

April 2015 Newsletter PEIA Pathways to Wellness

INSIDE THIS ISSUE

Cover: Move It!

- 2: Furry Fitness
- 3: Zucchini and Pine Nuts Salad
- 4: Dynabands: Tricep Press Down
- 5: Exercise of the Month
- 6: Stress Management
- 7: Personal Lifestyle Coaching
- 8: Benefits of Breakfast
- 9: Sun Supplements: Vitamin D
- 10: The Wellness Puzzle
- 11-12: Region Summaries



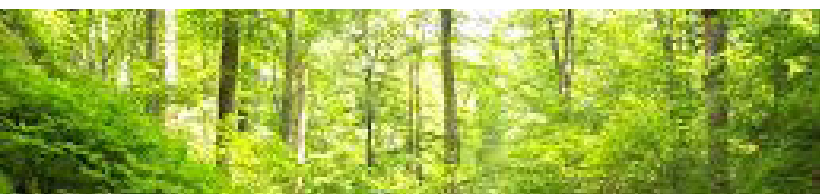
REST WELL. EAT WELL. FEEL WELL.



Move It!

Would you like to become more physically active but aren't sure how to begin? Have you started the same old treadmill routine several times but got bored and quit? The new Pathways to Wellness MOVE IT! Program and challenge may be your answer. This presentation explores basic physical activity and how to incorporate more movement into your daily life. Also offered is beginner's exercise challenge with a different workout for every day. There is a modification sheet that shows different ways to do each exercise based on your fitness level, (e.g. wall push-up/knee push-up/military push-up). Participants can use a FREE Pathways to Wellness personal wellness calendar to record their success.

Summer Selfie Challenge on Page 12



Furry Fitness: Exercising with your Pup

By: Corey Clendenin

Grab the leash and your pedometer, it's time to walk. Dog walking is a great way to jump start your healthy lifestyle. Dogs are nature's perfect personal trainer, and they are great for walkers and weekend hikers. Unlike friends, a dog will never cancel on you for a workout. They never give up, quit early, and will never complain. It's far easier to stick to a workout or walking program when your walking partner always shows up. Dogs are loyal, energetic, and always up for a brisk walk/job. A recent study has shown that dog owners get at least an extra 48 minutes of exercise per week when compared to non-dog owners. Another study, published in the journal Preventive Medicine, showed that the average American can reduce their chance of becoming obese just by walking their dog daily. Don't have a pup or not allowed to own one? That's ok, all animal shelters are always looking for dog walkers to take out dogs for their daily walk.

It's often easy to forget about exercising or living a healthy lifestyle so having that four legged companion as a workout or walking partner to remind you is perfect. Get a set schedule down for walking your pup. You are more likely to exercise every day for 30 minutes when you have written it down in a calendar. Plan to walk 30 minutes every day. This can be done in 20 minutes in the morning and 10 in the evening but just reaching 30 minutes is the goal. Not only should you write your plan down but also keep track of your days that you walked, the time, and distance traveled. Seeing the progress weekly is a huge motivational tool. Remember the PEIA Pathways Program offers many helpful tools that you can use to help achieve your lifestyle goals including our pedometers and our new healthy calendars.



Simple and Healthy: Zucchini and Pine Nuts

By: Angela Watkins

INGREDIENTS

- 4 zucchini, small (about 5 inches or 16 cm)
- flaked sea salt
- vinaigrette dressing (home-made or shop-bought, nice quality)
- 1/2 teaspoon Tabasco sauce (or to taste)
- 4 tablespoons pine nuts (heaped, I used a lot and didn't measure)
- 1/2 cup parmesan cheese, shaved (use any sharp, flavorful cheese)
- 1/2 teaspoon black pepper

