

# August 2016 Newsletter PEIA Pathways to Wellness

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



## Cooking Matters

By: Debbie Turner

The PEIA Pathways to Wellness program is partnering with WVU Extension to bring healthy cooking classes to worksites. There are two options available depending on the nutrition focus. 'Eating Smart, Being Active' – combines nutrition and physical activity. This series teaches participants how to be more active on a daily basis and the importance of meal plans. The class focuses on eating more fruits and vegetables, whole grains and lean protein. A meal is collectively prepared by the instructor and class at each of the 8 one-hour sessions. Participants who complete the series will receive a \$25 veggie voucher that can be traded at their local farmers market for fresh produce. As adults, we are the models for our youth when it comes to nutrition habits. This class brings home how we can affect a new generation. Another option is 'Cooking Matters' where participants are taught how to read food labels and identify healthier food options. This is a one-time class that takes place in a grocery store. Participants will use the skills learned from this class to buy a healthy meal for a family of four that costs under \$10. These classes are growing in popularity and popping up all over the state. They are free to PEIA (PPB) and the Health Plan members. If you would like to offer either of these classes or find out more about them, contact your local HPC and they can put you in contact with the extension agent for your county. This is a great opportunity to broaden your nutrition education and cooking skills.

# Ready, Set, Breathe!

By: Salina Lyter, MS, RYT



**S**tress. When you hear the word, what does it trigger within your body? Tension, anxiety, worry. The word stress is derived from a Latin term that is also the origin of strict, which further means “tight” or “narrow.” Most people report being under the influence of some sort of stress in their life. For instance, the commute to work, the boss, the spouse, the children, and the list goes on and on. We think of these sources of stress or stressors, as external to us or something from the outside that induces the stress response occurring within our bodies. Life stressors are normal. In fact, without them, life would cease to exist as we know it. For example, examine tension in a muscle. Muscle tissue is always in a state of tension. Exercise Physiologists commonly refer to stressing the muscle by applying a load, a force, the weight itself. It is this stress applied to the tissues that enhances and strengthens them, promoting an improved quality of health.

The point is, we have stressful forces acting upon our bodies at all times. Life will always throw us a curve ball in the form of disappointments and challenges that threaten to disrupt our ease and potentially knock us into a state of disease. This is where the internal reaction to stress comes into play. The way one personally reacts to those disturbances can threaten our balanced, healthy state. Internalized stress may agitate the mind, interfere with immune system function, or tax the nervous system resulting in common stress-related

disorders within our society. Discovering appropriate stress management tools significantly counteracts the negative physiological components of internalizing stress. Practicing relaxation techniques routinely is a great way to reduce overall stress. One extremely effective relaxation method is conscious regulation of the breath. Here is a breathing technique that everyone can benefit from.

## **To learn this exercise, practice sitting up with a straight spine.**

- Place the tip of the tongue on the ridge of tissue behind the top, two front teeth (keep it there throughout the entire exercise).
- First, exhale through your mouth, making a whoosh sound (you will be exhaling around your tongue, try pursing your lips if this seems awkward).

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# Tracking your Way to a Healthy Lifestyle

By: Charity Duvert and Angela Watkins

Whether the Pathways to Wellness worksites have done friendly team competitions or simply offered members the chance to walk on their own, the Back on Path program has shown great results. The Raleigh County Board of Education, led by Cathy Barr, developed teams for walking by drawing names out of hat and assigning teams. After just 3 weeks, the team on top had completed 913,000 steps! By the end of the 6 week challenge, both teams had walked 453,194 steps. The challenge motivated participants to take the steps instead of the elevator or to get up and move from their desk and walk during lunch. The participants who were non-walkers in the beginning finished up the challenge by walking 20 miles per week.

