

It's Flu Season!

Myths about the FLU...Harvard Health, 09/2015

1. **You can catch the flu from the vaccine. FALSE.** The vaccine is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the shot caused their illness.
2. **Healthy people don't need to be vaccinated. FALSE.** The flu vaccination is routinely recommended for everyone over the age of 6 months. But anyone — even healthy folks — can benefit from being vaccinated. It's particularly important for those at an increased risk of flu complications be vaccinated. This includes children aged 6 months to 4 years, adults aged 50 and older, and those with chronic diseases such as diabetes or HIV.
3. **Getting the flu vaccine is all you need to protect yourself from getting the flu. FALSE.** There are a number of steps you can take to protect yourself during flu season besides vaccination. Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated.
4. **The flu is just a bad cold. FALSE.** Influenza may cause severe cold symptoms. But, it can be much more serious than that. World-wide, up to 5 million people become sick with the flu and up to 500,000 people die of the disease every year (although these numbers vary with the severity of outbreaks).
5. **You can't spread the flu if you're feeling well. FALSE.** Actually, 20% to 30% of people carrying the influenza virus have no symptoms.
6. **You don't need to get a flu shot every year. FALSE.** The influenza virus changes (mutates) each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.
7. **You can catch the flu from going out in cold weather without a coat, with wet hair, or by sitting near a drafty window. FALSE.** The only way to catch the flu is by being exposed to the influenza virus. Flu season coincides with the cold weather. So people often associate the flu with a cold, drafty environment. But, they are not related.

Know The Facts



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Understanding Food Cravings

These Alternative Food Craving Options Are Sure to Curb Your Appetite (By PopSugar Fitness)

Food cravings can be extremely tough to curb. So instead of trying to completely squash your cravings, why not try one of these healthier options? Registered dietician Shira Lenchewski of Shira RD has alternatives for everything from red meat to candy to carbs that do not disappoint. Here's how to decode your cravings, and act accordingly:

If You're Craving: Candy

Craving pure sugar is a good indication that you're running low on energy. Think about it. What is the one thing you're itching for, after a terrible night's sleep, or at around 4 p.m. during a stressful workday? The answer is usually sugar, because it's used as instant fuel for our body's cells.

Instead, Reach For:

If you're raiding your co-workers' leftover Halloween stash, Shira recommends a more slow-burn carbohydrate with a source of fat or protein. Unlike simple sugar, this will fuel your cells while avoiding the postsugar crash. Two options that make for great pick-me-ups: apples with nut butter or berries with Plain Greek yogurt.



If You're Craving: Salty

If nothing but the saltiest pickle will do, you may not be drinking enough H₂O. Salt helps the body hold on to water, so we crave it when we're in need of fluids.

Instead, Reach For:

Water. Stay hydrated, especially as we approach the Winter months. If plain water bores you, try adding in mint, lemon, or frozen fruit to mix it up. And if you're really just craving salt after all, [Homemade Kale Chips](#) are a great low-calorie option.



If You're Craving: Starchy Carbs Like Bread, Bagels, & Pasta

Since high-carb foods boost the feel-good hormone serotonin, starch cravings can be a sign you're in need of a mood booster.

Instead, Reach For:

A bath. Bust out the Epsom salts, it's time for some serious R+R. Exercise is also a great way to boost your mood. So put down the bagel, and head out for a walk! Indulging in a starch free-for-all feels really good in the moment, but it will likely bum you out more the next day.



If You're Craving: A Burger

If you can't stop thinking about red meat, there's a chance your body is craving iron and B12. This is especially true during or around that time of the month.

Instead, Reach For:

Shira is a proponent of grass fed, antibiotic and hormone-free red meat 1 time a week. Try experimenting with an open-faced bison burger — which, cut for cut, is leaner and has more iron than beef. Venison is also a great alternative.



Fun Facts Corner

Did you know.....

Heaviest Pumpkin

According to Guinness World Records, the record for the heaviest pumpkin was set in 2010 with a pumpkin that weighed 2,323 pounds (1,054 kilograms).

