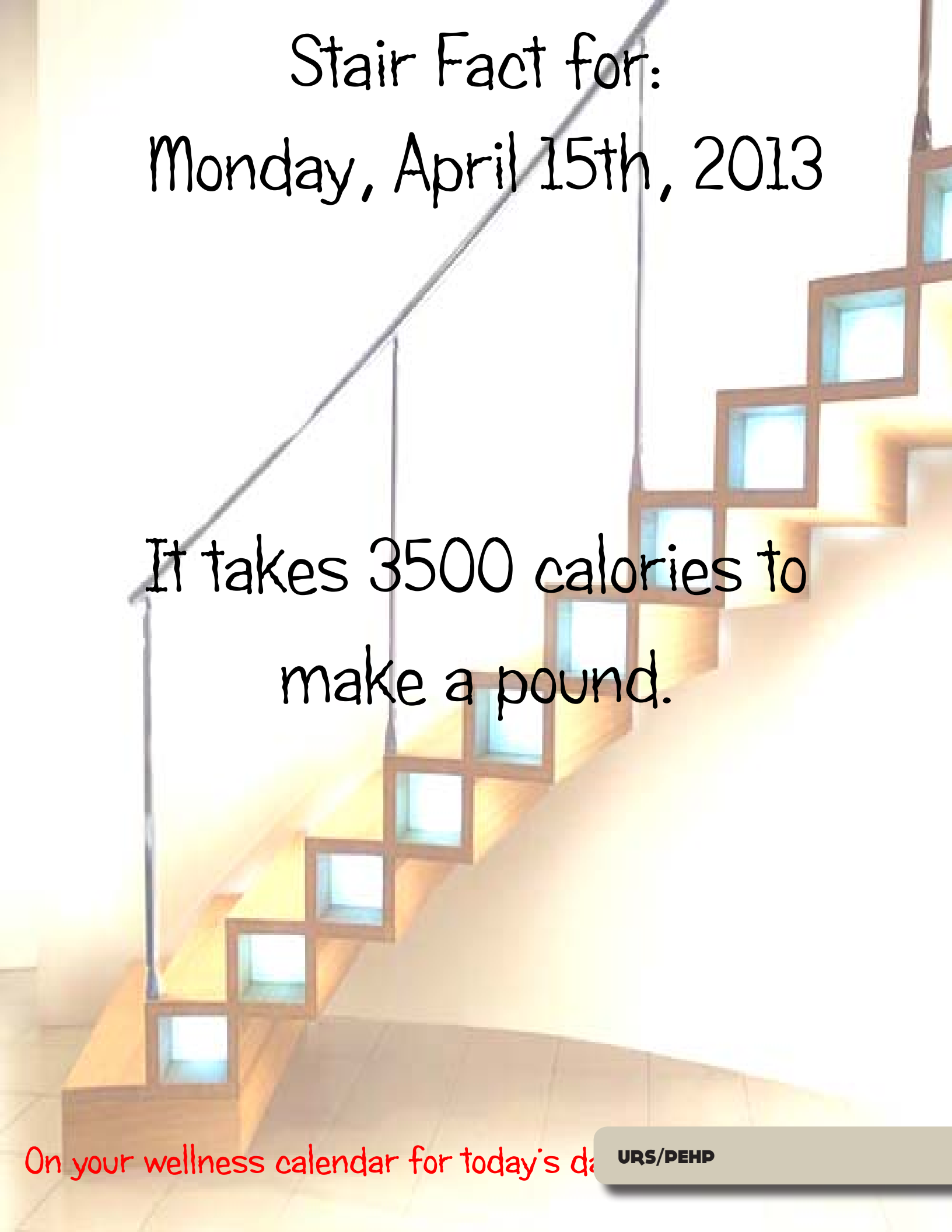
On your wellness calendar for today's class

URS/PEHP

Stair Fact for:

Thursday, April 11th, 2013

Proteins can have bizarre names. For example, the protein Pikachurin is a retinal protein that was named after a Pokémon character Pikachu. The protein Sonic Hedgehog was named after Sonic the Hedgehog. A blue protein is named Ranasmurfin, after the Smurfs.



Stair Fact for:
Monday, April 15th, 2013

It takes 3500 calories to
make a pound.

On your wellness calendar for today's date

URS/PEHP



Stair Fact for: Wednesday, April 24th, 2013

Corn dextrin, a common thickener used in junk food, is also the glue on envelopes and postage stamps.

On your wellness calendar for today's

URS/PEHP

September Wellness

Fun Wellness Fact of the Month:

Your ribs move about 5 million times a year, every time you breathe!

Source: <http://drcharleswebb.com/2017/06/strange-facts-about-you/>

July's Wellness Challenge Winner:

Liz Horton—Wellness Related Prize from Amazon

Healthy Habits

Your path to healthy habits begins with waking up in the morning.

Start your day by ensuring you have 7-9 hours of sleep.

Eat a healthy diet free of fatty foods. Please refer to www.choosemyplate.gov

Get at least 30 minutes of exercise per a day. This can easily be accomplished by taking the stairs or walking during your wellness time.

Get an annual check up with your physician to evaluate your health.



The Challenge

Every Monday morning in the month of September the Wellness Council will post a weekly photo scavenger hunt to the Portal.

In the attachment will be a group of 4 photos taken in the area listed. Your challenge is to walk in this area and identify the location of the pictures. You will have one week to find the locations. Once you have found the location of the pictures write the location (cross streets or building name) on your calendar, please include the picture number. If you cannot print the weekly route in color copies are available in HR.

Please turn in a copy of your calendar to either your department's wellness council member or Jessica Berdagner by **Friday, October 5th, 2012**. Everyone who participates will receive a small prize and will also be entered into a raffle drawing for a prize.



- The most successful event each year is our District-wide walk off challenge. This year we chose Columbus, Ohio as our destination to walk to. Each school/building was a team and the team that made it to Columbus first within a month's time received a catered lunch from Subway. Employees wore pedometers provided by the wellness program and kept track of their steps. Each Monday the school representative would send me the school's total steps and I would convert them to miles and email a map with each team's progress.
- This was our second year with a wellness program and we changed the challenge format this year to three challenges that lasted approximately 6 weeks each. This format seemed to be a little more popular than last year's format of one challenge per month. If an employee kept track of their progress for the duration of the challenge and successfully completed the challenge, their name was added to a drawing. In addition to the "regular" challenges, both years we have had the walk off challenge and PEHP attend our Opening Institute to perform testing sessions for all employees. Both of these events have seen a very good turn out each year.
- For the end of the school year we had a district-wide family get together. District employees and their families participated in a kick ball game. Most families participated and it was an easy way to get people moving. We also did the drawings for each challenge at this event. The winners received a FitBit Zip.



December 2012 Newsletter

Our second wellness challenge, Maintain Not Gain, started on November 25th. Employees who are participating needed to weigh in on or before November 25 and record their weight on the tracking worksheet provided. Remember that you can weigh yourself as often as you would like to and track it, but you must re-weigh yourself on January 26 and record it again on your tracking worksheet. Your tracking worksheet needs to be turned in at the end of the challenge if you successfully completed the challenge to be entered for a prize drawing. Good luck!

Tintic High Fitness Center Information

Hours and Contact Information:

6:00 a.m.—7:00 a.m.

Helen Wall

4:00 p.m.—5:00 p.m.

Norma Nelson

7:00 p.m.—8:00 p.m.

Riley Hopes

or

Chelsea Mueller

RULES

Proper Dress—gym clothes or sweats

NO Street Shoes

NO Food or Drink—only water

NO Children Under 7th Grade

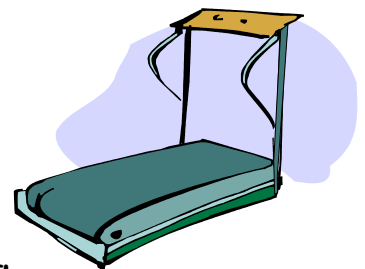
NO Horseplay

NO Foul Language

NO Hanging Out

No one at the fitness center is allowed on the gym floor

Anyone not following these rules will be asked to leave.



How Does Exercising Affect Lifestyle Management?

Life is a struggling act. If you work all day and have a family, you already know what it takes to manage your time—all your effort. Even if you're out of work or don't have a family to care for, chances are you're spending precious time looking for a job and building or maintaining a network of support. Add exercise into the mix, and you've added another element to manage. Lifestyle management boils down to scheduling and clarity of purpose. Adopt the mindset that exercise is a vital component of your life and take steps to make its inclusion non-negotiable, even to yourself.