Glenwood School, located in Princeton, WV, participated in the 6 week Back on Path walking challenge. They formed teams and tracked their steps. Everyone wanted to be a part of the team on top. The winning team was the Glenwood School cooks! This program motivated them to get in their steps every day and three of the cooks joined the Weight Management program! The school PTO was so impressed with the motivation and dedication of the staff, they provided a healthy soup and salad lunch for the staff to celebrate. Ruby Hubbard, a 7th grade teacher, walked the most steps and stated, "This program came just in time it was just what I needed." Not only did the staff walk more but the children all loved asking the teachers and staff how many steps they had walked each day. The students could see the importance of getting up and moving. Worksite Coordinator Jenny Lilly gave all the winning team certificates.

Tracking eating and exercise habits is essential in being aware of daily habits. As the saying goes, "Out of sight out of mind." Looking at your food diary or using an app to track your calorie intake can make you aware of simple choices every day that add up. How much of a certain food you consume or what you may be lacking becomes apparent! Tracking exercise is just as important. By the end of the day you think you feel like you have logged in several thousand steps, but using that pedometer or fitbit can give you an idea of your actual steps. Parking further away at work or getting that extra walking break in can make a big difference every day. Tracking eating and exercise habits can provide awareness for opportunities to make healthier lifestyle choices.

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# Black Bean Burgers

By: Brooke Nissim-Sabat, MS, RD, LD

## Ingredients:

- 1 medium onion
- 2 cloves garlic
- 2 tablespoons olive oil
- 2 cups cooked black beans, drained (mash some and leave some whole)
- ½ jalapeno pepper, minced
- 1 egg
- ½ cup breadcrumbs
- 1 small sweet potato, grated
- ½ teaspoon cumin
- ½ teaspoon chili powder

Sour cream, cilantro, and lime for garnish  
Sauté onion and garlic in olive oil. Combine the remaining ingredients in a large bowl until well mixed. Shape into patties and broil until brown on both sides. Serve with sour cream, cilantro and lime.

Yields: 6 servings (6 burgers)

Prep Time: 10 min

Cook Time: 10 min

*For more healthy recipes, go to [www.peiapathways.com](http://www.peiapathways.com) and click on “Resources” then “Recipes” to find the WV Healthy Delights cookbook and other healthy sources.*



## Nutrition Information:

Calories: 169

Fat: 6 g

Carbohydrate: 23 g

Fiber: 6 g

Protein: 7 g

Sodium: 52 mg

# Start Your Day the Breakfast Way!

By: Grace Matthews



**B**reakfast is the most important meal of the day! Eating a nutritious breakfast every morning can promote healthy weight and assist in weight loss by maintaining your metabolism and glucose levels. Consuming a healthy breakfast including whole grains, lean proteins (such as eggs), fruits, and vegetables maintains sugar levels and prevents over indulging at later meals such as lunch.

It is recommended that the average adult get eight hours of sleep and at least ten hours for children each night. When your body is at rest during the night it is considered to be “fasting”. Skipping breakfast in the morning after a night of “fasting” prevents you from having the energy needed to perform daily functions. This can affect concentration, mood and weight.

Try to set aside time each morning to incorporate a healthy, balanced breakfast into your day. Focus on eliminating the high fat and high sugar products that are found in donuts at the local quick stop on the way to work/school in the morning.

**Try to incorporate breakfast into your daily route by following these suggestions:**

- Plan ahead! Set the alarm an extra 10-15 minutes (or however long you need) to assure you can start your morning with a healthy meal.
- Add oatmeal to your diet. Oatmeal is a quick, healthy breakfast meal that can be flavored with fresh fruit and vegetables.
- Prepare your food ahead of time. The night before, plan what you will have for breakfast. Cut up your fruits and vegetables then for quick easy access the next day!
- Consume whole grain cereals. These are great with skim or low fat milk and with fresh fruit on top.

Adding breakfast to your morning routine can help promote a more energized, healthier you!

