

# March 2016 Newsletter PEIA Pathways to Wellness

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## PEIA announces Worksite Coordinator Training

Pathways to Wellness is excited to host the 2nd Worksite Coordinator training since Marshall University assumed the program. It will be held April 14th at the Days Inn Conference Center in Flatwoods. Registration will begin at 9:30 a.m., with speakers beginning at 10 a.m. Training will wrap up by 4 p.m. Morning beverages and lunch will be provided. All worksite coordinators should have received an email invitation to register for the training. If you have not – please contact your local HPC to have an invitation forwarded to you. Deadline for registration will be April 1, 2016.

PEIA Director, Ted Cheatham, will kick-off the training by addressing any new changes and updates affecting PEIA insured for the upcoming plan year. Participants will have the opportunity to hear firsthand how they may be affected and be able to ask questions.

The second phase of the 'Healthy Tomorrows' program will be discussed as well as other topics including:

- Pathways program updates
- Face to Face diabetes management
- Local Farmers' Markets
- Healthy Eating
- New Options to be offered by WVU Extension, and more!

The Worksite Coordinator training is an excellent way to network with other state agencies across from a variety of regions to compare wellness efforts. It's a great opportunity for getting ideas that may work at your site. We hope to see you there!

**REST WELL. EAT WELL. FEEL WELL.**



# Apple Strawberry Salsa with Cinnamon Tortilla Chips

By: WVU Extension

## Apple Strawberry Salsa:

- 2 medium apples (Fuji or Gala preferred), chopped and peeled
- 1 cup sliced fresh strawberries
- 2 medium kiwi fruit, peeled and chopped
- 2 small orange, peeled and chopped
- ¼ cup diced fresh pineapple
- 1Tbsp Splenda (or to taste)
- 2 Tbsp sugar-free strawberry or apricot jam

## Cinnamon Tortilla Chips:

- 8 whole wheat tortillas
- 2 Tbsp melted light butter or buttery spread
- 2 Tbsp honey
- 2 tsp cinnamon
- Pam buttery spray (optional)
- Mix the fruits together with the Splenda and blend in food processor or chopper until consistency of salsa. Add the sugar free jam and mix
- Chill

## Instructions:

- Preheat oven to 375 degrees.
- Mix the butter, honey, and cinnamon together.
- Spray the tortillas with Pam spray if desired, and spread the buttery mixture on each tortilla and stack in 4's. Cut both stacks into 8 sections each.
- Place carefully on cookie sheets which have been greased or sprayed with Pam spray.
- Bake for 8-10 minutes or just until slightly crispy. Watch very carefully so they don't get too crisp.
- Cool slightly before serving with the chilled salsa.

## Nutritional Info:

Calories.....204  
Fat.....4.8 g  
Carbohydrate 41.3 g  
Fiber.....6.3 g  
Protein.....4.5 g  
Sodium.....424 mg



Source: [www.sparkpeople.com](http://www.sparkpeople.com)

For more healthy recipes, check out WV Healthy Delights at <http://www.peiathways.com/Documents/PDF/CookBook.pdf>.

# Water Warriors

## Rethinking Your Drink

By: Angela Watkins and Beth Metzger



**R**ethinking your drink is one of the smallest changes you can make in your diet. It can lead to big gains...or losses. Making the switch to water from sugar sweetened or artificially sweetened beverages provides you with the element that is key in most body processes. Many worksites across West Virginia have participated in the PEIA Pathways to Wellness H2O Go program by pledging to replace one sweetened beverage per day with water. A few worksites have been extremely successful in challenging their employees to meet daily water intake goals.

Greenbrier West High School in Charmco showed how a small change of meeting the daily recommended water intake can lead to health improvements. Over the course of the six week challenge, 44 participants had an 81 pound weight loss. All participants reported an increase in energy,

thinking clearer, and feeling better overall. How was their program so successful? Daily texts about the benefits of water and the Wall of Fame, where participants received recognition for meeting their weekly water amounts, helped to keep the staff on track. The West Water Warrior program was so successful they have continued the challenge and are now including students and parents. Raleigh County Board of Education in Beckley, has also been extremely successful. At the end of their 6 week challenge, 19 participants reported consuming a combined 343.5 GALLONS of water! So, what should you know before you H2O GO?