Lifestyle Management

Nido Quebain, businessman, professional speaker and philanthropist, had this to say about managing your lifestyle: "Lifestyle management focuses on the activities you are passionate about." He makes to-do lists like everyone else, but he also makes to-stop lists. Whatever he feels adds to the quality of his life he incorporates into his lifestyle, whatever takes away from his energy, in his case reading newspapers full of negativity, he stops doing. If you're exercising, you may know how it adds to the quality of your life and want to consider it a high priority.

Scheduling

Rank your priorities. The best way to staying control of your life is to order your priorities from 1 to 5, or even 1 to 10 if you have a lot going on. Exercise should be on that list. Scheduling your life should not be thought of as a regimented way of "getting through" the day, but rather allowing yourself to experience all the activities that give your life meaning. As new or unexpected situations arise, be ready to shift your schedule around. Don't make it so ironclad that you'll be tempted to throw up your hands and start deleting from your list. Schedule some wiggle room instead.

Procrastination

People can fail at lifestyle management if they are serial procrastinators. In fact, it's one of the best reasons to make your schedule in the first place. It's too easy to put off today what you can do tomorrow.

Unfortunately, exercise is often the loser when people are unskilled at managing their lifestyles. It seems like a luxury, or self-indulgent rather than necessity; especially if you have other people clamoring for your attention and who might resent your me-time. Learning to deal with a propensity to procrastinate involves letting go of excuses and just doing it. If you have exercise scheduled for 7 p.m., then slip on your sneakers and go, before your head can give you 101 excuses.

Considerations

Exercise has one added benefit that makes lifestyle management easier. You're energized. The longer you've been exercising, the stronger and more energetic you should be. If you're just learning to incorporate exercise in your life, then wait for it: the energy burst that can happen a few days or a few weeks into your workout routine. Managing your lifestyle when you're fit and full of energy becomes an effortless and exciting project rather than a whirlpool of chaos.

Source: "How Does Exercising Affect Lifestyle Management?" Linda Kaban: www.livestrong.com

"Health is the thing that makes you feel that now is the best time of the year."

—Franklin D. Adams

Tintic School District's Wellness Program information is now online! Visit <http://www.tintic.k12.ut.us/District/3912-Untitled.html> for information on challenges, newsletters and other news.

December Vegetable of the Month: **Broccoli**

Try this recipe: Green Pizza. Ingredients: 1 pound prepared pizza dough (preferably whole-wheat), 2 cups chopped broccoli florets, $\frac{1}{4}$ cup water, 5 oz arugula, any tough stems removed, chopped (about 6 cups), pinch of salt, freshly ground pepper to taste, $\frac{1}{2}$ cup prepared pesto, 1 cup shredded part-skim mozzarella cheese. Directions: Position oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8-10 minutes. Meanwhile cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1-2 minutes more. Season with salt and pepper. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8-10 minutes.

December Fruit of the Month: **Oranges**

Try this recipe: Cinnamon Oranges. Ingredients: 4 navel oranges, 2 tbs. orange juice, 2 tbs. lemon juice, 1 tbs. sugar, $\frac{1}{4}$ tsp. ground cinnamon. Directions: With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates. Whisk together orange juice and lemon juice, sugar and cinnamon. Spoon over the orange slices.

December Exercise Move of the Month

This ball move sculpts your abs as it perfects your balance, says Robert Sherman, owner of F.I.T., a personal-training studio in Bethesda, Maryland. Work up to three sets.

1. Stand with feet together about a foot behind a stability ball.
2. Bend from the hips, placing hands on the ball.
3. Keeping torso extended and abs and glutes tight, raise left leg behind you until it's parallel to the floor.
4. Keep your foot flexed and your inner thigh facing the floor.
5. Rotate your torso to the left and extend left arm overhead.
6. Turn head to gaze at left hand.
7. Hold for 3 counts.
8. Lower and return to starting position.
9. Repeat on opposite leg.

Source: *Fitness Magazine*, May 2005, www.fitnessmagazine.com



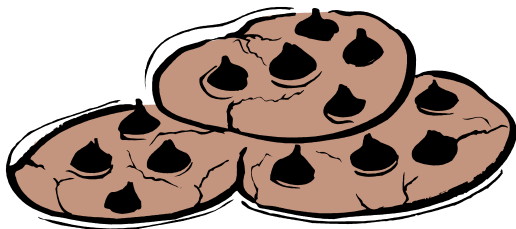
**“Habit is habit, and not to be flung out of the window,
but coaxed downstairs a step at a time.”**

--Mark Twain

Tips to a Healthier Cookie

- 1. Cut Back on Butter:** Butter is a popular ingredient when it comes to cookies, but we all know by now it's loaded with saturated fat. There is no need to get rid of it entirely, but it is a good idea to keep it in check. Try substituting canola oil for at least some of the butter in your recipe or try recipes that call for fat replacements which can be anything from fruit purees to reduced-fat dairy products like low-fat milk or buttermilk.
- 2. Use Some Whole-Wheat Flour:** If a recipe calls for all-purpose flour, swap out half of it for white whole-wheat flour. White whole-wheat flour for baking looks and tastes similar to all-purpose, but it is higher in fiber (about 12 grams per cup vs. 3 grams for white flour). Look for it in well-stocked supermarkets next to the other flours or in the baking section of your local natural food store.
- 3. Keep Size in Check:** There are so many different cookies to try. If they are big and you want to try them all, you're suddenly consuming tons of extra calories. Try to make cookies small-no more than 2 or 3 bites' worth. It is a great way to keep calories in check and satisfy your craving for something sweet.
- 4. Avoid Artificial Ingredients:** Try to avoid artificial colors in frostings and other decorations for cookies by decorating them creatively with white frosting, melted chocolate, nuts and jams instead.

Source: "How to Make Holiday Cookies Healthier," Hilary Meyer: www.eatingwell.com



Exercise Tips for Shoveling Snow

It's that time of year again when snow is falling and shovels are coming out of storage. Just 15 minutes of snow shoveling counts as a moderate intensity activity. It is important to note that taking proper safety measures before heading outside is imperative in keeping you healthy and injury free.

Using proper technique when shoveling is important in keeping your body injury free. It is advised that you lift from your legs and not use your back, however even the best form can fall apart when fatigue sets in. It is recommended that you take a break every 15 minutes to allow your body time to rest.

Below are some tips to help make this activity less cumbersome.

- ◆ **Warm-up before heading outside.** Just like a warm-up is necessary before any aerobic activity, same is true for snow shoveling. Doing a 10 minute warm-up such as walking in place or doing jumping jacks, before heading outside helps to warm-up and prepare the muscles for the activity and may lessen your risk for injuries.
- ◆ **Dress in layers.** Dressing in layers allow you to remove them should you get too warm.
- ◆ **Stay well hydrated.** Hydration is just as important in the cold as it is in the heat of the summer, especially if you sweat a lot or if the air is dry.
- ◆ **Choose the proper shovel size.** Choosing a shovel that best fits your height and one that has a small blade will force you to lift or push a smaller amount of snow, therefore putting less strain on your body.
- ◆ **Push the snow whenever possible.** Pushing the snow versus lifting and then twisting to toss the snow puts less strain on the back. If you must lift, make sure you lift from your legs and not your back in order to keep from torquing the muscles of the back which could lead to straining of the back muscles.

Source: "Exercise Tips for Shoveling Snow," Nancy Howard: www.dailyspark.com

**December Healthy Recipe:
Ravioli & Vegetable Soup**

Serves: 4, about 2 cups each

Active Time: 25 minutes

Total Time: 25 minutes

INGREDIENTS

1 tablespoon extra-virgin olive oil

2 cups frozen bell pepper and onion mix, thawed or diced

2 cloves garlic, minced

¼ teaspoon crushed red pepper, or to taste (optional)

1 28-ounce can crushed tomatoes, preferable fire-roasted

1 15-ounce can vegetable broth or reduced-sodium chicken broth

1 ½ cups hot water

1 teaspoon dried basil or marjoram

1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole wheat

2 cups diced zucchini, (about 2 medium)

Freshly ground pepper to taste



PREPARATION

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

TIPS AND NOTES

Make Ahead Tip: Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired.

NUTRITION

Per Serving: 264 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrates; 11 g protein; 8 g fiber; 763 mg sodium; 762 mg potassium.

Source: www.eatingwell.com

“Nothing compares to the simple pleasure of a bike ride.”