DIRECTIONS

1. Wash, top and tail the zucchini.
2. Using a potato peeler or mandoline, shave the zucchini into ribbons. Discard the outside edges and the last parts you cannot really slice properly.
3. Put the zucchini in a sieve or colander, sprinkle lightly with sea salt, (lifting them with your hand to distribute evenly).
4. Leave for 30 - 60 mins over a bowl to drain.
5. Be generous with the nuts! Pine nuts are great, and I used about 2 1/2 oz. or more. Heat a small pan, add the pine nuts (but you can use halved pecans, walnuts or other nuts). Let the nuts heat and colour a little, shaking the pan (they burn easily!). Then take off the heat.
6. Add the Tabasco to the vinaigrette, and whisk with a fork to mix. Don't use a creamy dressing, which does not suit this delicate salad.
7. The zucchini does not shed a lot of liquid, so after some time, put it into a bowl and toss with the vinaigrette.
8. Shave the parmesan in large bits. (Or use any really sharp or flavorful cheese).
9. Lift the zucchini from the dressing, into a shallow dish. Add the cheese to the shaved zucchini, and then sprinkle with the nuts. Sprinkle over black pepper.



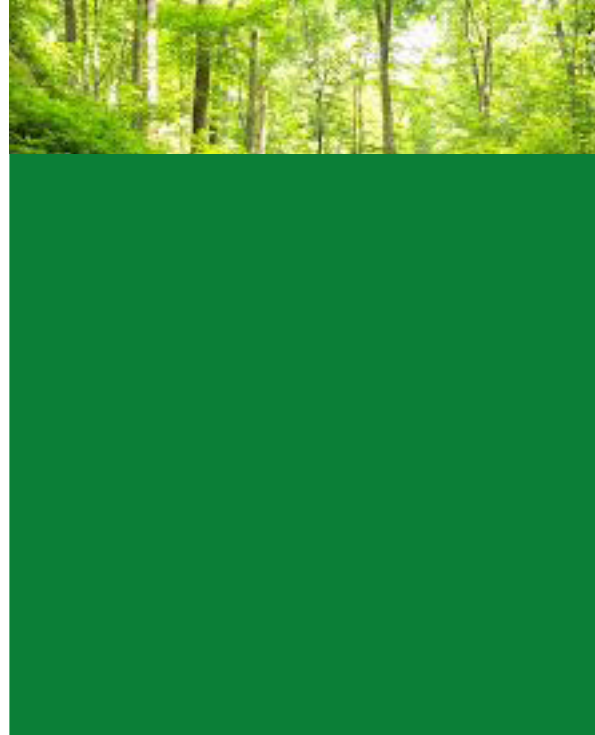
www.food.com

Nutrition Info

Serving Size: 1 (290 g); Servings Per Recipe: 2; Amount Per Serving % Daily Value; Calories 289.5; Calories from Fat 179 62%; Total Fat 20 g 30%; Saturated Fat 5.5 g 27%; Cholesterol 22 mg 7%; Sodium 421.5 mg 17%; Total Carbohydrate 15.8 g 5%; Dietary Fiber 4.7 g 18%; Sugars 10.6 g 42%; Protein 16.7 g 33%

DYNABANDS: Tricep Press Down

By: Debbie Turner



Tricep Press Down

Stand upright, place your DynaBand around the back of your neck. Grip both ends of the DynaBand at a point where forearms are parallel to the ground and palms are facing inward. Elbows are close to the body at a comfortable position. Slowly extend forearms down alongside your body while rotating your palms toward the back. (Keep wrists straight as you extend down) Pause and hold slowly returning to starting position. Repeat 10-12 reps.



Exercise of the Month: Renegade Rows

By: Marjan Washington

The kettlebell renegade row is a terrific compound exercise that works practically every muscle in your back. It doesn't stop there! This is a deceptively simple, high-intensity exercise that yields high rewards. You will work your arms, shoulders, back, trunk, glutes and thighs.

Instructions:

1. Start in a press up position with a dumbbell (or kettlebell) on the floor gripped under each hand (shoulder width apart). Ensure that your body is straight and that your hips are not too high or too low. Your body should be straight and in line.
2. Raise one dumbbell up so that it ends up near your ribcage. Lower and repeat on the other side. Perform the movement slowly and under control. Also don't twist the hips. Twisting the hips when performing the renegade row actually makes the exercise too easy.
3. Modifications can also be made by placing knees on the floor if pushup position is too difficult to maintain which is shown in illustration on the bottom right.