You may think you are drinking the recommend fluid intake per day, but are you? This 6 week program focuses on the recommended water intake for men and women, hydration, and how to make better beverage choices. If you are someone that just has a hard time drinking water, we can help you adjust by trying fruit infused recipes. Drinking water is essential to flushing out waste, aiding metabolism, and cushioning joints.

Note: H2O Go includes a FREE travel cup with a lid. However, participants must be PEIA Insured or insured by The Health Plan to receive the giveaway. Please contact your HPC to get started offering this benefit at your worksite: <http://www.peiapathways.com/Home/Contact>.

# Go Bananas! Having Fun with Fruit

By: Grace Matthews

**B**ananas are one of the healthiest fruits you can eat. They are loaded with essential vitamins and minerals and not to mention, ridiculously delicious! Each banana contains around 100 calories and can help your body recover after a workout. Bananas contain Manganese, B6, Copper, and Vitamin C.

- Manganese: Aids with healing wounds and jumpstarts your metabolism.
- B6: Bananas are loaded with B6. The National Health Institute suggests that adults get about a milligram and a half of B6 each day.
- Copper: Copper pairs with iron to help stimulate the development of red blood cells. Bananas are a good source of copper.
- Vitamin C: Not just found in citrus fruits like oranges, Vitamin C improves your immune system and reduces inflammation.



Not only are bananas perfect for on the go snacks, they are affordable too. Try incorporating more bananas in your diet. Add a banana to your fruit smoothie, your breakfast oatmeal, or just grab a banana on the go. Fill your fruit basket with bananas and start enjoying the health benefits for a healthier you!

# Tea Time: Benefits of Drinking Tea

By: Janelle Humphrey-Rowan, ND Naturopath

A little known fact about tea is that several of the most brewed versions all come from the same plant, *Camellia sinensi*, which is native to China and India. Varieties from this plant include black, green, white, oolong and pu-erh teas. The difference in each is dependent upon how the leaves are processed. The health benefits linked to tea are due to their polyphenol content, especially in the form of catechins and epicatechins. These compounds serve as an antioxidant and have been reported to help regulate blood sugar. They are anti-inflammatories and aid in stimulating the immune system. They may help prevent heart disease, stroke, and some types of cancer.

According to several large, long-term studies conducted by Harvard University School of Public Health, tea drinkers are less likely over time to develop diabetes. Green tea is one of least processed forms of tea and thus has the largest polyphenol content. The leaves are allowed to wither slightly after being picked and then the oxidation process is halted by rapidly heating them. This tea's high concentration of EGCG has been widely studied. It may, in addition to the previously mentioned health benefits, aid with neurological disorders such as Alzheimer's and Parkinson's.

Black tea leaves are allowed to wither longer and the process of oxidation causes the leaves to change from green to their dark brownish-black color. This type of tea leaf is commonly rolled or crushed as part of its processing. All of these types of tea contain caffeine, however, this type generally has the highest content. It is commonly the base of chai and some instant teas. The leaves of Oolong tea, (also known as wulong tea), undergo the same process as black tea leaves, but for a shorter duration of time. This tea has a caffeine content between that of green and black teas. The flavor and



aroma of this tea type is usually described as being like fresh flowers or fresh fruit. In animal studies, oolong tea has shown to help cholesterol levels.

White tea has a different harvesting time than the other forms. It uses the youngest shoots of the plant. These buds are picked before the leaves fully open and are still covered with a fine white hair, giving this type of tea its name. Just like green teas, the leaves are heated quickly after harvesting. This type of tea has a more natural sweetness than some of the other forms, which are typically described as bitter. Pu-erh tea is an aged form of black tea. It is very strong with an incredibly deep and rich flavor. It is described as almost peaty with no bitterness. Some reports mention it may help with LDL cholesterol.

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# So You Think You Can Run?

By: Charity Kabaiku



**E**xercising through running can be a lot of fun and it helps you pile up the mileage within a shorter period of time. However, when it's not done right, it can be challenging. If you're planning on starting out as a runner, there are a few things that you should consider:

- **Plan for it:** Write down your goals and keep them where you can always see them. When you skip a day or two, don't give up; just pick up from where you left off as soon as you can. It might even help if you register for your first 5K and allow yourself time to train for it.
- **Easy does it:** Don't go all out! Start out slow with a walk/run and work your way up to more running than walking. Eventually you will find yourself only running, and then adding mileage slowly as you get better.
- **Listen to your body:** Minor muscle aches are

expected, but if it hurts too much, you might want to consult with your physician. Remember, you're trying to help yourself, not hurt yourself.