# “Hooray” for Vaca! Healthy Tips for Traveling

By: Beth Metzger



**A**hh Summer! It's the time of year when most people take a break from the daily grind to focus on rest and relaxation. Whether it be a tropical destination or a trip to your favorite mountain haven, venturing to a long-awaited vacation spot can cause havoc on your normal sleep routine. Yes, we fantasize about no alarm clock, but deviating far from your normal sleep cycle can make returning from your break difficult. The need to resume waking up early to beat the traffic after late night camp fires may mix up your system!

Vacations from work are a welcome change. When traveling, many people get an early start to help avoid destination delays. Shaving hours off of your night's rest can leave you struggling to stay awake while driving and increases the likelihood of an accident. The best way to start your R and R is with a 7-8 hour night of rest so you will be ready to enjoy all that you have planned on your time away. Keep in mind the following tips to help yourself relax!

- **Pre-drive nap:** Can help if you have had a short nights rest.
- **Take a mid-drive nap:** A 20 minute nap in a safe location can give you the boost you need to finish your trip. Remember you will be groggy for 15 minutes or so after waking.
- **Buddy System:** Safest to drive with a partner on long trips. This will allow you to switch and rest.
- **Avoid sleepy hours:** Dodge driving between 12 and 6 a.m. because this is a normal time of sleep for your body.
- **Stay on schedule:** Try to stay close to your normal sleep schedule so you don't return just as tired as you left.

*Resource: National Sleep Foundation, <https://sleepfoundation.org/excessivesleepiness/sleep-news/how-stay-awake-the-road-tips-combat-drowsy-driving>, June 2016*

# USDA:

## Food Keeper App

By: Janelle Humphrey-Rowan, ND Naturopath

**H**ow often have you found yourself cleaning out a fridge, freezer, or pantry and tossing out a quarter or more of the contents just because you're not sure if they are good anymore? In 2010, it was estimated that 133 billion pounds of food, (31 percent of the U.S. total food supply), was lost due to food waste. These billions of pounds go to waste mainly because consumers aren't sure of the products quality or safety. The top three food groups lost were dairy products (25 billion pounds, or 19 percent of all the lost food); vegetables (25 billion pounds, or 19 percent); and grain products (18.5 billion pounds, or 14 percent). Theories suggest that if we could cut back on our food waste that the costs of food stuffs could decrease. Take note the next time you clean out these areas as to how much money you could save if you knew how long the item was good, especially for items without an expiration date.

To help decrease food waste, the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute has developed the FoodKeeper App. FoodKeeper provides shelf life information and storing methods (pantry, refrigerator, freezer) for various foodstuffs. This includes, but is not limited to, baby food, baked goods, beverages, condiments, prepared and frozen foods, and each of the major food groups. The storage times provided are meant to be used only as guidelines as some products may deteriorate more quickly or last longer. This depends on many factors such as the growing conditions, harvesting techniques, and manufacturing processes. Upon viewing a food product's description, you can have the expected expiration date placed on your device's calendar so you know when it should

be discarded or replaced. This can come in handy especially for items left for months in the freezer. General cooking information, (cooking times and temperatures), can also be viewed. The app features a link to Ask Karen, (another USDA app which provides assistance and tips on food safety and preventing foodborne illness). This can come in handy when preparing for group gatherings and picnics. The FoodKeeper App is available for Android and Apple devices. An online version is available at <http://www.foodsafety.gov/keep/foodkeeperapp/>.

