



# WEEKEND HEALTH TIPS

Jeri L Dreikosen, RN, BSN, CWWPM  
EAP/Wellness Coordinator

September 25, 2015



## The Sweet Spot *Tufts Health & Nutrition Letter, July, 2015*

Nobody questions the health benefits of even just a little exercise. The 2008 U.S. government's Physical Activity Guidelines for Americans haven't changed: 150 min per week of moderate activity or 75 minutes per week of vigorous activity or some equivalent combination. The first credible study that has recently come out compared adherence to the 2008 guidelines with data from 6 National Cancer Institute studies. Here are the results: As expected, engaging in any leisure-time physical activity was better than being sedentary; in fact, the biggest relative benefits were associated with just getting moving. Those who reported some activity-but less than recommended levels-saw a 20% lower mortality risk than those with zero activity. Risk continued to drop with ever-increasing activity levels up to 450-750 minutes of moderate activity-then the association between mortality risk and exercise plateaued. There was no additional mortality benefit for even more exercise, but neither were there any negative associations. Researchers concluded that health care professionals should encourage inactive adults to perform leisure time physical activity & do not need to discourage adults who already participate in high activity levels. How can you ramp up your activity level?

- Make being active a priority
- Engage in activities that you love & will engage in regularly
- Buy appropriate shoes
- Find a fitness buddy to make it social
- Take the stairs whenever possible
- Join a walking group or a new exercise program that interests you.
- Park at the far end of the lot from the supermarket or mall and walk to the store.
- Buy a fitness gadget that tracks your steps & movement



## Microwaving Frozen Vegetables *Tufts Health & Nutrition Letter August, 2015*

Heat, whether from a conventional source or a microwave oven, destroys some nutrients, but actually makes it easier for the body to use some of them. The factors that affect cooking loss are how long the vegetable is cooked, at what temperature, and how much water is used in the process. In addition, some vitamins are more easily destroyed than others. Since water-soluble vitamins are leached into the water, microwave cooking-which takes less time & smaller amounts of water-actually conserves some vitamins. The bottom line is first, to eat plenty of vegetables, and then to follow directions for cooking them that are provided on the package. Manufacturers have tested these carefully to provide the best-tasting product.

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## Healthy Habits that are Sabotaging Your Weight Loss *MSN, Everyday Health*

**You're a healthy dipper...**It may be obvious that dipping bread into olive oil can quickly pack on the pounds, but when bread is swapped for veggies & oil is substituted with something healthier, like hummus, we often forget those calories count too. These spreads can certainly add value to your diet & help keep you satisfied when eaten as a snack in proper portions, but in excess they can add up to more calories than an average meal. Measure out one serving of your favorite dip before you dig in: 2 tablespoons of peanut butter (180 calories),  $\frac{1}{4}$  cup of guacamole (90-100 calories), or  $\frac{1}{4}$  cup of hummus (150 calories).

**You eat a lot of fruit...**While fruit is whole, natural food that's full of important nutrients, it need to be eaten in moderation. And it's easy to go overboard: if your morning smoothies contains a medley of 5 different fruits & a hefty pour of fruit juice, you're packing in the extra calories & sugar. Shoot for about 1 1/2 -2 cups of fruit per day. Most people struggle to eat enough veggies, so replacing some of the fruit in your smoothie with veggies is a smart way to cut back on sugar & calories.

**You're into juicing...**Although juicing can be a healthy habit, it can also sometimes sabotage a healthy eating plan. It takes numerous fruits to fill an 8-10-ounce glass, and at 60 calories per serving of fruit, that can cost you upwards of 400 calories. Even though the calories are coming from healthy ingredients, consuming an excessive amount of calories from any source can hinder weight. Loss. If you're trying to lose weight, munch fruit in its whole form, rather than juiced, which takes longer to eat & boosts your fiber intake, increasing satiety (fullness).

**You cook with olive oil...**While including olive oil in your diet is a healthy move, moderation is key. Pouring olive oil straight from the bottle makes it extremely hard to control portion size, and at 120 calories per tablespoon, the calories can add up fast if you're not careful. Use a measuring spoon or an oil mister to keep portions in check while still enjoying the flavor & health benefits.

**You follow a list of "good" & "bad" foods...**While whole foods like fruits & veggies are good for you, and others like processed foods & sweets should be eaten in moderation, categorizing foods into off-limits & green-light territories can cause some issues. There's a good chance that you'll overeat those foods deemed healthy without being mindful of hunger or portions, and also feel guilty if you consume those foods that are supposed to be forbidden. Diets should not be like light bulbs that you turn on & off; a healthy diet is one that you can maintain for life. Keep proper portion sizes in mind, even when eating healthy foods & allow yourself a splurge every now & then to prevent cravings from leading to a binge.

## Healthy Greens *Eat This! Not That!*

A 2014 study at William Paterson University ranked fruits & vegetables by their nutrient density, based on their levels of 17 different nutrients that have been linked to improved cardiovascular health. Not surprisingly, the top 16 were all leafy greens, which pack the most nutrition per calorie. (Coming in at #17 was red bell peppers.) But kale didn't even make the top 10. In fact, simple spinach and even Romaine lettuce beat the alleged supergreen, as did parsley & chives. Even stuff you normally throw away--the greens atop beets--pack more nutrition. Here's a list of the top ten greens healthier than kale, so you can mix up your salad rut: Collard greens, Romaine lettuce, parsley, leaf lettuce, chicory, spinach, beet greens, chard, Chinese cabbage, and watercress.

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## Did You Know?

Exposure to natural light has been shown to boost energy levels in people suffering from fatigue. If you work at a desk, take a daily 10-minute walk outside to reset.

