

June 2016 Newsletter PEIA Pathways to Wellness

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REST WELL. EAT WELL. FEEL WELL.



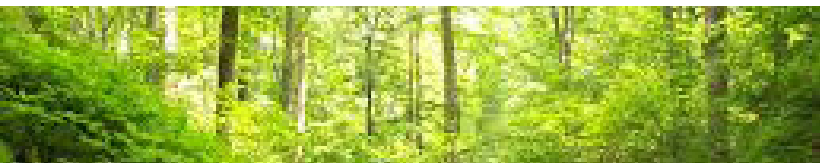
Back on Path

By: Debbie Turner

Recent studies show that sitting for 5 hours a day is as damaging to our health as smoking a pack of cigarettes a day. Our bodies are meant to be in motion. Get into action with the Pathways 'Back on Path' walking program. This is a six-week challenge that encourages participants to walk 10,000 steps a day, or the equivalent of 5 miles. Walkers are given a pedometer to track their steps. Movement can also be tracked in miles and kilocalories. The pedometer serves as a great motivator to get you up and moving during the day. Walk over to talk to a co-worker instead of using the phone. Get up once an hour and walk around the office. Get up to fill up your H2O Go jug.

Another program that is excellent to do during your workday to get moving is the Dynaband regimen. A Dynaband is a 3 foot piece of stretchy latex that allows you to perform strength-training and flexibility exercises. It's a portable exercise tool that you can keep in the drawer of your desk at work, in your travel bag, or next to your couch. When you think that you've been sitting too long, get up and do a couple of exercises to get your blood pumping. You can find sample exercises to do at your desk on the PEIA Pathways to Wellness website at peiapathways.com under the resource tab.

To participate in either of these programs, contact your regional HPC.



Take a Time Out

By: Angela Watkins

Is the afternoon packed with rushing to activities for the kids or caring for a loved one? It can feel like once the work day ends, your day is just beginning. Do you wish you had one minute to breathe?

It may be time to call a time out for yourself. It is hard to put yourself first, but even taking 5 minutes can improve your mind and body. A short break every day can help you regain focus and perspective. If your kids are in activities, take time during their practice to read a book. If it's an outside sporting practice, take a walk. Do something that you enjoy and normally don't do. Clear your mind by putting down the phone or tablet. Take some "you" time to just think. If you have to rush home after work to take care of a loved one, on the ride home roll down the windows and breathe some fresh air. Turn up your favorite song! Decompress after the work day and refocus your mind. Even a 5 minute brisk walk around the neighborhood or house can be a nice break. Once a week or even once a month, schedule a lunch with a friend or do something that is for you no one else.

Sometimes it's hard to stop and smell the roses, but everyone will benefit from it. You will be more responsive to your family if you take a time out for yourself.



Chicken Enchiladas

Originally published as Enchilada Chicken in Healthy Cooking April/May 2012, p56

Ingredients:

- 4 boneless skinless chicken breast halves (6 oz each)
- 2 teaspoons salt-free Southwest chipotle seasoning blend (or any Mexican seasoning blend you like)
- 1 tablespoon olive oil
- ¼ cup enchilada sauce
- ½ cup shredded sharp cheddar cheese
- 2 tablespoons minced fresh cilantro

Directions:

Sprinkle chicken with seasoning blend. In an ovenproof skillet, brown chicken in oil. Top with enchilada sauce, cheese, and cilantro. Bake at 350 degrees F for 18-20 minutes or until a thermometer reads 170 degrees F. For more healthy recipes, go to <http://www.peiapathways.com/Documents/PDF/CookBook.pdf>.