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- [www.fsis.usda.gov/wps/portal/fsis/newsroom/meetings/feeds-and-subscriptions/apps](http://www.fsis.usda.gov/wps/portal/fsis/newsroom/meetings/feeds-and-subscriptions/apps)
- <http://www.npr.org/sections/thesalt/2014/02/27/283071610/u-s-lets-141-trillion-calories-of-food-go-to-waste-each-year>
- <http://www.usda.gov/oce/foodwaste/faqs.htm>



# Work It Out for Yourself

By: Sharon Covert

**A**lmost a year ago, Pathways to Wellness revived the Work It Out fitness assessment program. Work It Out consists of a series of biometric measurements combined with fitness testing. Worksites can choose to include CardioChek finger stick screenings with Work It Out if appropriate. Participants are required to review pre-test survey materials and complete health history questions that they will turn in at the time of the test. (It is highly recommended that registrants discuss the program with their Primary Care Physician BEFORE they test.) Participants should wear comfortable clothes and appropriate footwear such as walking or running shoes. The Exercise Physiologist performing the test will review the completed questionnaires and discuss with each participant what tests will be completed. (I.E. Members with chronic knee pain may not be viable candidates for the three-minute step test.) Initially, the Exercise Physiologist or Health Promotion Consultant will ask each member to provide height and weight in order to calculate Body Mass Index, or BMI. (There may/may not be a scale available at the site.) Blood pressure and resting heart rate, (number of heart beats per minute at rest) will be recorded as well as waist circumference. The second half of Work It Out involves exercise testing: Three-minute step test- involves stepping up and down on a 12" step in time with a metronome set at 96 beats per minute. After three minutes, the Exercise Physiologist will record the heart rate for one minute. (This measurement is called the Recovery Heart Rate.) Recovery heart rate is used to determine how well the heart can "recover" from exercise, or return to the "resting" heart rate.

- Upper body strength/endurance- Push-ups, (wall push-ups, knee push-ups or standard military-style push-ups) are performed for one minute. (The

member can rest between push-ups.) The total is counted. For purposes of WIO, push-ups can be modified to the ability of the participant.

- Lower body strength/endurance- This is a test to see how many "crunches" a person can perform in one minute. (Participants can rest between crunches if necessary.) The total crunches performed is recorded.
- Flexibility- measured by a "Sit & Reach" test. The member sits on the floor with their legs straight in front of them. Sitting up straight and NOT bending the knees, the participant takes a deep breath and reaches forward. This is repeated 3 times. The "best" measurement is recorded.

Note: Work It Out is designed to provide participants with an idea of their current fitness level. Any test may be omitted or stopped early. If a participant becomes uncomfortable or develops pain, the tests are stopped. A participant does not need the permission of the Exercise Physiologist to stop testing. Test results are confidential. When the testing is complete, results are discussed. The regional Health Promotion Consultant/Lifestyle Coach will provide each individual with information about PEIA programs available to them. The Exercise Physiologist will develop an "exercise prescription" that takes into account health history, test results and lifestyle goals. This "RX" can be provided by email or US Postal Service, as decided by the member completing the test. FREE lifestyle coaching is provided as a follow-up and support service. Worksites interested in participating in WIO should contact their regional HPC. (<http://www.peiapathways.com/Home/Contact>) Sites must be able to provide a private space to conduct the tests. At least 5 individuals must participate for the program to be scheduled. Talk to your Pathways consultant today!



# Exercise of the Month: Reverse Lunge & Step Up Combo

By: Marjan Washington

Combination lifts are a great way to guarantee increased calorie burn in less time. They'll boost your workout intensity to burn more body fat through excess post-exercise oxygen consumption (EPOC). This combo move takes two exercises and blends them into a single, effective movement.

## To Perform This Exercise:

1. Stand in front of a bench, holding a pair of dumbbells by your hips. (dumbbells are optional)
2. Step back into a reverse lunge with your left leg.
3. Bring that same leg forward out of the lunge and place your foot on top of the bench.
4. Perform a step-up without touching your right leg to the bench.
5. Step down using your right leg as the base and step back into another reverse lunge on the left side.

That's one rep. Do 8–12 reps on one side before switching to the other for 3–4 total sets. (You can also alternate legs.) If doing one leg at a time, rest for about 15 to 30 seconds before switching sides since both legs are working regardless of which is the “working” leg. This exercise requires some single-leg balance. It's okay to place your non-working leg down to stabilize yourself while you're learning it.