Now That's a Pie!

The record for the largest pumpkin pie, also set in 2010, was 3,699 pounds (1,678 kilograms).

Starbucks' pumpkin

spice latte was released in fall of 2003. Although it has been a seasonal best seller, it contains no pumpkin. In August 2015, Starbucks announced it will change the recipe to include real pumpkin and no caramel coloring.

A Tasty Wheat Bread:

If you prefer the taste and texture of white bread but want the natural nutritional benefits of whole wheat, choose **white whole-wheat bread**. And be sure to read the label. Choose breads that say "100 percent whole grain" or list "whole wheat" as the first ingredient.



Fall Harvest: Tasty recipes to enjoy the flavors of the season

- **Butternut Squash**

 - [Roasted Pear-Butternut Soup with Crumbled Stilton](#)

 - [Roasted Butternut Squash](#)

 - [Butternut Squash Gratin](#)

- **Pumpkin**

 - [Better than Pumpkin Pie Pancakes](#)

 - [Pumpkin Spice Latte](#)

 - [Pumpkin Pie Quinoa Bake](#)

- **Sweet Potatoes**

 - [Crispy Baked Sweet Potato Fries](#)

 - [Caramelized Sweet Potato, Red Pepper and Feta Frittata](#)

 - [Mashed Sweet Potatoes](#)

- **Brussels Sprouts**

 - [Creamy Fettuccini with Brussels Sprouts and Mushrooms](#)

 - [Roasted Brussels Sprouts and Apples](#)

 - [Cinnamon Roasted Brussels Sprouts with Toasted Almonds](#)

Wellness Events/Activities:

Get your wellness points in-Deadline is October 31, 2015!

Beat the Pack

Each morning after the game, an email with the required minutes will be sent with the link for you and your spouse to record your weekly minutes. Spouses will have their own separate link.

Don't Forget to Commit to be Fit!

Have you been putting off something related to your physical, nutritional, spiritual, financial health? Sign a commitment, complete it by Feb 1, 2016, and you could win \$50 in Chamber cash plus earn 25 points.

In-Service for Employees New to SASD Insurance

We will be hosting the following wellness initiative in-service dates for employees new to SASD insurance. The sessions will be hosted in the Board Room at Central Office.

November 16th: 4:00—5:00pm

November 17th: 6:30—7:30am

November 17th: 4:00—5:00pm

What's New in School Nutrition:

On October 5th, Sheridan and Grant Elementary started an after school snack program. The snacks are free to all students enrolled in after school programs at these sites! Snacks include a milk or 100% juice and a whole grain item. (*Meredith Duchaine*)

Employee Recipe of the Month

Submitted by **Jill Wetzel** (*via ParkhouseLove.com*)



Spinach Artichoke Bites

These are sure to be a favorite. According to Jill "These would be great for game day. I made these the night before and popped in the oven the next day. They came out just as guests were arriving. Everyone loved them. I always use the reduced fat version. These are tiny bites. I like them because they let you enjoy the dip in small portions vs. a pile on your plate with chips."

Click [HERE](#) for the recipe!

**Submit your healthy recipe each week; If yours is chosen you will receive a \$5 Farmer's Market gift certificate*

Classes

Nikki's Bootcamp

FREE...Mondays 4:30-5:30
in Room 116 at South
Intermediate & beginners.

Yoga

FREE YOGA at South on
Tuesdays beginning Sept
15th!

3:30-4:30

4:30-5:30

NEW! Sunrise Yoga

FREE YOGA at Urban
November 4, 11, 18 and
December 2

6:00—7:00am

Strength & Conditioning

FREE.....Horace Mann
Fitness Center Wednesdays
at 4:30-5:30pm

For above classes, contact
Nikki Hiebing
547-4210, ext 118 or
nhiebing@interrahealth.com

Rec Dept News:

Couch to 2 Mile

Couch to 2 Mile Program
starts on October 6th at 6pm.
It meets Tues/ Thur at South
High on theTrack. Saturday is
optional.