-John F. Kennedy



Work Well Summary 2013:

The item that I believe has the biggest impact is the newsletter and department/employee challenges. They keep people conversing and having fun.

We had two **major** events: A Stairwell Challenge and a Pedometer Challenge. I personally cannot say which one was more successful. The employees had fun with both, spouses were included. The kick-off for the pedometer challenge was a salad bar and we still have to have our “wrap-up” party this month.

Small events were the flu immunizations August, fruits & veggies matter September, breast cancer awareness fundraisers in October, a food drive during November, a Stress seminar in December, hand washing/cover cough in January, biggest loser (hear it was a great time!), salad bar nutrition month in March, walking in May and the employee picnic in June.

Other than that, the incentive committee hosts an employee picnic, a movie day during the holidays including families, and a soup cook-off. The picnic, breast cancer fundraising, soup cook-off, winter solstice celebration, and holidays, are all traditional.

We have several city sports events that are for charity including a Domestic Violence Awareness 5K, a Volunteer Firefighter 5K, and Corporate Games which Tooele City took the Trophy for the county.

The corporate service projects were for the food bank & back-to-school closet.

Our book club is still meeting, and we have about 6 of the original 8 members that started. We try to meet every month depending on our schedules.

We purchased a set of adjustable dumbbells with last year’s Work well Challenge money. The difference was spent on incentive prizes for employees for the challenges.

I tried some onsite indoor gardening. The sage, and hot peppers have survived so-far.

Tooele City Employees Wellness Newsletter

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STROKES: WARNING SIGNS

What are Warning Signs of a Stroke? Warning signs are clues your body sends that your brain is not receiving enough oxygen. If you observe one or more of these signs of a stroke or "brain attack," don't wait, call a doctor or 911 right away!

- ✓ Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- ✓ Sudden confusion, or trouble talking or understanding speech
- ✓ Sudden trouble seeing in one or both eyes
- ✓ Sudden trouble walking, dizziness, or loss of balance or coordination
- ✓ Sudden severe headache with no known cause

Other danger signs that may occur include double vision, drowsiness, and nausea or vomiting. Sometimes the warning signs may last only a few moments and then disappear. These brief episodes, known as transient ischemic attacks or TIAs, are sometimes called "mini-strokes." Although brief, they identify an underlying serious condition that isn't going away without medical help. Unfortunately, since they clear up, many people ignore them. Don't. Paying attention to them can save your life.

Source:

www.healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/reduce-your-risk-of-stroke

Heart disease, including stroke, is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths is caused by heart disease.

What is the good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- ❖ Watch your weight.
- ❖ Quit smoking and stay away from secondhand smoke.
- ❖ Control your cholesterol and blood pressure.
- ❖ If you drink alcohol, drink only in moderation.
- ❖ Get active and eat healthy.

Coronary Heart Disease (CHD), AKA Coronary Artery Disease (CAD).

When people talk about heart disease, they are usually talking about **coronary heart disease (CHD)**. It's also called **coronary artery disease (CAD)**. This is the most common type of heart disease. When someone has CHD, the arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material called plaque, build up inside the arteries.

Plaque is caused by:

- ❖ Fat and cholesterol in the blood
- ❖ High blood pressure
- ❖ Smoking
- ❖ Too much sugar in the blood (usually because of diabetes)

When plaque blocks an artery, it is hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

Source: www.healthfinder.gov



*People, even more
than things,
have to be restored,
renewed, revived,
reclaimed and redeemed.
Never throw out an*



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Pay It Forward

Healthy Utah's newest health challenge

(Note: If anyone would like one, I have an extra "Pay It Forward" bracelet and notes to encourage recipients of kindness to pay it forward.)

Those that are enrolled in the challenge have received some very uplifting ideas on "Random Acts of Kindness", for example:

- ✚ Buy a coffee or meal for the next person in line.
- ✚ Take a basket of food or other personal items to a neighbor in need, possibly given anonymously.
- ✚ Make Valentine's cookies and deliver to a neighbor.
- ✚ Shovel for a neighbor. ***I have a wonderful neighbor who did this last weekend at 11 o'clock at night.***
- ✚ At a hospital it could be flowers or balloons left for someone who has none. This is a great idea if you are leaving the hospital and headed home because they will eventually wilt, die and be thrown out. Yet they may be so appreciated by someone who is ill. ***This happened to me when I had my second daughter and I left a HUGE bouquet made up like a hot air balloon for someone. It gives you a wonderful feeling inside.***
- ✚ Spring is coming...and rain...***I hope...***give or share an umbrella.
- ✚ Pick up litter (wear gloves)
- ✚ Give up your seat for someone.
- ✚ Community food banks and shelters will distribute the soaps, shampoos, and conditioners that are gathered while on a vacation or business trip. If you want to go the extra step, divide them into baggies and add a small toothpaste, wash rag, or deodorant with an uplifting note.
- ✚ If food storage items are close to expiring (not expired), donate to the food bank. They will usually be able to distribute them before they do expire.
- ✚ Donate coats and blankets
- ✚ Volunteer
- ✚ Start a charity drive
- ✚ Forgive; be kind; speak to someone you don't know very well
- ✚ A new, or even experienced co-worker, may need help. Lend a hand, or an ear, or preferably both.
- ✚ Instead of catching mistakes, try to acknowledge the things that are accomplished by someone.
- ✚ Don't complain when you go home. You will feel better and so will your loved ones.
- ✚ Valentine's day is coming...how about giving your valentine a foot rub, neck massage, a short note tucked away, or *my* favorite – blueberry pancakes for breakfast.
- ✚ A family dinner without an occasion – just because.
- ✚ Give your time to children. Read a book, do a puzzle, play games, go for a walk, tell your life stories, play outside, make cookies, paint, or do crafts. They will pass on what they learn.

STRESS!

Not all stress is bad and can help protect you in a dangerous situation. Chronic stress (ongoing) can be prevented, managed and can help lower your risk for serious health problems like heart disease, obesity, high blood pressure, and depression.

You can prevent or reduce stress by:

- Planning ahead
- Deciding tasks needing to be done first
- Preparing for stressful events

Some stress is hard to avoid.

You can find ways to manage stress by:

- Noticing when you feel stressed
- Taking time to relax
- Getting active and eating healthy
- Talking to friends and family

What are the signs of stress? People may feel:

- Worried
- Angry
- Irritable
- Depressed
- Unable to focus

Stress affects the body. Physical signs include:

- Headaches
- Back pain
- Problems sleeping
- Upset stomach
- Weight gain or loss
- Tense muscles
- Frequent or more serious colds

Stress is often caused by some type of change.

Even positive changes can be stressful, and can be short-term or long-term

Common causes of short-term stress:

- Too much to do and not enough time
- Lots of little problems in the same day
- Getting lost
- Having an argument

Common causes of longer-term stress:

- Death of a loved one
- Chronic (ongoing) illness
- Caring for someone who is seriously ill
- Problems at work or at home
- Money problems

What are the benefits of managing stress?

- Sleep better
- Control your weight
- Get sick less often and get better faster
- Lessen neck and back pain
- Be in a better mood

Source
conditi

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February is Teen Dating Violence Awareness

There's a lot you can do as a parent to prevent teen dating violence and abuse. One in 10 teens reported being physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference:

- Be a role model – treat your kids and others with respect.
- Start talking to your kids about healthy relationships early – before they start dating.
- Get involved with efforts to prevent dating violence at your teen's school.
- Call the National Dating Abuse Helpline at 1-866-331-9474 or text "loveis" to 77054, if you are worried about your teen.

You can help keep your loved ones safe and healthy.

You Can Help Prevent A Stroke

These are the 6 most important steps you can take to lower your risk of stroke:

- ✓ Keep your blood pressure in the normal range.
- ✓ If you smoke, quit.
- ✓ Keep your blood sugar (glucose) in the normal range.
- ✓ Stay active and maintain a healthy weight.
- ✓ If you have heart disease, treat it.
- ✓ Keep your cholesterol ("koh-LEHS-tuh-rah") levels in the normal range

Don't Think Thin! Think Simple... Think Healthy Weight!

These tips come from www.realsimple.com and the title is "The Secrets of Thin People." Please don't get hung up on the word "thin." A healthy weight (which is very individual) is what we are striving for.