Yields: 4 servings
Prep Time: 15 min
Cook Time: 20 min

Nutrition Information:

Calories: 265 Fat
11g Carbohydrate
2g Fiber
38g Sodium
252 mg



Healthy Snacking

By: Grace Matthews



To maintain energy needed in your everyday life, it is important to fuel your body throughout the day with healthy foods. Summer months bring with them the perfect time to start enjoying the sunshine and outdoors. While on family vacations, attending cookouts with friends and family, or enjoying any outdoor activity it is important to take snacks with you. The key to snacking is moderation and making sure that you choose healthy options. Sensible snacking can contribute to obtaining needed nutrients, can help curb appetite, and in some cases help control weight. Here are a few healthy snacks for you to enjoy:

- Apples
- Carrots
- Green peppers (you can cut these into straw like pieces)
- Almonds
- Walnuts
- Peanuts
- Fresh or frozen fruit
- Raisins
- Granola bars

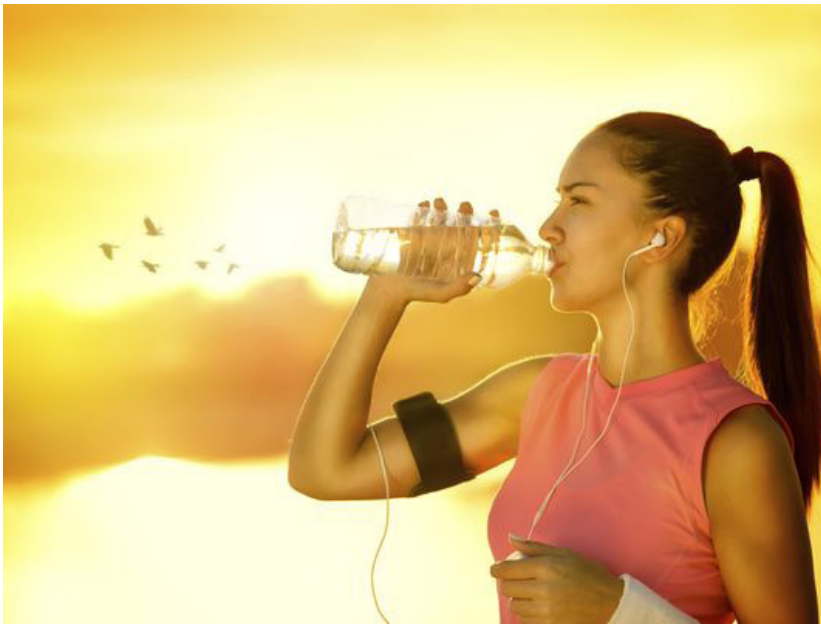
Remember to stay hydrated along with snacking, especially as the weather gets warmer. It is recommended that women drink nine 8 ounce glasses of water per day and men are recommended to drink thirteen 8 ounce glasses of water per day.

(Note: check with your doctor if you have any health conditions that may affect your recommended fluid intake per day). Try incorporating healthy snacking into your everyday schedule for a happier, healthier lifestyle.



Achieving Goals with Summer SMART

By: Beth Metzger



The summer season brings thoughts of relaxation and recreation as the outdoors becomes a playground. Whether it's warm, sandy destinations or a rugged hiking trail through the mountains, many vacation countdowns will soon begin. Warmer weather not only brings sweet summer retreats, but it also flips the mental switch to focus on health and wellness. No matter if the drive for a healthier you is driven by the thought of breaking out the bathing suit or the Healthy Tomorrow's deadline for next year, now is the perfect time to set SMART goals to improve your health.

SMART goals are the stepping stones on your pathway to a better lifestyle and the trail map of your journey. As with any destination, you must map out the who, what, when, where and how's of your trip. **Specific, Measurable, Achievable, Realistic** and **Time** driven goals are the GPS to your healthy destination. They help you stay focused, on track and help to reroute you around traffic jams that could prevent you from arriving within your timeframe. There is no better time than summer to focus on SMART wellness goals where you can enjoy the outdoors while focusing on fitness and take advantage of the bounty of local farmers to eat fresh while improving your nutrition. With all the opportunity the season provides there is no better time to get

SMART and on your way to where you want to be!

Let your PEIA Pathways to Wellness Regional Health Promotion Consultant be the travel agent for your summer wellness destination. Through our health coaching, your HPC can assist you in writing your health trip ticket by linking you with local resources and numerous offerings through PEIA and the Pathways program.

Fruits & Veggies: What's in Season?

By: Janelle Humphrey-Rowan, ND Naturopath

Fruits and vegetables can be enjoyed year-round by using fresh, frozen, canned, dried, or 100% juice. This listing is just a sampling of the primary fruits and vegetables available in each season. Purchasing these products when they are in season can be more cost efficient and may provide more nutritional benefits. Check out your local farmer's market for fresh, locally grown foodstuffs.