# Heat Stroke vs. Heat Exhaustion

By: Corey Clendenin



Pathways to Wellness programming likes to recommend taking advantage of WV's beautiful scenery to get outside and exercise with some fresh air and vitamin D from the sun. You don't always have to go to a fitness center to get a good workout. You should also know the limits of your body and your environment. Exercising outside will push your body but you'll have to know when to break and/or stop so you won't harm yourself.

During the hot summer months in our state, it can get very humid and hot. Usually, I recommend exercising outside first thing in the morning or late in the evening so the sun will not be at its peak. Other than wearing sun screen to prevent sun burn while exercising outside, know the difference between heat stroke and heat exhaustion. Both are very serious. It normally starts with a few heat cramps, often in the legs but not always. The body will cool itself by sweating and allowing that sweat

to evaporate. This requires plenty of fluids which is why we always recommend getting your water intake in each day. Cramps are usually followed by profuse sweating, nausea, headaches, vomiting, and the feeling of being light headed. Once it reaches a certain point, or if the heat exhaustion continues without treatment, it will become heat stroke. Heat stroke happens when the body fails to regulate its own temperature. The sweating stops and the body's temperature will often go at or above 106F. The person will become very confused, weak, and lethargic. This is an extremely life threatening condition and needs to be treated medically ASAP. Moving the person into a cooler area, and making sure they are hydrated with water, (not soda or sports drink), but with water. This is the cornerstone of heat conditions.

Many people often push the limits of their environments. We must pay attention to everything to prevent heat conditions.. Every year we see people in the news who have died from a heat stroke. One of the best ways of prevention is water intake. Keeping yourself hydrated is the best way to guard yourself from the heat. If you haven't already, please take part in the Pathways to Wellness H2O GO program and presentation. This will discuss how much water you need daily, depending on your goals/exercise, and you will even receive a free mug to drink your water from. Stay cool!

# Region Summaries

**1** Region 1 (Hancock, Brooke, Ohio, Marshall, Wetzel, Tyler, Doddridge, Marion, Harrison, Pleasants, Gilmer): Programs and presentations have slowed with the summer school break upon us. The Fairmont State University farmer's market started June 13th and take place every Monday in front of the Education Building from 11 AM – 1 PM, (possibly until October). The H2O Go Challenge came to an end for Hilltop Elementary School and the Marion County Health Department. At the Marion County Board of Education, the yoga fitness class series came to an end. Short Line Elementary School participated in the Work It Out program. The "Sleep, Insomnia, and Stress" presentation was completed for the Marion County Health Department. John Manchin Senior Health Care Center started the Move It Challenge after doing the "Sleep, Insomnia, and Stress" presentation. Site visits were conducted at various Marion County governmental agencies. We welcomed Gorilla Strength and Fitness of Nutter Fort to the Fitness Center Discount program. Region 1 is currently scheduling programs, presentations, and individual health coaching for throughout the summer and the beginning of the 2016 – 2017 school year.

**2** Region - (Monongalia, Taylor, Barbour, Preston, Lewis): With everyone trying to cope with the heat of the summer, most school sites have their eyes set on a fresh start when the new school year rolls around. However, the action continues elsewhere in the region. Folks at Preston Co. BOE are preparing for a Walking Program challenge and the WV Military Authority gears up for a major H2O Go and Walking program challenge. At Barbour Co., members of the BOE office are still going strong with the Walking and H2O Go challenges. After completing quite the trek across the country with the Walking Program, participants at Barbour Co. DEP office have decided to dive right into Lifestyle Coaching with Cardio Checks. At Lewis County, an all-county faculty senate team met at Lewis Co. High and ended the school year with well-deserved relaxation through multiple sessions of 10 Minute Stress Relief presentations. Meanwhile at Taylor Co., Pruntytown Correctional Center has decided to focus on more cardio as the Dyna Band challenge kicks off.