Stress Management: It's Easier Than You Think

By: Kerry Gabbert

Did you know there are simple, easy ways to manage your stress that don't take a lot of time or money? You already have access to most of the resources you need to lower your stress level. Techniques such as stretching and deep breathing exercises are simple to use and effective. The more you use stress management techniques, the more benefits you will see to your emotional health and physical well-being. Here are 5 ideas for simple things you can do throughout your day to manage your stress:

1. **Move!** Go for a walk or a run. Take a fitness class at a community center or gym. Do an exercise video at home. Research shows that physical activity is one of the best ways to reduce your stress level.
2. **Take a break from social media.** Disconnect from Facebook, Twitter, Instagram, Snapchat, and all the other sites that eat up time and create negative feelings. Try it for one day, or challenge yourself and go for a week!
3. **Eat a Healthy Breakfast.** Missing breakfast robs your body of fuel, and makes it more difficult to maintain blood sugar levels, which in turn leads to irritability, frustration, and stress.
4. **Take a 5 Minute Stretch Break.** Often stress is reflected in tight muscles. Stretch and release your neck and shoulders. Repeat twice a day, or whenever you notice yourself tightening up.
5. **Keep a Gratitude Journal.** Write down three things you are grateful for each day. Gratitude

is like a muscle, it must be used each day in order to increase its strength.

The more you incorporate these tips into your everyday life, the more impact you will have on reducing your stress. Would you like more tips and ideas like this? Pathways to Wellness has a 30 Day Stress Management Challenge called Stress Management 101 available at your worksite. Please contact your HPC for more details about scheduling.



Perks of One-On-One: Personal Lifestyle Coaches

By: Charity Kabaiku



Have you often wondered about who you are and where your younger, more exciting, healthier self has gone? Have you asked yourself where you're headed and how much worse it could get? Do you sometimes feel like your optimism has faded and you don't like your current state of health? You may have previously believed there is nothing you can do to change it. You may want to start making healthier choices for yourself as well as for those around you! Maybe you're bored with your current health routine and want to try something different. You might be a candidate for personal lifestyle coaching—a confidential, one-on-one benefit provided to you through Pathways to Wellness.

A Personal Lifestyle Coach will help you figure out:

- **Where to start:** Your coach will guide you in determining what your current health status is and where you need to be. Having a short-term as well as a long-term goal is the first step in making a lifestyle change. Through speaking with your lifestyle coach, you will be able to see where you have slipped and find your focus again;
- **Barriers and weaknesses:** You will be able to see what makes it easy for you to continue on the path you are on and how to break free of the boulder that's weighing you down. This step will get you started on a journey to finding your new, healthy self;
- **Future plans:** Figuring out what is your intended destination is essential in determining the way to get there. Your coach will help you identify many unique and manageable ways to

get to your desired state of health;

- **Area resources:** Your coach resides in your region and is knowledgeable about an array of resources available to you. You will find out about fitness and nutrition benefits and other things available through our network of providers.
- **Follow up sessions:** This benefit is here to help you succeed! Your coach is available to answer questions and point you in the right direction.

YOU'RE NOT ALONE ... WE'VE GOT YOUR BACK! Please contact your worksite coordinator for further information.

Breakfast: Most Important Meal

By: Grace Matthews

There are many health benefits of eating breakfast every morning. The right breakfast foods can help you concentrate, provide additional strength, and assist in maintaining a healthy body weight. Eating breakfast each morning can prevent you from feeling sluggish and tired through the day. It can also help you stay away from snacking on foods high in sugar and fat before lunch time. Studies have shown that eating breakfast every morning provides you with a diet higher in vitamins, minerals and nutrients but also assists in improved concentration, strength and endurance for physical activity and lower cholesterol levels. Eating breakfast is especially important for children. The American Dietetic Association has linked children who eat breakfast everyday with better performance in the classroom and on the playground with better concentration, problem solving skills, and hand-eye coordination.

Here are some quick, easy, and healthy tips to help you incorporate breakfast in your morning routine:

1. By setting your alarm for 15 minutes earlier each morning, you can prepare and consume a healthy breakfast in the additional time.
2. Plan ahead. Decide what you're going to have for breakfast the night before.
3. Have granola bars, breakfast bars, fruit, or yogurt handy for breakfast on the go.
4. Try to choose one food from each of the food groups.