Here's an overview:

- Favor bulky foods (fruits, vegetables, water-based soups and stews, and cooked whole grains).
- Watch portion sizes.
- Put yourself first - take time to obtain physical activity!
- Genes are only partially responsible. Environment and behavior make up the rest.
- Don't skip meals!
- Limit your options (this has to do with "sensory-satiety").
- Don't sit still.
- Weigh yourself-not obsessively! It is easier to adjust eating and behavior before weight creeps up too high.
- Eat breakfast.
- Enjoy your food!
- Practice early intervention.
- Find what works for you!

Read the entire article [here](#).



Live Fit

TOOELE COUNTY



When everything seems to be going against you, remember that the airplane takes off against the wind, not

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It is Tooele County Health Department's newest addition, dedicated to helping citizens of Tooele County to fight obesity and strive to obtain optimal health. Read the mission and motto below.

It is so exciting to have a **local** resource that is loaded with valuable information, fun ideas for activity, community events and opportunity for winning prizes through the monthly challenges. Visit www.livefittc.org and join in!

What is Live Fit?

"Our mission is to unite individuals and organizations in Tooele County with the common purpose of addressing physical activity and obesity; to educate and empower citizens to make healthy choices; and to identify existing physical fitness, nutrition, and support resources and help create new resources in Tooele County."

1 Bite, 1 Step, 1 Decision

Do you ever wonder why chocolate, potato chips, baked goods, and French fries seem so irresistible?

Research has increased on the subject of cravings, and several theories exist to explain this powerful draw to certain foods. **One explanation** involves the associations we make between pleasurable experiences and food. Think of the celebrations that involve food: birthdays (cake), holidays (cookies, sweets), Super Bowl Sunday (wings, chips and dip), and Friday night-the week is over-celebrations (favorite restaurant foods). The associations between food and pleasure actually involve brain chemistry, namely dopamine, the pleasure neurotransmitter. The more we practice this food-reward system, our brains can actually re-wire, so we are more likely to crave certain foods again in the future.

Dr. Mark Gold, MD, chairman of the department of psychiatry at the University of Florida has this to say: "It's not just that these high fat, sugar-filled, sodium-laden foods are convenient—it's that they're actually engineered to make us crave them. These foods have an effect on the brain that's much stronger than those produced by foods that you could hunt or grow. The complexity of tastes, flavors, and textures in processed foods is simply more stimulating for the brain than something that comes from the earth."

Dr. Pamela Peeke, MD, Assistant Clinical Professor of Medicine at the University of Maryland offers three suggestions to help re-train the brain and combat these powerful food cravings:

Strengthen your mind. Trick the mouth. Move your muscles.

Read an article explaining these three steps here: [Food Addicts Can Re-Train the Brain](http://www.health.com)

Reference: *The New Way to Conquer Cravings*. www.health.com. April, 16, 2012.

Life Assistance Counseling Provided by Blomquist Hale Consulting

Help for Any Type of Problem

Life Assistance Counseling (LAC) provides direct, hands-on help to address most types of life problems. Typical problem areas include marital difficulties, family problems, relationship issues, job stress, personal and emotional difficulties, and assessment and treatment of alcohol and drug problems.

Strict confidentiality is guaranteed to all participants.

Eligibility: All fulltime employees, dependents and anyone living in their home are eligible.

Free Service: Employees and their dependents can receive problem-solving help, free of charge. LAC does not use up your mental health benefit, and **no set limit on** the number of sessions provided.

Simple Access: Access is as simple as calling the LAC office to set an appointment time. Visit the Blomquist Hale website for additional details at www.blomquisthale.com.

Salt Lake City, (801) 262-9619

Logan, (435) 752-3241

Orem, (801) 225-9222

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Safety

Injuries

are a leading cause of disability for people of all ages, and the leading cause of death for Americans ages 1 to 44. When people practice safe behaviors, they can help prevent injuries or even death. This month raise awareness about important safety issues like:

- **Slips and falls**
- **Workplace and employee safety**
- **Emergency preparedness**

Take The Right Steps

If you take care of your overall health, you may be able to lower your chances of falling. Here are a few hints that will help you avoid falls and broken bones:

- Stay physically active. Regular exercise improves muscles, increases strength, and helps keep joints, tendons, and ligaments flexible.
- Have your eyes and hearing tested. Even small changes may cause a fall.
- Find out about the side effects of medicine you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are sleepy, you are more likely to fall.
- Limit the amount of alcohol you drink. Even a small amount can affect balance and reflexes.
- Stand up slowly. Getting up too quickly can cause blood pressure to drop.
- Use a walking stick if you need help feeling steady when you walk.
- Be careful when walking on wet or icy surfaces. Have sand or salt spread on icy areas.
- Wear non-skid, rubber-soled, **low-heeled** (not thin) shoes, or rubber soled lace-up shoes that fully support your feet. Don't walk around on stairs or floors in socks or smooth sole slippers.

Source: (www.healthfinder.gov)

SAFETY AT WORK

If work isn't performed safely, it can put a lot of wear and tear on your body. Back injuries are the most common type of workplace injury. Make simple changes to prevent injuries and stay healthy:

- Lift things safely.
- Arrange your equipment to fit your body.
- Take short breaks and stretch your muscles.
- Eat a healthy diet and stay active.
- Watch your weight.
- Get enough sleep.

All types of jobs – even desk jobs – can lead to injuries. For example:

You can injure your back, shoulders, or neck if you lift or carry heavy objects.

You can hurt yourself when you do the same activity over and over again, like typing or working on an assembly line. An injury caused by doing the same activity over and over is called a repetitive motion injury. More and more workers are getting repetitive motion injuries.

Source: (www.healthfinder.gov)

Prevent repetitive motion injuries.

- Sit and stand up straight while you work.
- Arrange your equipment to fit your body.
- Adjust your chair to your height.
- Put the tools you use where you can easily reach them.
- The top of the computer screen should be at eye level.
- Avoid extended and elevated reaching for keyboard and mouse.

There is never time to do it right, but there is

TOOELE CITY

Emergencies

Planning ahead can help keep you and your family safe if there's an emergency, like a natural or man-made disaster.

Examples include:

- Natural disasters like floods, tornadoes, earthquakes
- Flu pandemics (flu that spreads around the world)
- Blackouts (where large areas lose power)
- Terrorist attacks

When your work speaks for itself, don't interrupt. ~Henry J. Kaiser

Emergencies can happen at any time, so it's important to make sure you, and your family, are ready. Here's what you can do:

- Learn what to do in different types of emergencies.
- Check your smoke alarms, child safety locks, and first aid supplies.
- Get an emergency supply kit.
- Make a family emergency plan.
- Stay informed

Source: www.healthfinder.gov

Make a plan.

It's important to make a plan in case your family members aren't in the same place when disaster strikes. Consider a plan where each family member calls the same friend or relative if there's an emergency.

[Print this Family Emergency Plan \[PDF - 520 KB\]](#). Sit down and fill it out together so that everyone in your family knows what to do.

Find out about plans at school and work.

Places where you and your family spend the most time, like school and work, likely have their own emergency plans. Ask your employer and your child's school for a copy of their emergency plans.

[Get questions to ask school or work about their emergency plan.](#)

Are You Prepared?

An accident or emergency can happen at any time. Giving first aid is what you can do to help someone before medical help arrives. Taking action right away can help save a life.

- ❖ Take a class to learn first aid and CPR (cardiopulmonary resuscitation). When someone's blood flow or breathing stops, seconds count. Permanent brain damage or death can happen quickly. To keep skills up, you should repeat the training every 2 years
- ❖ Keep a first aid kit in your house and car.
- ❖ Learn when to call 911.
- ❖ Learn how to help someone who is choking.
- ❖ You can also learn to handle common injuries and wounds. Cuts and scrapes should be rinsed with cool water. Apply firm but gentle pressure to stop bleeding. If blood soaks through, add more gauze, keeping the first layer in place. Continue to apply pressure.

Source: www.nlm.nih.gov/medlineplus

Source: www.healthfinder.gov

Make an emergency supply kit. You won't have time to search or shop for these supplies during an emergency. Here are a few simple items you can gather today to prepare for an emergency:

- ✓ At least 3 gallons of water for each member of your family and pets.
- ✓ Food for at least 3 days that do not need to be kept cold-energy bars, peanut butter, crackers, canned food (and can opener). Find out how to keep food safe during an emergency.
- ✓ Prescription medicines that you take every day
- ✓ A first aid kit to treat cuts, burns, and other injuries. Find out what to put in your family's first aid kit [\[PDF\]](#). (You can also buy first aid kits at many stores.)
- ✓ A battery powered radio with extra batteries or a hand crank radio.
- ✓ A flashlight and extra batteries.
- ✓ A whistle to call for help.

