



# ESC Health & Wellness News

Have any ideas on how to make the ESC Health & Wellness Program Better? Contact Scott Webb at [scott.webb@clarkesc.org](mailto:scott.webb@clarkesc.org)



## Kickoff Celebration!!

The ESC Health & Wellness Committee is hosting a Kickoff Celebration at Buffalo Wild Wings on Tuesday, November 1, 2011. This will take place from 4:30 pm—6:30 pm. All ESC staff members are invited. If you plan on attending, please contact Scott Webb at [scott.webb@clarkesc.org](mailto:scott.webb@clarkesc.org)



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## A Dozen Ways To Get More Fruits & Veggies

You've heard the mantra - get at least five servings of fruits and vegetables a day. In reality, you should aim for five to nine servings. Sadly, the typical American eats only about one serving a day. Think it's hard to work in all those fruits and veggies? First, consider that any of the following equals one serving:

- 1/2 cup of cooked vegetables
- 1 cup of raw vegetables
- 1 small piece of fruit
- 1/2 cup diced fruit
- 4 oz. 100 percent juice

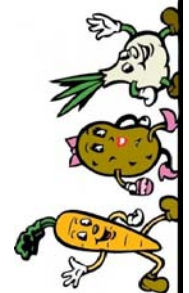
Have you ever measured 1/2 cup of cooked broccoli? It's a quite small amount. Next time you have vegetables, take out a measuring cup and see for yourself. Follow the easy suggestions below and you'll have your fruit and veggie intake up in no time. Along with feeling less hungry, you'll also get loads of vitamins and minerals.

### Fruit

- Top your cereal with apples, bananas, berries or raisins.
  - Pack an apple, pear or Clementine with you on your way to work.
  - Add some berries or sliced banana to your low-fat yogurt.
  - Snack on a handful of dried fruit (raisins, apricots, cherries, prunes) mixed with 2 tablespoons of nuts or seeds.
  - Make a fruit smoothie by blending frozen fruit (berries, bananas, mango) with low-fat milk and yogurt, or with orange juice.
- Mix strawberries, blueberries, kiwi, mangos, grapes or apples into green salads or chicken salads.

### Vegetables

- Create veggie-based meals, like winter squash stuffed with brown rice.
- Puree veggies in a blender and add to soups.
- Pop a bag of frozen veggies in the microwave or heat on the stove.
- Use bagged lettuce or spinach for a quick and easy salad.
- Sauté a large zucchini and a container of sliced mushrooms and add to your favorite pasta sauce.



*Fruits & Veggies...YUM!*

*"He who has health, has hope. And he who has hope, has everything."  
-Unknown Author*

# 9 Ways To Exercise... Why Don't You Have The Time?



**Think you have no time to exercise? These strategies will help you get fit in just minutes a day.**

We all know exercise can help us improve our health and lose weight. Yet, 25 percent of adults don't exercise at all, according to the U.S. Surgeon General.

Hectic schedules may be to blame. Who has the time to exercise when juggling work, school, family and more? It's worth squeezing it in, though, because regular exercise can relieve daily stress and lift your mood. At the same time, you can reduce your risks of diabetes, high blood pressure and heart disease.

Aim to be active for at least 30 minutes most days, but it's okay to start slowly. Find activities that you enjoy. You only need to find a few minutes a day to start getting the health benefits. First, check with your doctor before you start or increase your activity level.

## Tips for fitting in fitness

- **Wake up a little earlier.** Start by setting your alarm clock just 5 minutes earlier. Do stretches and jumping jacks before getting in the shower, or follow a short exercise DVD.

- **Find a workout buddy.** Exercising with a friend is more fun than working out alone and a good motivator. Ask a coworker to go for a walk during lunch or see if a neighbor wants to shoot hoops.
- **Change into exercise clothes before leaving work.** You'll be ready for a short walk as soon as you get home.
- **Schedule your fitness activities.** If you put exercise on your calendar like other appointments, you're more likely to do it.
- **Acknowledge your successes.** Keep a log of all the times you make a healthy choice to move more, such as by taking the stairs instead of an elevator. After the first week, reward yourself with a new pair of sneakers or a cool new water bottle.
- **Create a home (or desk) gym.** If you have equipment always at the ready, it will be easy to steal five minutes to use it. A jump rope, a stability ball, exercise bands and dumbbells don't cost much or take up much room.
- **Move while you watch TV.** Don't sit idly - or worse, get a snack - during commercials. Do sit-ups or jog in place instead.
- **Play games with your kids.** Don't just

watch while your kids play outside - join in their fun. Play tag or Duck Duck Goose, or just toss a ball back and forth. If your kids love video games, think about swapping their console for the Nintendo Wii. The whole family will break a sweat using special controllers to compete at boxing, tennis, golf and bowling.