In-Season Year-Round

Fruits: Apples, Apricots, Dried Avocados, Bananas, Coconut, Cranberries, Dried Cherry Tomatoes, Lemons, Olives, Papayas

Vegetables: Banana Squash, Bell Peppers, Black Eyed Peas, Black Radish, Bok Choy, Broccoflower, Broccolini, Burdock Root, Cabbage, Carrots, Celery, Chinese Eggplants, Dandelion Greens, Leek, Lettuce, Onions, Parsnips, Pearl Onions, Potatoes, Rutabagas, Salad Savoy, Snow Peas, Wasabi, Root, Yucca Root

Winter (December, January, February)

Fruits: Clementines, Date Plums, Dates, Grapefruit, Kiwifruit, Mandarin Oranges, Oranges, Papaya, Passion Fruit, Pear, Persimmons, Red Banana, Red Currants, Tangerine

Vegetables: Beets, Belgian Endive, Brussels Sprouts, Buttercup Squash, Collard Greens, Escarole, Kale, Leeks, Parsnips, Sweet Potatoes, Turnips



Spring (March, April, May)

Fruits: Apricots, Cherries, Grapefruit, Honeydew, Kiwi, Limes, Lychee, Mango, Oranges, Pineapple, Strawberries
Vegetables: Artichokes, Arugula, Asparagus, Beets, Belgian Endive, Broccoli, Butter Lettuce, Collard Greens, Corn, Fava Beans, Fiddlehead Ferns, Green Beans, Mustard Greens, Pea Pods, Peas, Radicchio, Ramps, Red Leaf Lettuce, Rhubarb, Snow Peas, Sorrel, Spinach, Spring Baby Lettuce, Swiss Chard, Turnips, Vidalia Onions, Watercress

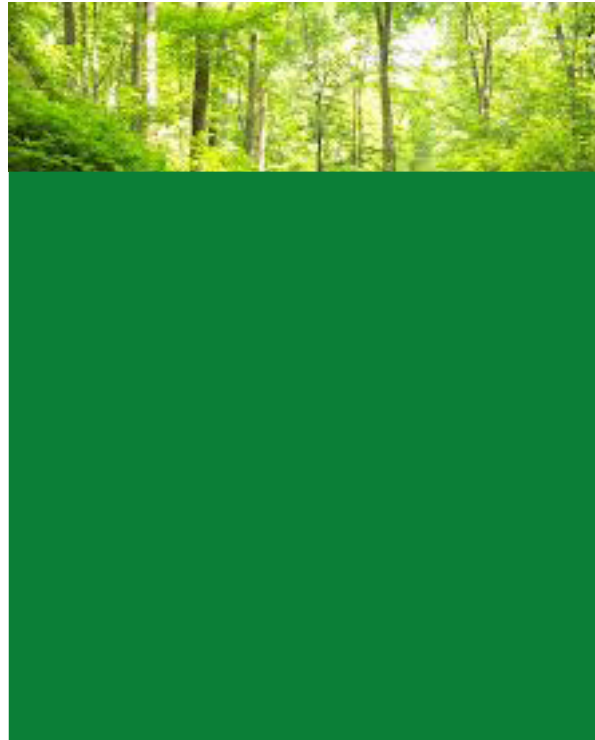
Summer (June, July, August)

Fruits: Apricots, Asian Pear, Black Currants, Blackberries, Blueberries, Boysenberries, Breadfruit, Cantaloupe, Cherries, Elderberries, Figs, Grapefruit, Grapes, Honeydew Melons, Limes, Loquat, Lychee, Mangoes, Mulberries, Nectarines, Passion Fruit, Peaches, Plums, Raspberries, Rose Apples, Strawberries, Sugar Apples, Tomatillo, Tomatoes, Watermelon.

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Touch-less Water Bottle Filling Stations

By: Charity Kabaiku



At Morgantown High in Monongalia County, cool, filtered water is something to smile about. With the assistance of their teachers, two student council members at MHS applied for a grant at Mylan Pharmaceuticals and received about \$2,000 to purchase and install a water bottle filling station at their school. The funding was good enough for not only the purchase and installation of the cooler, but also for extra water bottles and filters.