Keep your emergency supplies together in a backpack, bag, or easy-to-carry container. Use a waterproof container if possible. Store your supplies in a place that's easy to reach. For more help, [visit this emergency su](#)

TOOELE CITY

Be Positive, Work Better

- We have more influence when we listen than when we tell.
- The best way to get respect is to give it.
- Good and bad things happen every day. We choose what we pay attention to and focus on.
- Being an optimist is associated with high levels of success.
- Pessimists often see things more realistically, but optimists regularly beat the odds.

Healthy Utah Testing Sessions

June 10, 2013

City Hall Council Chambers

Make your appointment online at:

www.healthyutah.org/myhu

OR CALL:

1-855-366-7300 OR

1-801-366-7300

Safety May Begin With Enough Sleep

- **Stick to a sleep schedule.**
- **Exercise is great but not too late.**
- **Avoid caffeine and nicotine.**
- **Avoid alcoholic drinks before bed.**
- **Avoid large late meals and beverages.**
- **If possible, avoid medicines that delay or disrupt your sleep.**
- **Don't take naps after 3 p.m.**
- **Relax before bed.**
- **Take a hot bath before bed.**
- **Have a good sleeping environment.**
- **Have the right sunlight exposure.**
- **Don't lie in bed awake. See a doctor if you continue to have trouble sleeping.**

Put safety first

Powered and unpowered tools and equipment can cause serious injury. Limit distractions, use chemicals and equipment properly, and be aware of hazards to lower your risk for injury.

- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Make sure equipment is working properly.
- Sharpen tools carefully.
- Keep harmful chemicals, tools, and equipment out of children's reach.

Lift things safely.

When you lift something heavy:

- ***Bend your legs.***
- ***Keep your back straight.***
- ***Test the object first!***
- ***If it is too heavy, get help!***

KNOW YOUR LIMITS IN THE HEAT!

- ❖ Monitor your activities and time in the sun.
- ❖ Drink plenty of water throughout the day. Don't wait until you're thirsty.
- ❖ Avoid drinking liquids that contain alcohol or large amounts of sugar, especially in the heat.
- ❖ Take breaks often. Try to rest in shaded areas so that your body's thermostat will have a chance to recover.
- ❖ Stop working if you experience breathlessness or muscle soreness.
- ❖ Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.
- ❖ Watch people who are at higher risk for heat-related illness, including infants and children up to four years of age; people 65 years of age or older; people who are overweight; people who push themselves too hard during work or exercise; and people who are physically ill or who take certain medications (i.e. for depression, insomnia, or poor circulation).
- ❖ Eat healthy foods to help keep you energized.

TOOELE CITY

The real measure of your wealth is how much you'd be worth if you lost all your money.

Lighten Up!

Achieve a healthy weight, savor nourishing foods, enjoy activity
Small Change, Big Difference

Try one:

- ✚ Add one extra piece of fruit to your daily diet.
- ✚ Add one extra serving of vegetables to your daily diet.
- ✚ Use a smaller plate for meals.
- ✚ Take the stairs.
- ✚ Share your dessert.
- ✚ Go meatless one day each week. Use beans. Add white beans to pasta dishes, garbanzo beans to salads, black/pinto beans to Mexican dishes.
- ✚ Team up with others to exercise.
- ✚ If you work at a desk, get up every hour and move for 3 minutes.
- ✚ Eat breakfast. Try oatmeal with raisins, slivered almonds, and low-fat milk.
- ✚ Practice gratitude for at least 3 things every day.

Maria Givler, Healthy Utah

*I'm a great believer in luck
 And I find the harder I work,
 The more I have of it.
 ~ Thomas Jefferson*

To download or print a checklist of items for an emergency supply kit and first aid kit visit:

www.ready.gov/america/download/checklist.pdf

www.ready.gov/america/getakit/firstaidkit.html

NATIONAL MEN'S HEALTH WEEK

June 10-16, 2013

**Awareness. Prevention.
 Education. Family.**

www.menshealthweek.org

National ASK Day

CPYV (Center to Prevent Youth Violence) created the ASK (Asking Saves Kids) Campaign in collaboration with the American Academy of Pediatrics based on the astonishing fact - that over one third of homes with children has a gun, many of which are kept unlocked or loaded.

So what is National ASK Day? What are they asking? They are asking, **"Is there a gun where my child plays?"** Parents ask all sorts of questions to protect their children when they play at the home of a friend, neighbor, or relative. But this important question more than half of parents say, never even occurred to them to even ask! Below is a link to the website:

<http://www.day/>

TOOELE CITY



Highland Plaza Wellness Council

2013 Activity Highlights

Overview: The success of the Highland Plaza program is attributed to the dedicated effort of our Wellness Council members; considering assignment to the council is an additional duty for those of us already with challenging and busy work schedules. Their willingness to accept responsibility for Work Well Challenges and seeing them to completion was noteworthy. We had excellent support from our division, bureau and section managers. Without their support and encouragement, the success that we achieved could not have been accomplished. Dr. Marc Babitz (division director), Paul Patrick, Dean Penovich and Jolene Whitney (Bureau directors/deputy directors) were very supportive. Section managers from almost all sections and bureaus in the building, and the faculty of the Salt Lake Community College; were equally supportive of the healthy lifestyle changes that we promoted.

Most Successful Programs

12-week Lifestyle Success Program: (Weight management, nutrition, food journaling, weekly weigh-in, coaching, exercise regimen, and encouragement from Lanette Sorensen, the program manager.) Seventeen people paid a non-refundable \$60.00 fee to participate in the program. This confirmed their dedication to the rigorous program. The fee covered weekly incentive prizes and expenses. Lanette arranged for interesting and informative guest speakers that reinforced the purpose of the course. The results were remarkable! Nearly 80 pounds of weight was lost. Most participants achieved their individual goals. Fourteen people completed the program.

Success Stories (Submitted by 17 people on their benefit of lifestyle changes)
The voluntary submission of success stories attest to the success of our healthy lifestyle change programs. It was gratifying to learn how different people were affected by the programs the Council sponsored, the effectiveness of the monthly Newsletter and the barrage of informational flyers posted around the building, including in the restroom stalls.

Sponsored by:
Highland Plaza



Lifestyle Success Program

Lifestyle Success Program Overview

One of the Governor's Work Well Challenges for Wellness Councils is to provide an on-site weight management program for our employees. Since the Highland Drive location employs a smaller number of employees than the main UDOH building, we were ineligible to have other weight management programs come into our building on a weekly basis. We have since developed and established our own 12-week Lifestyle Success Program that focuses on education for nutrition, exercise and daily choices along with program activities such as weekly weigh-ins, buddy accountability, weekly education, attendance incentives and a program binder.

Participants recorded their success through a process of a beginning weight and measurement, utilizing an automated scale with Matt Hill, PEHP Physical Activity Coordinator, before and after pictures, weekly weigh-ins and a final weight and measurement again with Matt. The scale prints out several elements of data that is pertinent to weight management. Those who remained with the program are now on a schedule of weigh-ins, measurements, before and after pictures on a quarterly basis as well as weekly weigh-ins.

Kendall Perry, from Unified Fire Authority was our Peer Fitness Trainer and provided us with weekly fitness challenges to encourage daily exercise and better overall health. Some in our program had never attempted any exercise more challenging than walking and found they could modify the routines provided by Kendall to fit their needs and enjoyed the challenges that were presented on a weekly basis.

Some of the highlights included a nutritionist who made a healthy, low calorie meal and gave us many suggestions on how to improve our food choices and how we could simplify the routine of cooking for us and our families. Maria Givler from PEHP also came and talked to us about stress management and how important it is to overall health and it's impact on weight.

Eleven participants finished our program. We lost a total of 78.2 lbs., 70.75 inches, 30.1% body fat and for those who were more interested in building overall muscle mass, this was increased by 20.2%.

The Lifestyle Success Program is an education-based weight management program designed to enable participants to create a healthy lifestyle through education, hands on experience and personal choice. The top priorities of our program are:

- Offer an affordable onsite weight management program
- Offer realistic food expectations and choices
- Provide individual support through Buddy Accountability and Weekly Programs
- Provide an opportunity for participants to actively engage during weekly program meetings
- Provide participants the opportunity to eliminate or maintain current weight through healthy lifestyle choices
- Provide easy to use resources accessible to all participants for little or no cost
- Provide group support through sharing of information, personal stories and weekly successes or lessons learned

CONTACT INFORMATION: Lanette Sorensen—lanettesorensen@utah.gov—(801) 273-6675

HIGHLAND PLAZA

Before and After Pictures Charla Haley



Favorite Picture Motivational Poster

Highland Plaza Wellness Council Newsletter

Homestretch . . .