- **Exercise while you work.** Raise your activity level and productivity with neck rolls or arm raises (push hands out to the side and then up toward the ceiling). Or do a few modified push-ups on the edge of your desk.
- **Stepping it up**

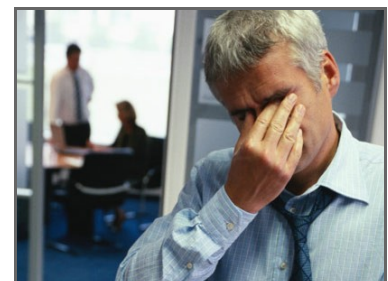
After you've built short periods of activity into your day, think about times when you could lengthen each burst by a few minutes. The key is to start small and ramp up gradually.

Even if you're worn out from a busy day, try to make time for fitness. Regular exercise actually boosts your energy level. Exercise, along with restricting calories, is also important for weight loss and maintaining a healthy weight.

Next time you look for an excuse to skip exercise, remind yourself of the benefits. You're helping yourself feel good, look better and live longer. Who wouldn't want that?

## Are You Under Too Much Stress?

- Do minor problems and disappointments upset you greatly?
- Do the small pleasures of life fail to satisfy you?
- Are you unable to stop thinking about your worries?
- Do you feel inadequate or suffer from self-doubt?
- Are you constantly tired?
- Do you experience flashes of anger over situations that never bothered you before?
- Have you noticed a change in your sleeping or eating patterns?
- Do you suffer from chronic pain, headaches or backaches not due to injury or physical illness?



**If most of your answers are "Yes," you may be under too much stress. Stress can affect you physically and mentally. When stress goes unchecked, it can interfere with your relationships and daily activities. Talk with your doctor or a mental health professional about how you can learn to manage your stress.**



# Top Ten Healthy Halloween Tips!



1. [Don't Toss These Out!](#) - try roasting your pumpkin seeds for a delicious healthy snack.

2. Try [A Healthy Halloween Snack](#)



- make SCARY snacks with fruits and vegetables for some serious fun!

3. Get your house "toilet papered" with this suggestion: [Healthy Halloween Candy](#). Also, try handing out oranges, apples, juice boxes, and boxes of raisins.

4. **Don't give out candy at all!** Hand out stickers, glow sticks, creepy spider rings, Play-Doh, or any type of small toy.

5. Try these suggestions for a "candy-lite" solution to the TOO much candy problem: [Healthy Halloween Candy: Take Two](#)

6. If your children are young, tell them about the **CANDY FAIRY**. My six year old bought the idea that she could put her candy out and a fairy would replace it with a toy. She is truly excited about giving away her candy - magic, no?

7. If your children are old enough to understand, try **making a care package** of candy for a soldier in Afghanistan. There are a bunch of different organizations that can help you find a way to cheer up a soldier. One example is [Any Soldier](#).

8. **Don't give out the "stick to your teeth" candy!** The Skittles, Starburst, and

Taffy of the world is extremely difficult to clean off teeth. The sugar will adhere to the tooth enamel and cause cavities easily. Choose one of the non-sticky options like chocolate, lollipops, or Smarties.

9. Remember to have fun! **This tip is for parent's mental health!** This event is just once a year and the indulgence is SO difficult to control. Let your kids enjoy themselves on Halloween and teach them portion control the rest of the year. Snack Girl's kids are gonna eat A LOT of candy and, frankly, I'm not going to stress out about it.

10. **Don't set yourself on fire** Actually, that's a tip for EVERY day (I couldn't think of 10)

<http://www.snack-girl.com/snack/top-ten-healthy-halloween-tips/>

## Submit Your Recipes!

Don't forget to submit your recipes before the 15th of each month! All recipes will be compiled into a cookbook at the end of the year. This cookbook will be made available to all ESC Staff. Monthly Food Themes are listed below

1. **November**—Pumpkins
2. **December**—Christmas Desserts
3. **January**—Non Alcoholic Beverages
4. **February**—Chocolate Recipe
5. **March**—St. Patrick's Day Dessert
6. **April**—Salad
7. **May**—Summer Recipe



## AVOID THE FLU!

**How The Flu Works**

- 1 The virus enters the respiratory tract.
- 2 After entering the respiratory tract, the virus starts to replicate itself. The respiratory tract becomes swollen and inflamed.
- 3 Once inside the respiratory system, the virus enters the bloodstream. The first symptoms begin to show.

- The flu is the most infectious disease in the world, killing nearly 25,000 people annually.
- The flu vaccine can be up to 80% effective in keeping you flu free.
- Flu vaccines cannot give you the flu because they don't contain living flu viruses that could cause infection. They are already 100% dead.
- People over the age of 65 are most likely to get the flu.
- It is likely that a person can be infected with multiple flu strands throughout a single season.
- Vaccines have prevented more illness and death than any form treatment.
- People carrying the flu virus can be contagious 1 day before their symptoms appear and up to 7 days after they first get symptoms.