The station features:

- High efficiency electric refrigerated water cooler
- Electronic sensor for touchless refilling
- Counter for number of bottles refilled
- Color-coded filter monitor system to indicate when replacement of filter is necessary

Anyone within the school is welcome to use the station, which has seen more than 11,000 water bottles filled up within the first 2 months since its installation.

On May 9th 2016, a team of 42 participants started the H2O Go challenge, with the aim of increasing their water consumption as they continue to take advantage of their treasured water filling station.

Exercise of the Month: Squat Bicep Curl Combo

By: Marjan Washington

It's time to combine single exercises that we have covered previously. It's a great way to challenge your body and get maximum results in minimal time. Benefits of combining exercises will reduce your time and will keep your heart rate increased during your workout. Combination exercises will kick your metabolism into high gear and maximize calorie burn.

To Perform This Exercise:

1. Stand with your feet shoulder width apart, your knees slightly bent and your abs held tight.
2. Hold a dumbbell in each hand. While bending at the waist, squat down until thighs are just past parallel to floor.
3. Return to the starting position by extending your knees and hips until your legs are straight.
4. Curl arms by bending at the elbows, bringing your wrists to your shoulders, and keeping your elbows in a locked position
5. Extend your arms and return the dumbbells to the starting position at your sides.
6. Repeat the exercise for the 12 repetitions.

Complete 3 sets of this exercise.



Smart Lifestyle with your Smart Phone

By: Corey Clendenin



There is no denying it that in today's world there are more smart devices than people. iPad, smart phones and tablets have become very popular household items. According to a new study, 58% of American people own a smart device. These devices have played both good and bad roles in a healthy lifestyle. Many people spend too much time checking their emails, texts, and social media accounts and not enough time moving, exercising, and enjoying the outdoors.

It's always a good idea to have a day or weekend where you are "unplugged," with no cell phones, computers, emails, etc. At the same time, there are advantages in using your smart phone to better your lifestyle. You just have to know where to draw the line. The following are some applications, tips, and tricks to fully take advantage of the smart devices:

1. My Fitness Pal. This is a favorite application. It's free of charge for the basic version, which is all you will need. This app lets you track your food intake, water intake, and exercise with calories burned. It also allows you to set a daily calorie limit and track your proteins, carbs, fats, and vitamins. You can link up with friends and family to network together for support.
2. Apple Health. If you have an Apple brand smart device, there is a free app called Apple Health. This app is more of a health database. It lets you track and keep your health records from your doctor at home. For example, you can keep your past blood pressures, blood tests results, known allergies, blood type, and emergency numbers/names. It has a built in pedometer and a place to track exercise. With 88% of doctors reporting they would like patients to be able to track and store this type of information at home, this is the great application.
3. Moves. This app is a gps based application that tracks your exercise routes for you. Let's you know how many miles you've walked, jog/ran, or biked. It also saved the routes for you and gives you an estimate of calories burned.

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Region Summaries

1 Region 1 (Hancock, Brooke, Ohio, Marshall, Wetzel, Tyler, Doddridge, Marion, Harrison, Pleasants, Gilmer): Several classes, programs and presentations had to be rescheduled due to the weather. Fitness classes continued in the form of Zumba for East Fairmont High School and the Fairmont-Morgantown Housing Authority; PiYo at New Martinsville School and WV Northern Community College's Wheeling campus; and Tai Chi and yoga for Marion County School Board employees. Paden City High School will be starting a PiYo fitness class. H2O Go kicked off at McNinch Primary School, Weir High School, Weir Middle School and for other Hancock County School Board employees while it concluded for Oak Glen Middle School, John Marshall High School and the Fairmont-Morgantown Housing Authority. Health coaching will take place at West Liberty University. Work It Out will kick off in Doddridge County at the elementary, middle, and high schools. We plan to perform over 50 individual fitness assessments. The Marshall County WVU Extension class will be offering the Dining with Diabetes class. The Fairmont-Morgantown Housing Authority participated in the stress reduction presentation as part of TriMe and will be working on decreasing their stress for the next few weeks as will the Marion County Health Department. John Manchin Senior Health Care Center is gearing up to start TriMe with the Dynaband program. We are currently looking for providers for the Work It Out program so it will be more available throughout the Northern 1 region.