Sun Supplements: Benefits of Vitamin D

By: Janelle Humphrey-Rowan, ND Naturopath

With spring upon us and summer quickly approaching, now is the time to get out and get some vitamin D. Vitamin D, otherwise known as cholecalciferol, is produced by the body when sunlight is absorbed by our skin. Approximately 80 – 90% of our vitamin D intake is obtained through exposure to sunlight. Many factors must be accounted for when assessing how much time is needed in the sun to produce an adequate amount of vitamin D. These factors include: how much skin is exposed; the time of day; location; season; age; and the color of your skin. “Tanning” or allowing the skin to burn are not recommended as it does not take long for the skin to synthesize vitamin D. The general rule for exposure to sunlight is two to three times a week for about one-fourth of the time it would take to develop a mild sunburn. Other sources of vitamin D include fatty fish such as herring, mackerel, sardines and tuna and food products that are “fortified with vitamin D” such as dairy products, juices, and cereals. Vitamin D can be manufactured in a supplement form as well. Since the main role of Vitamin D is to help maintain calcium absorption and balance in the body it is typically prescribed for conditions involving the bones and bone loss such as osteoporosis, osteomalacia, and hyperparathyroidism. Other conditions Vitamin D may aid in are high blood pressure, high cholesterol, diabetes, obesity, multiple sclerosis, rheumatoid arthritis, COPD, asthma, bronchitis, PMS, gum disease, psoriasis, scleroderma, and vitiligo. (WebMD) It may also

boost the immune system. Vitamin D is converted to its more active forms by the liver and kidneys. Some health conditions involving the liver and kidneys can result in decreased amounts of vitamin D in the body and a supplement may be prescribed. It may also be prescribed for anyone that can’t get outdoors to get sufficient sun exposure. Excess amounts are stored in fat in the body. Signs of taking too much vitamin D can include weakness, fatigue, sleepiness, headache, loss of appetite, dry mouth, metallic taste, nausea, and vomiting. A deficiency of vitamin D can be accurately detected via bloodwork. If a deficiency is detected it cannot be corrected by sun exposure alone. A supplement will be prescribed either to be taken by mouth or via injection. As with all supplements discuss any concerns you have with your health care provider.

Disclaimer: This information is not meant to replace the advice of your health professional. Before taking any supplement, vitamin, mineral, botanical/herbal, and/or homeopathic remedy please contact a licensed or certified healthcare professional. Even though these substances are deemed “natural” they can still have serious side effects and interactions with medications.

The Wellness Puzzle: Effects of Sleep on Diet and Exercise

By: Beth Metzger

Warmer weather is here, signaling most people to begin or amp up their “get healthy” initiatives. Most commonly people focus on diet, exercise or both to help accomplish their weight loss goals. However, there is a key piece of the wellness puzzle that is often overlooked. Sleep is a major player in the healthy lifestyle game that helps to keep you on track to achieving your new healthier self. The role of exercise and becoming physically active is a very important to your overall health and reaching your personal wellness goals. Engaging in the recommended 150 minutes of moderate physical activity a week will help you decrease the amount of time it takes you to fall asleep, while increasing the length and quality of sleep you get each night. You do need to be mindful of time you are exercising during the day. For some people, exercising later in the evening can prevent you from getting to sleep. Getting your 8 hours of pillow time a night will make you less likely to skip on workouts and will provide you with the energy you need to make them count.

Being well rested not only helps you make it to the gym, but also greatly effects the foods you consume to fuel your workout. Making healthy food choices is as hard to do on an empty stomach or with a tired body. This may hamper your healthy lifestyle goals. When you are tired, you are more likely to reach for high sugar, high calorie foods for a mid-afternoon pick me up to make it through the day. Sleep is fuel for the brain, so a reduction in fuel means you are operating at full potential. Scientifically speaking, a tired body releases more of the hunger hormone Ghrelin, which tells your brain to eat, and the stress hormone, Cortisol, signaling your body to conserve energy to fuel the rest of your day. Researchers have found that when dieters

cut back on sleep over a two week period, the amount of weight lost from fat dropped to 55% when diets remained the same. Sleep reduction can not only derail weight loss efforts, it creates a “metabolically groggy” body.