We're tied for First Place in the race for the Healthy Utah Work-Well Challenge incentive awards. Points accumulated from completing the Wellness Challenges place us in competition with 46 other councils around the state. The Department of Corrections has caught up with us. The race ends in May when all points are tallied. The first place council is awarded \$2000 to support their program. Participate in the Highland Plaza health activities to keep us in the lead!

The Biggest Losers Just Became the Biggest Winners!

Congratulations to the graduates of the Lifestyle Success Program. This was an intensive 12 week weight management class attended by 14 UDOH employees. A combined total of 78 pounds and 71 inches were lost. The winner (or biggest loser) was Charla Haley of the Bureau of EMS and Preparedness. She shed nearly 17 pounds, and trimmed 13.5 inches. During the sessions, Lanette Sorensen, the teacher/coach, discussed all aspects of developing a healthy lifestyle. Obviously, she had good students as most of them achieved their personal goals. Final awards and recognition were presented by Dr. Marc Babitz, the Division of Family Health and Preparedness director. Another 12-week class is planned for later this year. Come and join us!

April is:

- 🍏 **Alcohol Awareness Month:** Become aware of the health risks of alcoholism. It's a leading cause nationwide of poor health, accidents and marital problems.
- 🍏 **National Autism Awareness Month:** Utah leads the nation in the number of autistic children. Learn the facts from the Autism Council of Utah.
- 🍏 **National Distracted Driving Month:** We've all been guilty at one time or another. It's not always the cell phone or texting that distracts us from where our attention should be. Eating and driving, changing stations on the radio or adjusting the heater could divert our focus and result in a serious accident.

Get Ready to *Shake it Out!*

The **GREAT UTAH SHAKEOUT** exercise will take place on Wednesday, 17 April at 10:15 am. Plan to demonstrate a *healthy* response to a simulated 7.0 magnitude earthquake by crawling under your desk and holding on. More than 730,000 Utahans will be doing the same *exercise*. It will be a good time to review your emergency kits, disaster plans and network with your neighbors. Register at www.ShakeOut.org/Utah

Spring into Spring With Fresh Vegetables! Try This Low-fat Dip Recipe

Ingredients:

Low Fat Plain Yogurt
Green Onion
Worcestershire Sauce
Fresh Herbs (basil, thyme, tarragon, celery leaves, mint and parsley)

Preparation (Mix):

1 cup of Low-fat Yogurt
2 Tbsp. chopped green onion (green part only)
1 Tsp. Worcestershire Sauce
5 Tbsp. minced fresh herb leaves
Garnish with sliced green onions

Achieve your Fitness Goals

If you're having a hard time getting motivated or just don't feel like you're getting enough out of your exercise routine, consider joining the Fitness Center for \$18.00 for 6 months or purchase a year's membership for only \$30.00.

If you're one of the next nine UDOH/SLCC employees to join or renew your Highland Center membership, the Wellness Council will sponsor a free one hour session with Highland's Fitness Trainer, Dawn Swindell. She's in our building every Monday and Friday. A sign-up sheet is in the 4th Floor Fitness Center. Each ½ hour session is \$5.00. The Wellness Council has sponsored 11 employees for a free session with Dawn. Nine more free sessions are available if you haven't already trained with her.

More than just an instructor, Dawn can help you come up with the right workout plan to meet your goals. Whether you want to lose a few pounds, tone up your arms, or flatten your stomach for swimsuit season, a personal trainer can help you achieve your goal. Hiring a personal trainer means both a financial commitment and a time commitment to your health and fitness.



HIGHLAND PLAZA

Visit us on Facebook! <https://www.facebook.com/HighlandPlazaWellnessCouncil>

Highland Plaza Wellness Council

Homestretch . . .

We're back in first place in the race for the Healthy Utah Work-Well Challenge incentive awards, with the Cannon Building, Department of Corrections and the Payson City councils [very] close behind. Points accumulated from completing Wellness Challenges place us in competition for a \$2000 grant that can be used to enhance the health of our Highland Plaza employees and SLCC students. The race ends on 31 May when all points are tallied. Thanks for supporting the Highland Wellness Council programs during this past year.

Melanoma: A Consequence of the Summer Sun

Melanoma is the least common form of skin cancer but it can be deadly if not caught early. The symptoms are a mole that changes size, shape or color. It can also look like a bruise that doesn't heal or a dark streak under a toenail. If you notice any of these symptoms, make an appointment with a dermatologist. Pre-cancerous conditions can be safely removed. When you go out into the sun this summer, wear a hat and SPF 60 or higher lotion to help protect your skin. Enjoy summer out-of-doors but try to avoid unprotected fun during the peak solar hours between 10 am to 4 pm.



Kick Butt in June

Okay, we know that we don't have a lot of smokers in this building, but each of us knows someone that does smoke. Encourage them to quit, if not for their sake, then for *ours*. Second hand smoke is responsible for killing 137 non-smokers per day! The astounding thing is the carcinogenic components of tobacco smoke. According to www.thetruth.com, tobacco smoke has the same methane as dog poop and urea as cat pee. Plus there are many other disgusting ingredients that kill 1075 smokers every day. Not enough reason to kick the habit? Think about the money you'd save and the good health that you'd have. Plan to "kick butt" and enjoy life more. It ain't easy, but you can do it.

How Soda Affects Your Body

Last month we introduced the effects of soda pop on the organs of your body. The unhealthy ingredients affect your brain, kidneys, digestive and skeletal systems, heart, lungs and teeth in various ways. Phosphoric acid and caffeine corrode your teeth almost as bad as battery acid. This month we'll attempt to provide proof of the harmful effects that several different types of soda pop have on your teeth. A human tooth will be soaked in soda pop. Each week, the tooth will be weighed and evaluated. After one month, the results will be disclosed. Watch for it in the July Newsletter. You may decide that water is a better (and safer) thirst-quencher.

Vegetarian Beans and Rice

Ingredients:

1 large onion, chopped
1 large bell pepper, chopped
1 pound dried small red beans, washed and picked over
2 celery stalks (with leaves), chopped
4 garlic cloves, minced
6 cups water
1 Tbsp Worcestershire sauce *
1 tsp freshly ground black pepper
1 tsp smoked paprika
3/4 tsp garlic powder
1/2 tsp ground allspice
1/2 tsp ground cloves
4 bay leaves
3 tsp fresh thyme, minced
1 tsp fresh oregano, minced
1 canned chipotle Chile in adobo, finely chopped
2 cup tomato concasse (or canned tomatoes)
1/4 tsp cayenne, or to taste
2 tsp salt, or to taste
1 tsp Tabasco (or Cholula)
3 cup Cooked Rice.
*Substitute 1 Tbsp powdered shiitake mushroom and 1 Tbsp soy sauce

Preparation:

The night before, put the beans in a large bowl and cover with cold water, soak.

Drain the soaked beans. Place the beans and all remaining ingredients except the salt and Tabasco in a 5-quart Dutch oven or other heavy pot with a lid. Bring to a boil over high heat on the stove. Cover, reduce the heat to a simmer, and cook until the beans are tender. Add salt and Tabasco to taste. Remove the bay leaves. Serve with the rice.



Please plan to participate in the organized wellness walks. Complete 14 walks on your participation card and win prizes.

Sponsored by:

Highland Plaza 



Lifestyle Success Program

A new weight management class is beginning with a 25 June weigh-in. The last class lost almost 80 pounds of weight. Come join us. What do you have to lose?

HIGHLAND PLAZA

Visit us on Facebook! <https://www.facebook.com/HighlandPlazaWC>

Brownbag Lectures

Time Management

First Aid, CPR and AED Training

Laughter (Staying on the Yellow Brick Road)

Sleep Awareness (Helpful advice on getting more restful sleep from PEHP Healthy Utah)

Wear Red for Women's Health (CVD lecture from American Heart Association)

Fitness Trainer Lecture (Fitness Coaching Program and workout routine changes from a *very dedicated* professional fitness trainer for a nominal fee)
The Wellness Council subsidized the first 20 people that hired the fitness trainer for 30 minute sessions.

Nutrition (PEHP Healthy Utah and numerous Work-well Challenges). Nutrition and lifestyle changes became our mantra. It was incorporated into many of the activities, flyers and lectures.