**3** Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph): Pendleton – Schools interested in WIO when they resume in the fall and also cardio checks. Grant – City of Petersburg is continuing with their six week walking program and participated in the dyanband class while getting information on the dangers of 'prolonged

sitting'. They are also anxious to schedule a healthy eating class with WVU. Grant DHHR participated in health coaching/cardio checks. Hardy – Hardy County DOH is a new site to the program and beginning their program with a Eating Smart, Being Activ - 8 week nutrition class delivered by WVU extension, WIO fitness assessments are also scheduled for the first week in July and they are beginning the 6 week walking challenge as well. Moorefield Intermediate is interested in starting a healthy eating class with WVU when school starts back, they are continuing their walking challenge over the summer break. Department of Ag finished up their walking challenge. Randolph – Huttonsville Correctional Center began their 'Super in a Sack' class with WVU in June. Cardio cheks were completed in June and scheduled again in July for second shift. An August date has also been scheduled for cardio/chek-coaching for 3rd shift workers. Division of Rehab will also follow up their WIO assessments with cardio chek/health coaching. Upshur – Yoga finished up at Buckhannon Middle School, hopefully they will be ready to start a new program when school starts back in the fall. Tucker – Tucker County Courthouse completed their six week walking program with several having great successes as a result of the challenge – weight loss, improved HA1C just to name a few. They are continuing to wear their pedometers as they begin their six week hydration program. They also participated in the dynaband class when they received their H2OGo bottles!

**4** Region - (Monroe, Mercer, McDowell, Wyoming, Raleigh, Summers): The heat has not stopped Region 4 from getting out there and being active! Raleigh County Board of Education has completed their Back on Path walking challenge by logging 9,453,194 steps. Way to Go! West Virginia Rehabilitation Office in Mercer County completed the Work It Out Program. FRMS in Raleigh County held a Dyna band class on Wellness Wednesday for staff. The City of Bluefield began the first phase of a 3-part wellness challenge. H2O Go is in full swing around the "air conditioned" City of Bluefield and will be followed by Back on Path. (For those of you who do not know, they City of Bluefield hands out cold lemonade downtown when the thermometer hits 90 degrees or higher!) Region 4 has had several members participate in health coaching due to goals they set based on the Healthy Tomorrows wellness visit. Several farmers markets are planned in McDowell County.

**5 Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, Braxton):** Region 5 is Working It Out! The Work It Out fitness assessment program has taken our region by storm with Sutton Elementary, WV DEP Fayette County, WV DHHR Fayette County and WV DHHR Braxton County focusing on their personalized fitness prescriptions. Rainelle Elementary is continuing their H2O Go challenge to cut out sweetened beverages and increase water intake! New River CTC Summersville and Lewisburg just wrapped up the TRI ME program while reducing their stress. Though we have many new activities taking place in our region, some have been placed on hold while our communities recover from the recent devastation. Region 5 will be going strong again soon!

**6 Region - (Jefferson, Berkeley, Morgan, Mineral, Hampshire):** Region 6 has been staying active as the summer kicks off. Keyser Primary in Mineral County and Berkeley Springs High School in Morgan County finished up the Back on Path Walking Program right before their summer break started. Mineral County Health Department finished up their Zumba class this month. Jefferson County Board of Education wrapped up the 6 week dynaband challenge. The DHHR in Martinsburg and DHHR in Morgan County are getting their steps in as they started the Back on Path Walking Program this month.

**7 Region - (Kanawha (non-school sites), Boone, Logan, Calhoun):** Region 7 is shining bright into the summer season! Several fitness classes are going strong and active in Kanawha County: three Tai Chi classes and two Yoga classes. The Back On Path program at PEIA came to a conclusion while WV Purchasing Division kicked off their walking program. Even though the program has ended, the folks at PEIA have an extended goal to continue walking progress on their own. Lincoln County DHHR and BOE have wrapped up their walking programs. Another container garden class occurred at DEP and it was certainly a crowd pleaser. The "Don't Just Sit There" presentation was given at One Davis Square. There are pop-up farmers markets at Davis park, DEP/PEIA, and on Dee Dr. near the WV Insurance Commission. A weekly vegetable bag program has been launched by KISRA where worksites can order various greens and receive them by delivery. Work It Out accompanied by CardioCheks were conducted at the WVDOL. Participants received a fitness assessment and an individualized exercise prescription based on the ACSM Exercise Is Medicine guidelines. Shine on, Region 7, shine on!