Sleep is commonly overlooked in a person’s healthy agenda, yet it plays a key role in how the body will respond or prepare for their wellness journey. A rested individual is more likely to continue their workout regimen and get better quality rest during the night, while making healthy choices during the day to fuel their new healthy lifestyle.



Region Summaries

1 Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants)- Spring has sprung and so have fitness classes at Weirton Elementary School in Hancock County, Bridgeport Middle School in Harrison County, WV DEP in Marion County, Washington Lands Elementary and the WV DHHR in Marshall County, and Valley High School in Wetzel County. Classes came to a close at the City of Bridgeport in Harrison County and McNinch Primary School in Marshall County. Fitness classes are also currently in the works for Liberty High School/ Mountaineer Middle School, the Town of Nutter Fort in Harrison County, and Belmont Elementary/ Pleasants County Middle School in Pleasants County. H2O Go got started at the WV State Tax Department in Wheeling, and WV Northern Community College Wheeling and New Martinsville campuses and came to a close at John Manchin Senior Health Care Center and the Marion County Board of Education. We welcomed new fitness providers Kylie Ignace, Denise Miller, and Nick Devrnja. We are excited that Glenville State College's fitness facility has joined the Pathways fitness center discount program. We are currently promoting the Stress Presentation Series and on-site farmers markets as we continue scheduling programs, classes and presentations through the end of the plan year.

2 Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker): **Monongalia County:** The Yoga and Pilates classes at WVU and Yoga at Skyview Elem. is still going strong, with the county seeing new action with Yoga at Morgantown High and BootCamp at Mylan Park. Eastwood Elem. just started its share of fun with the Walking and H2O Go programs. **Preston County:** Aurora School joined in the Walking and H2O Go action while South Preston School is still enjoying the benefit of drinking more water with the H2O Go program. More action is expected at many other sites that are signing up for various programs. **Taylor County:** Pruntytown Correctional Ctr. and Taylor Co. Middle are still sweating it out with a Zumba class while Grafton High and West Taylor Elem are enjoying the Walking and H2O Go programs. **Barbour County:** Philippi Elem. is still having fun with Walking and H2O Go programs, while Belington Elem., Philippi Elem. and Philip-Barbour High are energizing with a Zumba class. **Lewis County:** Lewis Co. High. is winding down with its Yoga class while Lewis Co. DHHR just started a Zumba class.

3 Region - (Pendleton, Grant, Hardy, Hampshire, Jefferson, Morgan, Berkeley and Randolph): **Pendleton County** – DHHR/ DMV continuing with 6 week H2OGO challenge, PEIA participants

continuing with Zumba on their own, Brandywine Elementary to begin H2OGO program. **Hardy County** – East Hardy High School is having great participation with 6 week cardio class and H2OGO challenge. Rehab finished up the H2OGO challenge and is beginning a 6 week walking challenge. Moorefield Elementary is having a Zumba class on their own and beginning the H2OGO program. East Hardy Early Middle, BOE and Department of Ag are beginning H2OGO program, Moorefield Middle School beginning strength/conditioning class. **Grant County** – Region 8 completed H2OGO presentation and is beginning the 6 week challenge. DHHR completed H2OGO challenge. **Randolph County** – Coalton Elementary is having great participation with their Yoga Class. Vo Tech is interested in starting one as well. DHHR, DNR and Tygarts Valley High School participated in the H2OGO presentation and are currently doing a six week challenge. Huttonsville Correctional Center is continuing with on-site fitness class and 'weighed out' from the Weigh to Go Program. JR Elementary, Third Ward Elem, Division of Rehab to begin H2OGO program. **Tucker County** – High School is interested in beginning programming. DHHR included in H2OGO challenge with Randolph County. **Upshur County** – Union Elementary taking the plunge with the H2OGO program.

4 Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming): Region 4 is putting a spring into their step with several Back on Path walking challenges. Lashmeet-Matoaka Elementary School along with Straley, and Ceres School in Mercer County, and Summers County Courthouse in Summers County all are counting their steps. Glenwood & Mercer School in Mercer County are getting hydrated by participating in the H2O Go Challenge. We have several successful fitness classes taking place including those at Cranberry Prosperity, Raleigh DHHR, Crescent Elementary in Raleigh County, Summers DHHR in Summers County and Spanishburg School in Mercer County. Great Job to these schools for motivating each other to hold such successful classes. In McDowell County the Council of Southern Mountains are enrolling new members for their fitness facility so go check them out!