2 Region - (Monongalia, Taylor, Barbour, Preston, Lewis): In Monongalia Co., University High and Morgantown High are going strong with the H2O Go challenge. Lifestyle coaching with cardio check screenings were a success at WVU's Allen Hall. A health fair held at WVU Dining services gave the staff an opportunity to get further information regarding the Pathways Program. Next door in Preston Co., folks at Preston Co. High are winding down the Dyna Band program. Valley Elementary participated in lifestyle coaching with cardio checks. Meanwhile, in Barbour Co., participants at Belington Elementary and Belington Middle are challenging themselves with the Walking and H2O Go challenges. The team at DEP offices is focusing on the Walking program. Folks at the BOE chose to begin Walking and H2O Go challenges. At Lewis Co., the team at Lewis Co. High are going strong with the Dyna Band program while the faculty senate gears up for multiple sessions of Stress Relief exercises.

3 Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph): Pendleton – FES had 100% completion for Back on Path post surveys and ready to start the new school year with H2OGo and WIO. Grant – City of Petersburg nearing completion with Back on Path and trying to schedule healthy cooking classes with WVU. Dynaband program planned for the summer. DHHR interested in scheduling a healthy cooking class with WVU Extension. Hardy – Moorefield High School completed the WIO Fitness Assessment and follow up exercise prescription with Ex Phys. Moorefield Intermediate school gearing up to participate in the Back on Path program over the summer. Eastern Community College interested in starting a healthy eating class with WVU. Hardy County DOH will be starting their Eating Smart Being Active 8 week class on June 20th at 4:30, participants there are also looking into starting a fitness class after work. Randolph – Elkins Division of Rehab and Huttonsville Correctional Center completed their WIO fitness assessment and follow up Cardio Cheks scheduled for later this summer. DHHR and HCC in process of scheduling healthy cooking classes with WVU. Plans for Cardio Cheks as follow ups to the WIO program this summer. Upshur – DOH interested in WVU healthy cooking classes, Buckhannon Middle school will complete their yoga class the first week of June. Tucker – Tucker Co. Courthouse finishing up their Back on Path program and anxious to start H2OGo and Dynaband program this summer.

4 Region - (Monroe, Mercer, McDowell, Wyoming, Raleigh, Summers): The end of the school year is approaching and Region 4 is preparing for a healthy summer with all the right tools. Montcalm Elementary like the high school took on the H2O Go Challenge with 100% staff participation. Bluefield State College in Mercer County is enjoying the fresh air with participation in our Back on Path walking challenge. Raleigh Board of Education has divided up into teams to get their Back on path walking challenge started. New River Community College has completed at all 3 campus Mercer, Ghent and Beaver the stress demonstration as the last portion on the Tri Me Program they started in January. What a great way to keep motivated and gear up for summer. We had a successful turn out from Region 4 at our Worksite Coordinator Training in Flatwoods. Thank you.

5 Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, Braxton): Region 5 is getting into the swing of Summer! Rainelle Elementary, Burnsville Elementary, Sutton Elementary, Davis

Elementary and Braxton County Middle are staying hydrated as it heats up with the H2O Go challenge. Braxton County Middle is Back on Path and aiming to reach their goals of 10,000 steps a day. WV DEP Fayette County starts their Work It Out assessments this month and will also be working on their personal wellness goals as a group with the TRI Me program! Health Coaching is becoming very popular in our region as everyone is working to improve their health and get active. Lots of summer programs and classes are in the works!

6 Region - (Jefferson, Berkeley, Morgan, Mineral, Hampshire): Region 6 has been staying active as the warmer weather joins us. Keyser Primary in Mineral County and Berkeley Springs High School in Morgan County are wrapping up the back on path walking program this month. Mineral County Health Department is still staying active with their Zumba class. Jefferson County Board of Education, Mineral County DHHR, and Hampshire County DHHR have all participated in the dynaband program earlier this month. The DHHR in Martinsburg are looking forward to starting the back on path walking program later this month. Health coaching has been picking up in Region 6 as well.