**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):** Region 9 has had a great summer so far. I am very excited for the first "pop up" style farmer's market to be held at the WV Department of Rehab in early July. If your site would like to hold a farmer's market to provide fresh local foods to your staff please feel free to contact me and we can arrange a market. WVDORS will also be pairing their market with

our 5 A Day presentation and also have signed up to take cooking classes with WVU Ext. Program. All fitness classes at this time have concluded but presentations are still going strong. Sites like Roane County Courthouse have participated in the Spice It Up presentation along with Chew and Chill. Also in Roane County, the DHHR is in the process of scheduling for the Work It Out Program along with health coaching. Many sites have already expressed great interest in fitness classes this fall so if your site has never held a class please contact me to learn how to host a class. Things are looking great for the fall in Region 9, many sites have stayed in contact with me over the summer and are looking forward to setting up programs for the fall. So please contact me ASAP to get something scheduled for your site.

### Ready, Set, Breathe (Continued from Page 2)

- Next, close your mouth and inhale through your nose, quietly, to a mental count of four.
- Now, hold your breath for a count of seven.
- Then, exhale completely through your mouth, making a whoosh sound to a count of eight.

The inhale, hold, exhale ratio of 4:7:8 is very important and is counted as one breath. Repeat the cycle for a total of four breaths as a beginner and work up to at least eight repetitions over time as your body adapts. You may initially feel slightly lightheaded, but this will pass. You may have to speed up your pace as well in the beginning, but soon you will be able to slow the pace down. This exercise naturally calms the nervous system. You may notice an immediate shift in consciousness after just four breath cycles, perhaps a feeling of detachment or weightlessness. This is a desirable shift and will increase with repetition. It is a sign that you are affecting your involuntary nervous system and neutralizing stress.

Source: Andrew Weil, M.D.

### Tracking Your Way...(Continued from Page 3)

"The journey of a thousand miles begins with one step" ~ Lao Tzu  
This quote rings true for a fourteen-member team from Philippi, Barbour Co. On May 15, 2016, the team from the WVDEP office began a walking journey from Philippi with a goal of reaching San Francisco, CA in six weeks. They didn't actually physically walk to California, but each participant logged in their steps and reported their weekly totals to Carla Poling, the Worksite Coordinator, so they could all track their combined progress on a map of the USA. During the first week, they walked a total of 476.85 miles and made their way near a small town in Veedersburg, IN, which had very similar demographics to Philippi. With real excitement now building up, they had to keep going. On week 2, they picked up their pace and ended up walking 552.49 miles to Mahoney State Park in Ashland, NE. The original goal was 448 miles per week, so at this point they were already way ahead. On week 3, they slowed down a little and walked 433.77 miles and made their way to Pine Bluffs, WY. Things turned positive by Week 4, when they picked up the pace again and walked 548.24 miles and crossed the border into Nevada. On week 5, they were hoping to make it to San Francisco ahead of schedule but ended up a little over 100 miles short. They walked 558.94 miles and arrived in Roseville, CA. They completed their journey on week 6 with 515.10 miles. With the excitement of their accomplishment, they decided to jog on through San Francisco and headed down the coast, ending their long and quite exhilarating trek across the United States in Newport Beach, CA, where this wild and wonderful team of 'strangers to blue water' organized a small victory party for themselves. "It was an awesome trip! Who knows... we may decide to walk back to Philippi." Carla remarks.