5 Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster): Spring has sprung and Region 5 has too! The warmer weather has gotten sites moving with the Back on Path programs currently running or beginning at Braxton County DHHR, Greenbrier PSD, Mt. Lookout Elementary, Richwood High School, Richwood Middle School, and the DEP in Fayette County. H2O Go has made a splash at Divide Elementary, WV Osteopathic School, Nicholas County

DHHR, Mt. Lookout Elementary, Greenbrier PSD and Greenbrier County Board of Education. We have Spiced It Up! at WV Osteopathic School and Fayette County Libraries. While managing Stress at WV Osteopathic School and Bridgevalley. There are great things happening in our area!

6 **Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire):** Region 6 has been kicking off the warm spring weather by staying active. Tomahawk Intermediate started the walking program with the Move It presentation. The Ramer Center started the walking program as well. Back Creek Valley Elementary kicked off the 6 week H2OGO challenge. Page Jackson Elementary started their Zumba class this month. Valley View Elementary also started the walking program with the Move It Presentation.

7 **Region - (Kanawha County State Government, Boone County):** Region 7 has many classes, presentations, and programs underway. The DMV, WV Courts, and DEP are participating in yoga classes. The Bureau for Children and Families and Bureau for Public Health have partnered to start a boot camp class. Logan DHHR is in the second month of their Zumba class. Kanawha County DHHR just completed a Piyo class. The West Virginia State Treasurer's Office hosted The Stress Antidote: Relaxation and Dynaband presentations. The DEP started the 6 week H2O Go! Challenge. Bureau for Medical Services hosted the Chew and Chill Stress and Eating presentation. The Health Care Authority started the 6 week walking program, Back on Path. Office for Laboratory Services will start Back on Path later in April. The State Tax Department has scheduled H2O Go for next month. Many people are using the beautiful spring weather as inspiration to get back into healthier patterns of eating, exercising, and managing stress.

8 **Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties):** Fitness classes are beginning at Conner Street Elementary School, Confidence Elementary School, Wayne County DHHR, Cabell County DHHR and West Hamlin Elementary School. Fitness class are continuing at Hurricane Town Elem., Cabell Midland Elem. and Barboursville Middle School. City of Barboursville has completed the H2O Go program and recently began the Walking Program. Marshall Health has had an outstanding and successful turnout for Health Coaching, water program and H2O Go program. Eastbrook Elementary and Confidence Elementary have begun their walking program. Lakin Hospital has completed their H2O Go program and recently began their "Move It" program along with the walking program with an interest of close to 60 participants. Cabell County DHHR began their H2O Go program with an interest of 61 participants. Lenore Pre K-8, Tug Valley HS and Burch Elementary in Mingo Co. have participated and began their H2O Go program. Tug Valley HS has also started their "Move It" program.

9 **Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants)** - Region 9 has kept a steady roll right into spring. Lots of fitness classes are going strong. Sites like Bridgeview Elementary, Malden Elementary, Cedar Grove Elementary in Kanawha County, and Spencer Middle in Roane County are enjoying their classes. Jackson County Health Department and West Brock Health Services are taking advantage of our Stress Presentations. Spencer Middle School is doing an outstanding job with their walking program. They have divided up into teams and are walking to Savannah, GA. Along with the walking program they are also right in the middle of their fitness class, which is getting great reviews. Many Health Coaching sessions have been

scheduled over the next few months as well.

(Continued from Cover): Summer Selfie Challenge:

Do something for yourself this summer! The Summer SELF-ie challenge focuses on Stress Reduction, Eating Healthy, Lifestyle and Fitness. Take advantage of the warm weather to get outside. Visit your local farmers market to purchase healthy fruits and vegetables to improve your diet. Summer SELF-ie is a 12-week challenge that encourages you to take note of your individual wellness and health by completing one healthy activity every day. There are monthly goals included as well! One day you may simply be reminded to wear your sunscreen. Another day may bring a walk outside in the fresh air. Spend your summer on your fitness journey and record each day's progress in a FREE Pathways to Wellness personal wellness calendar.