The average U.S. woman now weighs as much as an average man did in the early 1960s, while the average 2015 man weighs almost as much as 1.5 women from the 1960s. Women have gained an average of more than 26 pounds, up from 140 to just over 166 pounds. In the same time span, the average man has put on nearly 30 pounds, going from about 166 pounds to 195.5 today. -Center of Disease Control

Many instant oatmeal packets contain 13 grams or more of sugar because of all the additional flavorings (think maple and brown sugar, apples and cinnamon). If you've got the time, opt for steel-cut oats for a higher dose of fiber. Otherwise, you can still choose the quick-cooking variety, just choose the plain flavor and add your own sugar/fruit to sweeten it!

Looking for a Fall Cleaning Check list? Check this out:

<http://www2.sheboygan.k12.wi.us/resources/wellness/documents/FallCleaningChecklist15.pdf>

It is critical that you schedule time beforehand, when you try to fit exercise in most people can't find the time.

Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them! Develop a set of activities for you and your family that are always available regardless of weather.

In a recent experiment at the Cornell University food and brand lab, researchers gave study participants either a single bag containing 100 Wheat Thins or four smaller bags holding 25 Thins each, waited for the munching to subside, then did a cracker count. The tally: Those given the jumbo bag ate up to 20 percent more. Outsmart your snack habit by sticking with the tiny 100-calorie packs now being used for everything from Doritos to Goldfish.



## Relieving Stress... Tip of the week... Elizabeth Scott, M.S. Stress Management

Job stress is a significant source of overall lifestyle stress because we spend so much time at work, and a negative experience on the job can put us in a bad mood when we get home, and instill a feeling of dread when we wake up in the morning. That's no way to live! Start with one stressor: Stay away from conflict as much as possible. Because interpersonal conflict takes a toll on your physical and emotional health, and because conflict among co-workers is so difficult to escape, it's a good idea to avoid conflict at work as much as possible. That means don't gossip, don't share too many of your personal opinions about religion and politics, and try to steer clear of colorful office humor. It's also best if you can try to avoid those people at work who don't work well with others (sometimes easier said than done!)

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## Wellness Calendar:

**September** Get your wellness points in-Deadline is October 31, 2015! SASD Fitness classes begin. Wellness Committee meets Sept 14. Sarah Seifert, our new Asst. Wellness Coordinator, begins working on September 23!

Beat the Pack begins with the Sept 13<sup>th</sup> Packer/Bear game. Each morning after the game, I will email the required minutes that week and the link for you and your spouse to record your weekly minutes. Spouses will have their own separate link.

**October** Commit to be Fit returns! 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.

**Employee Recipe of the Month** (Submit your healthy recipe each week & if yours is chosen you will receive a \$5 Farmer's Market gift certificate):

**TWO favorites from Melissa Rank:**

Ever crave a juicy big mac but don't want to feel guilty about the calories and fat content? A big mac salad will satisfy that craving-this is a family favorite for us!

**Big Mac Salad** <http://www2.sheboygan.k12.wi.us/resources/wellness/documents/BigMacSalad.pdf>

With football season upon us, this means snack foods during Packer & Badger games for our family! We have been trying healthier options of tailgate food & these buffalo chicken nuggets have become a "go-to" recipe.

**Baked Buffalo Chicken Nuggets** <http://www2.sheboygan.k12.wi.us/resources/wellness/documents/BuffaloChickenNuggets.pdf>

**Employee Health Tip of the Month** (Submit your healthy tips each week & if yours is chosen you

will receive a \$5 Farmer's Market gift certificate). **Bruce Becker**, one of your retirees, recommends Pickle-Ball! "The only activity that I haven't seen offered at SASD is Pickle-Ball. It is an activity that not only is good exercise but also a time of socialization when waiting turns for the courts. This may be something to think about. I am retired and still keep active including at least three days a week involving Pickle-Ball. This is the up and coming sport enjoyed by all ages. Pickle-Ball is exercise and friendly competition at the same time." More about Pickle-Ball:

<https://goo.gl/oKOGeB>



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## **Nikki's Boot Camp**- FREE...Mondays 4:30-5:30 in Room 116 at South beginning Sept 14th!

For intermediate exercisers & those eager beginners that need a challenge to their already established exercise routine. You will be learning exercises that improve your cardiovascular endurance & tone all major muscle groups, all with no equipment necessary. This class will be a great compliment to your workout! To register contact Nikki Hiebing at 547-4210, ext 118 or

[nhiebing@interrahealth.com](mailto:nhiebing@interrahealth.com)



## **Join the Zumba Party at Jackson School--IN THE GYM** Tuesdays

beginning September 22 ([this is a NEW start date](#)) from 4:30-5:30 with instructor Penny Willems. \$20 for 10 classes (no 3<sup>rd</sup> Tuesday class-\$2/class)-payable to Penny the first night of class. Drop-ins are also welcome (\$3.00/class)!



**FREE YOGA** at South on Tuesdays beginning Sept 15th! 4:30-5:30. Please sign up with Nikki Hiebing at [nhiebing@interrahealth.com](mailto:nhiebing@interrahealth.com) or call 547-4210, Ext. 118.



**FREE Strength & Conditioning Class** at Horace Mann Fitness Center on Wednesdays beginning Sept 16<sup>th</sup> at 4:30-5:30. Please sign up with Nikki Hiebing at [nhiebing@interrahealth.com](mailto:nhiebing@interrahealth.com) or call 547-4210, Ext. 118.



**News from the Rec Dept!** Fall classes have started. Don't forget the SASD discount: Attend 75% of this session of your Rec. Dept class, have the instructor sign a voucher and you'll receive \$25 off your next class!! (Plus a \$2 EAP discount).



*Let exercise be your stress reliever, NOT FOOD!*

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