Self Defense Class (Unified Police Department Awareness Training) This training was a great success as it provided precautionary awareness, especially for the ladies that may be exercising alone. An aikido class is planned for the next cycle.

Monthly Newsletters: (Includes monthly healthy recipe, vegetable, next monthly observances, and wellness articles.) Newsletters were displayed in break rooms, kitchens, on bulletin boards and in the restrooms.

Wellness Challenges

Promoting Healthy Utah Challenges

Waist a Weigh

Workout Warrior

Maintain, Don't Gain

Healthy Utah Testing Sessions

Governor Herbert's Health Challenge and 5K Run

Healthy Utah Webinars

Pay it Forward (Work, Family, Friends and Strangers)

Farmer's Markets and Sharing Home Produce

Plus many more challenges...

Encouraging positive changes to a healthy lifestyle

Drink water (not soda pop – phosphoric acid experiment)

Stress Management
Sleep Awareness
Smoking Cessation

Promoting monthly health observances and awareness
(Becoming aware of special challenges and health risks)

2.

Sponsoring and promoting physical fitness events and activities
(Alternate ways of exercising and while watching TV)

Designating a dedicated room for nursing mothers.

Several flyers were posted that emphasized the importance of protecting the health of the mother and unborn infant.

Recommending a more nutritional menu. Local restaurants were visited and menus reviewed to identify which had healthy selections. Those restaurants that were approved were listed on a flyer for all to see.

The vending machine supplier was requested to add several more-healthy selections. Those that were considered even semi-healthy selections were identified with an icon.

Offering suggestions and resources to smokers and encourage them to quit! Smokers were invited to attend smoking cessation conferences and classes. The danger of second-hand smoke and chewing tobacco were highlighted on a “Kick Butt” campaign. The Wellness Council interfaced with DFCM and the Highland building committee to post no smoking signs and enforce the Utah Clean Air Act. Request to make the Highland Building a smoke-free campus was rejected because of the co-use by SLCC.

Improving the working conditions that promote mental health. Pictures are posted in the hallways, lighting is pleasant, and a room that can be used to relax from the stresses of the day was identified (complete with jigsaw puzzle). The outdoor picnic tables were offered for a summertime diversion to relax or have lunch.

Outdoor Picnic Tables – Purchasing two Lifetime™ picnic tables was a result of extensive research and networking with co-workers. List price for the tables was \$295.00 each. We bought two for \$250.00. They were secured by DFCM on the outside north deck. Staff and students may use them for mental health breaks, lunch or for short meetings. Funding came from a bake sale and silent auction proceeds.

Traditions

3rd Annual International Lunch (Outside this year on our new picnic tables). Several people brought international lunch selections and logistical items (water, plates, and utensils).

Conclusion: This has been a successful year. Many people, staff and students, benefited from participation in the Wellness Council activities and reading material.

3.



Wasatch Front Regional Council
WELLNESS ACTIVITIES
July 2012 to June 2013

June: Summer Olympic activity party with families invited

July: Ping pong tournament at work. People like this but it tended to drag out this year as folks found it hard to match schedules.

Aug: Promoted standing at desks while working

September: Bike to work. Arranged to meet at the UTA hub and rode our bikes from there to the International Center. Breakfast treats were provided.

October: Pedometer Poker. Must walk 8000 steps in 5 of the 7 days. Must go on one of two organized walks at lunch time per week. When you meet each goal, you draw a card and the best hand wins. We used the Wise Guys tickets you gave to us. (TRADITIONAL)

November: Service project. We gathered clothing and took them into the Road Home.

December: Winter Olympics in side. Chair races, 'cross country skiing' on 2x4s, etc. Probably our most popular

January: Fitness Room use. Every time the equipment was used for cardio. Strength, or stretching, points were given. Most points win gift cards.

Work Ski Day. Several families participated.

February: Random Acts of Kindness. Created a large heart in the break room and every time a kind thing was experienced, a sticky note was placed within the heart. (wasn't utilized as much as we had hoped)

We also had a Wii tournament at lunch time.

March: Ultimate challenge. Point given for actions such as exercising every day, eating vegetables, getting enough sleep, etc. Gift cards are given for winners.

April: Traditional bowling day. We go bowling and have a traveling trophy for the high score for men and women. (Popular)

May: Active transportation. Points are given for walking to destinations, using bikes, transit. There will be another bike to work day.

June: Company party with families invited. (TRADITIONAL)



FISCAL FITNESS CHALLENGE

Uintah School District Wellness Incentive

Event Dates: January 21 – March 1

Rules



- During the six weeks of this challenge you will work to improve your financial wellness by completing strategies that will help improve your bottom line.
- Complete activities in the different categories. Track your success by entering the activities you complete and enter their dollar value on the ledger. A list of activities with categories and ledger are provided.
- Earn 400 dollars (points) to get credit for the challenge. Earn 500 dollars (points) to be entered in the drawing for gift cards!
- Completed ledgers must be turned into your Wellness Council Representative by March 5, 2013 in order for this event to count towards 1 of the 2 required yearly wellness incentives.

The Uintah School District Wellness Council functions to enhance and foster the health and well-being of all employees of Uintah School District.

UINTAH SCHOOL DISTRICT

Uintah School District

Fiscal Fitness Challenge Transaction Ledger

6 Weeks, 10 Strategies, 1 Great Feeling!

The form below will allow you to track your progress toward **Fiscal Fitness**. Your goal is to complete at least 10 strategies during the 6 weeks of this challenge – if you complete more, all the better! You can complete activities in each of the categories or focus on one or two areas you feel are most important to your personal financial wellness. Track your success by entering the activities you complete and their value in the ledger below.

See the following pages for Activity Value and Category Reference Charts.

Name: _____ Work Location: _____

My goal is to reach a
balance of at least: \$500

Date	Activity	Value	Balance
1/21/13	Joined Fiscal Fitness Challenge	\$25.00	\$25.00

Final Balance

You must turn your completed ledger into your Wellness Council Representative by **Monday, March 5, 2013** to be eligible for the prize drawings and to have this event count towards one of the two required yearly wellness incentives.

UINTAH SCHOOL DISTRICT

"Biggest Loser Contest"

Uintah School District Wellness Incentive

Event Dates: Sept.20 – Oct.29

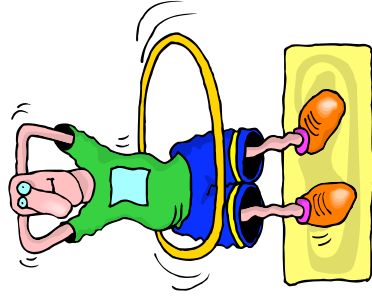
Rules

- Weigh in every Monday. Scales are placed in a private area at each work location.
- Track your weekly progress on the calendars provided by drawing either a 😊 (Yes, I've lost!), 😐 (Stayed the same) OR 😞 (Woops! Too many cookies!) in the appropriate square on your calendar.
- For every pound lost, you will donate 1 item to the Food Pantry. Donation boxes will be placed at each work location. The location with the most items in their donation box will win the infamous "Golden Loser Award"!
- Everyone who participates and completes the six week "Biggest Loser Contest" qualifies for the drawing for Visa Gift Cards.
- You must turn your completed calendar into your Wellness Council Representative by Nov. 1 to be eligible for the prize drawings and to have this event count toward one of the two required yearly wellness incentives.

UINTAH SCHOOL DISTRICT

Name: _____

Work Location: _____



“Biggest Loser Contest” **Uintah School District Wellness Incentive**

Tracking Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
☺ Lost						
☹ Stayed the Same						
☹ Too Many Cookies						

You must turn your completed calendar into your Wellness Council Representative by **Monday, November 1, 2010** to be eligible for the prize drawings and to have this event count towards one of the two required yearly wellness incentives.

Drop the Pop and Drink Water Challenge



Event Dates: January 23rd – March 2nd

CHALLENGE

Drink 6 to 8
glasses of
water daily.

Rules

- Eliminate or decrease the amount of pop you drink daily and replace it by drinking 6 to 8 glasses of water at least 5 days a week for the six weeks of this challenge.
- Record how many 8 oz glasses of water you drink each day on your tracking calendar.
- Completed tracking calendars must be turned into your Wellness Council Representative by Tuesday, March 6th to have the event count towards one of the two required yearly wellness incentives and to be eligible for the prize drawing for gift cards.



Uintah School District Wellness Incentive

Name: _____

Work Location: _____



Drop the Pop Drink Water Challenge

Tracking Calendar



CHALLENGE

Drink 6 to 8
glasses of
water daily.