- **Use the right shoes:** You might want to purchase a new pair of shoes, consulting with a specialty shoe store will help you pick the shoes that offer the right fit and support.
- **Pick the right environment:** Your environment should offer you safety, comfort, and convenience. If you have to run on roads, be sure to run against traffic. A local school may offer the convenience and comfort of a track, with the added bonus of a measured distance. If running in the dark, use reflective clothing and avoid dark alleys. If you can, you may enlist a partner such as a friend or a dog to keep you company.
- **Find the right beats:** The right music can help motivate you and keep your mind off how hard it might be. Be sure to keep your volume low so you can hear the environment around you.
- **Stay Hydrated:** Being hydrated will help in blood circulation and avoiding injury.
- **Relax and have fun:** Be patient with results. As long as you're eating healthier and exercising, you should be on your way to feeling better and living better.

**Go, You Running Machine!**

# Exercise of the Month: Bodyweight Circuit

By: Marjan Washington

**C**ircuit Exercise provides the benefits of muscle building and toning along with an intense cardio workout.

Circuit training can help you maximize the amount of calories you burn during your workouts as well as throughout the rest of the day following the exercise session.

## Instructions

Perform each circuit for all 3 exercises back to back before moving on to the next circuit.

Note: The goal is to do all three circuits one time; rest 1-2 minutes; then complete the three circuits again. However, if you need to rest between circuits---do so. If you can only do one circuit, that's a good start. Build on your success! You may want to walk a lap around the building between circuits. This workout is appropriate for all levels of participants and can be adjusted for intensity and rest as needed. If you have questions, please contact your regional health promotion consultant: <http://www.peiapathways.com/Home/Contact>.

**CIRCUIT 1** (each exercise should be done for 12-15 repetitions)

- Squat Jumps/Air Squats
- Push-ups/ Wall Push-ups
- Jumping Jacks

**CIRCUIT 2** (each exercise should be done for 12 – 15 repetitions)

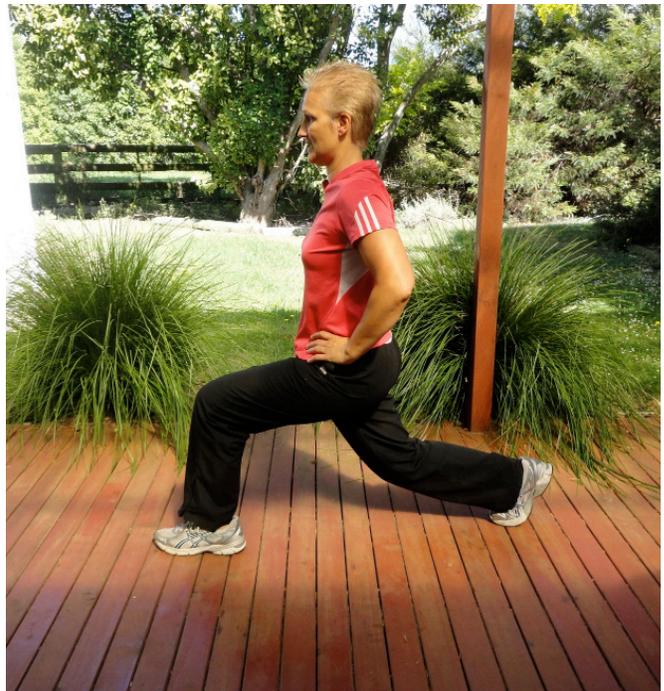
- Walking Lunges (*refer to photo on the right*)
- Air Squats
- Wall Squat Holds (30 seconds)

**CIRCUIT 3** (each exercise should be done for 12-15 repetitions)

- Jog/March in place (1 min)
- Lateral Squats (12 with the right leg; 12 with the left leg)
- Sit-ups

Note: Circuits feature exercises from past newsletters. If you do not remember some of the exercises, please refer back to previous newsletters for descriptions:

<http://www.peiapathways.com/Resources/Newsletters>.



# Puppy Pals: Exercising with Your Dog

By: Corey Clendenin



**T**here is no better exercise partner than your four legged friend. Exercising with your dog can be very rewarding for not only yourself but for your pet. Studies done by the University of Missouri have shown that just walking your dog daily can lead to a weight loss of 14 pounds over the course of a year, that's more than some popular diet plans. The same study also shows that people are more than 70 percent more likely to exercise if they are walking with a pet. The American Heart Association reports that walking/owning a pet can lead to a lower risk of obesity, lower blood pressure and cholesterol, and

have a huge impact of lower stress levels.