7 Region - (Kanawha (non-school sites), Boone, Logan, Calhoun): Region 7 is staying busy! The Public Employees Insurance Agency began the walking challenge, Back On Path. The participants there are being creative and having fun as they attain their 6 week goal. The Office of Bureau Relations began a series of informative presentations at their worksite. Cardio Checks were performed at the Kanawha Health Department and Disability Determination Services location. Container gardening classes were conducted at Lincoln and Kanawha county worksites through WVSU extension service. Two Yoga classes recently kicked off at the WV Board of Risk & Insurance Management and at the WV State Tax Department. Several Tai Chi classes are going strong! The WV Purchasing Division is scheduled to begin the walking and water challenges, Back On Path and H2O Go, respectively. There are many more worksites moving forward with programs, such as Work It Out! Stay tuned!

8 Region 8- (Mingo, Mason, Wayne, Cabell, Lincoln, Putnam): Container Gardening classes are scheduled for May 2016. Worksites scheduled include Lincoln County DHHR and in June, and Lakin Hospital. Fitness classes are beginning at Cabell Huntington Health Dept. where they will also host a summer farmer's market at their worksite. Cabell Huntington Health Dept. participated in the Tri-Me program. In Mason County, Beale Elementary School continued their Zumba class 2 days per week. Lakin Hospital began Zumba, in May. Lakin Hospital will begin the H2O Go program in June. Lincoln Co. DHHR and Lincoln Co. BOE will finish the walking program. Lincoln Co. DHHR will host farmer, Zeke Woods, in their parking lot every Monday at noon to be available to employees for purchase of his produce.

9 Region 9 - (Clay, Ritchie, Wood, Wirt, Jackson, Roane, Kanawha County Schools): With the school year coming to an end, most schools in region 9 have finished up with their programs. Sites like South Charleston Middle, Bridgeview Elementary, Central Elementary, and Richmond Elementary have all finished up their fitness classes. Meanwhile Tai Chi is still going strong at WV Dept. of Rehab along with their monthly presentations. This month they enjoyed the "Pressure is on" presentation discussing blood pressure and sodium intake. Roane County Courthouse has also been scheduling a monthly presentation with this month being a stress reduction presentation and also ending their H2O Go program. Farmer's markets are also making an

appearance in region 9. Both WV Dept. of Rehab and the Westside Elementary are interested in hosting a local farmer's market vending at their site. What a great way to get their staff local, fresh healthy foods. If any or all of these programs/presentations sound like something your site would want, please feel free to contact me.

What's In Season? (Continued from Page 6)

Vegetables: Beets, Bell Peppers, Butter Lettuce, Chard, Chickpeas, Chinese Long Beans, Corn, Crookneck, Squash, Cucumbers, Eggplant, Endive, Green Beans, Green Onions, Green Soybeans (Edamame), Jalapeno Peppers, Lima Beans, Okra, Ong Choy Spinach, Peas, Radishes, Rhubarb, Shallots, Sugar Snap Peas, Summer Squash, Yukon Gold Potato, Zucchini

Fall (September, October, November)

Fruits: Barbados Cherries, Crab Apples, Cranberries, Date Plum, Grapes, Guava, Key Limes, Kumquats, Passion Fruit, Pear, Persimmons, Pineapple, Pomegranate, Pumpkin, Quince, Sugar Apples

Vegetables: Acorn Squash, Artichoke, Arugula, Beets, Belgian Endive, Broccoli, Brussels Sprouts, Butter, Lettuce, Buttercup Squash, Butternut Squash, Cauliflower, Chinese Long Beans, Diakon Radish, Eggplant, Endive, Escarole, Green Beans, Horseradish, Jalapeno Peppers, Kale, Kohlrabi, Okra, Ong Choy Spinach, Parsnips, Radicchio, Sweet Dumpling Squash, Sweet Potatoes, Swiss Chard, Turnips

References:

<http://www.fruitsandveggiesmorematters.org/>

<http://localfoods.about.com/od/searchbystate/a/westvirginiaseasons.htm>

Smart Lifestyle w/ Smart Phone (Continued from Page 9)

4. Fitbit or other device. If you currently use a Fitbit or similar device you can download the free application that goes with the device and link them together. This will automatically store and keep records of your daily routine without even connecting your devices.