Instructions

1. Eliminate or decrease the amount of pop you drink daily and replace it by drinking 6 to 8 glasses of water at least 5 days a week for the six weeks of this challenge.
2. Record how many 8 oz glasses of water you drink each day in the appropriate square on your tracking calendar.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Week 1 Jan. 23							
Week 2 Jan. 30							
Week 3 Feb. 6							
Week 4 Feb. 13							
Week 5 Feb. 20							
Week 6 Feb. 27							

You must turn your completed calendar into your Wellness Council Representative by **Tuesday, March 6, 2012** to have this event count towards one of the two required yearly wellness incentives and to be eligible for the drawing for gift cards.

UINTAH SCHOOL DISTRICT

SUGAR SMACK DOWN CHALLENGE

Uintah School District Wellness Incentive

Event Dates: November 19 – December 28

Rules

- **Track your sugar intake for the next six weeks (Mon-Fri only).**
- **This challenge is point based. Each square on the tracking sheet represents 1 point. There are 10 squares for each day. If you complete all 10 squares in a day, you receive 5 extra bonus points.**
- **Earn 100 points to get credit for the challenge. Earn 150 or more points to be entered in the drawing for gift cards!**
- **Completed tracking sheets must be turned into your Wellness Council Representative by January 2, 2013 in order for this event to count towards 1 of the 2 required yearly wellness incentives.**

The Uintah School District Wellness Council functions to enhance and foster the health and well-being of all employees of Uintah School District.

Sugar Smack Down Challenge Tracking Sheet

Name: _____ Location: _____

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
No soda, diet soda, energy drinks, sweetened fruit juices/drinks- 1 point					
No sweets or candy- 1 point					
No desserts- 1 point					
No dried or sweetened fruit (natural only)- 1 point					
No high fructose corn syrup- 1 point					
No sweetened milk, milk products or yogurt- 1 point					
No artificial sweeteners (natural, 0 calorie sweetener like Stevia ok)- 1 point					
No added sugar (in coffee/tea, on cereal etc)- 1 point					
No cereal or oatmeal with more than 6 grams sugar per serving- 1 point					
No protein or cereal bars with more than 8 grams sugar per serving- 1 point					
Total: (add 5 points if completed all tasks)					
	Total for Week One:				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
No soda, diet soda, energy drinks, sweetened fruit juices/drinks- 1 point					
No sweets or candy- 1 point					
No desserts- 1 point					
No dried or sweetened fruit (natural only)- 1 point					
No high fructose corn syrup- 1 point					
No sweetened milk, milk products or yogurt- 1 point					
No artificial sweeteners (natural, 0 calorie sweetener like Stevia ok)- 1 point					
No added sugar (in coffee/tea, on cereal etc)- 1 point					
No cereal or oatmeal with more than 6 grams sugar per serving- 1 point					
No protein or cereal bars with more than 8 grams sugar per serving- 1 point					
Total: (add 5 points if completed all tasks)					
	Total for Week Two:				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
No soda, diet soda, energy drinks, sweetened fruit juices/drinks- 1 point					
No sweets or candy- 1 point					
No desserts- 1 point					
No dried or sweetened fruit (natural only)- 1 point					
No high fructose corn syrup- 1 point					
No sweetened milk, milk products or yogurt- 1 point					
No artificial sweeteners (natural, 0 calorie sweetener like Stevia ok)- 1 point					
No added sugar (in coffee/tea, on cereal etc)- 1 point					
No cereal or oatmeal with more than 6 grams sugar per serving- 1 point					
No protein or cereal bars with more than 8 grams sugar per serving- 1 point					
Total: (add 5 points if completed all tasks)					
	Total for Week Three:				

Sugar Smack Down Challenge Tracking Sheet

Name: _____ Location: _____

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
No soda, diet soda, energy drinks, sweetened fruit juices/drinks- 1 point					
No sweets or candy- 1 point					
No desserts- 1 point					
No dried or sweetened fruit (natural only)- 1 point					
No high fructose corn syrup- 1 point					
No sweetened milk, milk products or yogurt- 1 point					
No artificial sweetener (natural, 0 calorie sweetener like Stevia ok)- 1 point					
No added sugar (in coffee/tea, on cereal etc)- 1 point					
No cereal or oatmeal with more than 6 grams sugar per serving- 1 point					
No protein or cereal bars with more than 8 grams sugar per serving- 1 point					
Total: (add 5 points if completed all tasks)				Total for Week Four:	

Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
No soda, diet soda, energy drinks, sweetened fruit juices/drinks- 1 point					
No sweets or candy- 1 point					
No desserts- 1 point					
No dried or sweetened fruit (natural only)- 1 point					
No high fructose corn syrup- 1 point					
No sweetened milk, milk products or yogurt- 1 point					
No artificial sweetener (natural, 0 calorie sweetener like Stevia ok)- 1 point					
No added sugar (in coffee/tea, on cereal etc)- 1 point					
No cereal or oatmeal with more than 6 grams sugar per serving- 1 point					
No protein or cereal bars with more than 8 grams sugar per serving- 1 point					
Total: (add 5 points if completed all tasks)				Total for Week Five:	

Week Six	Monday	Tuesday	Wednesday	Thursday	Friday
No soda, diet soda, energy drinks, sweetened fruit juices/drinks- 1 point					
No sweets or candy- 1 point					
No desserts- 1 point					
No dried or sweetened fruit (natural only)- 1 point					
No high fructose corn syrup- 1 point					
No sweetened milk, milk products or yogurt- 1 point					
No artificial sweetener (natural, 0 calorie sweetener like Stevia ok)- 1 point					
No added sugar (in coffee/tea, on cereal etc)- 1 point					
No cereal or oatmeal with more than 6 grams sugar per serving- 1 point					
No protein or cereal bars with more than 8 grams sugar per serving- 1 point					
Total: (add 5 points if completed all tasks)				Total for Week Six:	



Walk/Run Challenge For a Healthy Heart

Uintah School District Wellness Incentive

Event Dates: September 19 – October 28th

Rules

- **Track your daily progress on the Training Guide/Tracking Calendar by putting a ✓ in the empty box below the day of the week, Monday through Sunday, for the six weeks of the event.**
- **Everyone who completes the six weeks of training will receive a bag filled with a variety of fun and healthy items.**
- **You must submit your completed calendar to your Wellness Council Representative by Tuesday, November 1st in order for it to count towards 1 of the 2 required yearly wellness incentives.**

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NAME: _____ WORK LOCATION _____

Uintah School District Wellness Council Walk/Run Challenge for a Healthy Heart September 19 – October 28

6 Week Training Guide and Tracking Calendar

Week One September 19						
On run/Walk days, walkers walk only. Runners run for 15 seconds/walk 45 seconds.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk/run 30 minutes	Walk 30 minutes	Walk/run 30 minutes	Walk 30 minutes	Rest day	Walk/run 3.5 miles	Rest day or walk
Week Two September 26						
On run/Walk days, walkers walk only. Runners run for 15 seconds/walk 45 seconds.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk/run 30 minutes	Walk 30 minutes	Walk/run 30 minutes	Walk 30 minutes	Rest day	Walk/run 2 miles	Rest day or walk
Week Three October 3						
On run/Walk days, walkers walk only. Runners run for 20 seconds/walk 40 seconds.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk/run 30 minutes	Walk 30 minutes	Walk/run 30 minutes	Walk 30 minutes	Rest day	Walk/run 4 miles	Rest day or walk
Week Four October 10						
On run/Walk days, walkers walk only. Runners run for 25 seconds/walk 35 seconds.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk/run 30 minutes	Walk 30 minutes	Walk/run 30 minutes	Walk 30 minutes	Rest day	Walk/run 2 miles	Rest day or walk
Week Five October 17						
On run/Walk days, walkers walk only. Runners run for 25 seconds/walk 35 seconds.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk/run 30 minutes	Walk 30 minutes	Walk/run 30 minutes	Walk 30 minutes	Rest day	Walk/run 4.5 miles	Rest day or walk
Week Six October 24						
On run/Walk days, walkers walk only. Runners run for 30 seconds/walk 30 seconds.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk/run 30 minutes	Walk 30 minutes	Walk/run 30 minutes	Walk 30 minutes	Rest day	Walk/run 3.5 miles	Rest day or walk

UINTAH SCHOOL DISTRICT

Training Guide is courtesy of the Mayo Clinic and Olympian Jeff Gallo