Dogs really can be the perfect exercise buddy. They never make excuses; they always show up; and are always eager to exercise with you. They will walk, jog, run, or hike. Not only is it a great exercise benefit but dogs, or pets in general, can have a very positive impact on emotional health. If you are suffering from depression and/or stress, coming home to an excited companion can have an uplifting feeling.

Some people cannot own a pet due to many reasons but there are still ways to exercise and interact with a dog without taking on the responsibility of ownership. All local dog shelters allow volunteers to walk and play with the shelter animals. What a great way to do volunteer work and get exercise with stress relief! Most shelters have hiking trails and play areas to get exercise with a dog. Contact your local shelter to become a volunteer or take the whole family to make it an event.



# 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): Monongalia County: The Work It Out program has kicked off at WVU, with multiple sessions already completed in the downtown area and many more still getting scheduled at other locations. During this month, Lifestyle coaching is scheduled to take place for two days at OWP. The DHHR office is doing two sessions of the Work It Out program. As South Middle wraps up the H2O Go program, Skyview Elementary is still going strong and The Monongalia Learning Center also joins the action for Walking and H2O Go. Preston County: Participants at Preston Co. Commission are working on their strength training with the Dyna Band program and is all set for a full day of lifestyle coaching while folks at Kingwood Elementary are also getting set for the Walking and H2O Go programs. Preston Co. High also joins in for Dyna Band while Fellowsville Elem. chooses H2O Go and Walking. Taylor County: Pruntytown Correctional Center has started with the H2O Go Program while the DHHR office is focusing on strength training with the Dyna Band program and working on their goals after participating in lifestyle coaching. The action at Anna

Jarvis continues with a Zumba class while hydrating with the H2O Go program. Lewis County: The team at Lewis Co. High has chooses to focus on strength training with the Dyna Band program.

**3** Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph): Pendleton – The new Worksite Coordinator at Pendleton County High School will start marketing programs and establish bulletin boards in work spaces for staff. The new Worksite Coordinator at Franklin Elementary is ready to get started with programming and attend the April training. An Exercise Physiologist has been identified in this county in order for the Work It Out Assessment program to be offered soon. Grant – The City of Petersburg is a new site on board with the Pathways program. They are anxious to get started with programming after hosting the PEIA overview presentation. Phone coaching has taken place throughout the county. Grant Memorial Hospital is new to PEIA and we are hopeful to have them join Pathways to Wellness! Hardy – East Hardy Early Middle School is continuing with cardio class after several canceled classes due to weather. Moorefield Middle School has begun their six week walking challenge. Eastern Community College had great participation in the WIO program, followed up with dynaband and pedometers for several participants and the opportunity for health coaching. Moorefield High School has begun their six week walking program. The Department of Agriculture is ready to get 'Back on Path' with the Pathways program with participation in the six week walking challenge. Randolph – Huttonsville Correctional Center has begun their six week walking program and is organizing a Stress Less program with WVU Extension that will begin March 7th. The WV State Parole offices have begun their six week walking program as well as in offices across the state. The program is being organized out of the Elkins office. Dining with Diabetes class is starting in Randolph County beginning Monday March 7th. Contact WVU extension for more information. PEIA participants will receive a free HA1C at first meeting and at 3 month follow up. Upshur – Buckhannon Middle School has begun the H2OGO program as well as a once a week yoga class that started February 17th. Hopefully additional school will get on board.

**4** Region - (Monroe, Mercer, McDowell, Wyoming, Raleigh, Summers): Despite the weather, Region 4 has several successful programs taking place and more planned. In Mercer County, Ceres, Athens and Straley Schools all have taken on the H2O Go Challenge. Princeton Community Hospital is hosting two stress management sessions for their staff. Raleigh Board of Education just

wrapped up the H2O Go Challenge with 19 participating and drinking 343.5 gallons of water. Great Job! They are now going to take on the Back on Path challenge. Raleigh DHHR and the Tax Department are participating in the Back on Path Challenge. Wyoming East High School in Wyoming County held the Dynaband Demo class for their staff and they are taking our 30 Day beginner fitness calendar challenge. Mabscott Elementary School in Raleigh County began their Zumba Class. New River Community College will begin the physical activity portion of the Tri Me program at Mercer County Campus, Ghent Campus and Beaver Campus in Raleigh County. We want to Welcome Concord University Fitness Facility to our Weight Management Program.

**5 Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, Braxton):** Region 5 is springing into season and staying busy! Eastern Greenbrier Middle, Greenbrier West, Rainelle Elementary, White Sulphur Elementary, DRS Summersville, Bridgevalley CTC South Charleston and Montgomery Campuses, and New River CTC Summersville and Lewisburg Campuses are rethinking their drink by starting the H2O Go challenge. We are getting Back On Path at Frankford Elementary, Greenbrier West and Bridgevalley CTC South Charleston and Montgomery, as well as Rupert Elementary. Webster Co DHHR is reducing stress with the Stress Management series. New River CTC Summersville and Lewisburg are participating in the Physical Activity Portion of TRI ME. Classes are continuing at Eastern Greenbrier Middle and Greenbrier DOH is getting ready to begin Tai Chi. As the weather warms up, Region 5 is preparing for a healthy Spring.

**6 Region - (Jefferson, Berkeley, Morgan, Mineral, Hampshire):** Region 6 is staying active. Page Jackson Elementary School, North Jefferson Elementary and Jefferson County Board of Education are continuing to get their steps in as they wrap up the Back on Path Walking program this month. Keyser High School, Fountain Primary, Romney Elementary, Frankfort High School and Frankfort Middle School are still staying hydrated as they continue the H2OGO challenge. Keyser Primary just finished with the H2OGO challenge. James Rumsey in Berkeley County will begin the Back on Path Walking Program this month. Mineral County Health Department will be starting a Zumba class later this month.

**7 Region - (Kanawha (non-school sites), Boone, Logan, Calhoun):** The position of regional health promotion consultant for Region 7 should be filled soon! Pathways to Wellness hopes to announce the new employee in March. Meanwhile, many sites are taking advantage of the variety of interventions available to members. The Kanawha-Putnam Health Departments began the Tri Me program with a general presentation and CardioChek screenings. Each participant has the opportunity to begin lifestyle coaching if desired. Yoga and Tai Chi classes are taking place at the Diamond Building, Lottery Building, and Kanawha City DMV. Interest for other classes has been shown by One Davis Square, WV State University, Division of Personnel and the WV Tax Department. The Work It Out fitness assessment program is planned for the Lottery building in March and other sites in South Charleston in April.

**8 Region 8- (Mingo, Mason, Wayne, Cabell, Lincoln, Putnam):** Hurricane Town Elementary is on a continued scheduled series of presentations regarding stress, physical activity and nutrition. Cabell County Library is beginning their lifestyle coaching this month. Fitness classes are being set up for Mingo County schools for 2 days per week. Central City Elementary is interested in beginning their Back on Path and H2O Go Program. This is their Pathways program! Huntington High School is continuing their H2O

Go program as part of their Wellness Challenge. Huntington High School has also began the dynaband program. They are showing great participation in both initiatives. Cabell Midland High School will begin their H2O Go program next week due to having more participants interested. Their fitness class is going very well and participation has remained neutral.

**9 Region 9 - (Clay, Ritchie, Wood, Wirt, Jackson, Roane, Kanawha County Schools):** Region 9 has been very busy over the last few months. Many sites have made long term scheduling commitments. Sites like Central Elementary has set up many programs/presentations over the course of the next few months including Tri-Me, Weigh to Go, and a fitness class. Also Eastbank Middle has already completed Rethink Your Drink, Go H2O, Dynaband, and are now deciding when to start Back on Path walking program and a fitness class. WV Department of Rehabilitation has also been participating in many programs. Their fitness class demo of Tai Chi went very well and they have decided on that as their fitness class. Days are filling up very quickly in region 9, with spring coming and the school year coming to an end sites are scheduling days very quickly. So if your site is interested in one of our programs/presentation please contact me today.

### Tea Time (Continued from Page 5)

Tea can be beneficial to your health, but those benefits can be overridden by any additions to the beverage itself. For example, sugar-laden sweet teas and various chai beverages can be loaded with extra calories. Adding a little honey or lemon to taste would be a better option without much compromise. It is currently unknown if tea extracts or supplements really have the same benefit as consuming tea as a beverage.

Sources: [http://www.health.harvard.edu/press\\_releases/health-benefits-linked-to-drinking-tea](http://www.health.harvard.edu/press_releases/health-benefits-linked-to-drinking-tea)  
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