

# November 2015 Newsletter

# PEIA Pathways to Wellness

## INSIDE THIS ISSUE

- Cover: Mindful Eating
- 2: Roasted Sweet Potatoes
- 3: Dynabands
- 4: Immunity & Nutrition
- 5: Exercise of the Month
- 6: Turkey Day Tips
- 7: Caregiver Woes
- 8: Healthy Holidays
- 9: Choosing Wisely: Superbugs
- 10-11: Region Summaries



## Mindful Eating During the Holidays

By: Kerry Gabbert

The holidays are a time of celebration and special traditions, which often includes holiday meals, potluck dinners, and special foods. Mindfulness is a powerful tool that can be used to help you enjoy the foods of the holiday season while also making healthy choices.

What is mindfulness? It is a technique to be more aware of the present moment. In its most simple form, it means paying attention to what is going on in the 'here and now' and letting everything else go. In terms of eating, mindfulness can be used during the holidays in several ways:

- What is your hunger level? Are you actually physically hungry or do you want to eat to soothe your nerves, or just because the food is there?
- Use all of your senses to appreciate your food. Notice the texture, smell, and appearance of your food. This will provide you with a greater satisfaction and fulfillment from the foods you choose to eat.
- Stay in the present moment! Don't eat while distracted. Shut off your television. Put away your phone. Turn off the computer and direct your attention to your food and the people with whom you are sharing your meal. (Continued on Page 11)

REST WELL. EAT WELL. FEEL WELL.



# Roasted Sweet Potatoes

By: Angela Watkins

## Ingredients

1. 4 teaspoons unsalted butter
2. 4 pounds sweet potatoes or yams
3. 1 teaspoon ground ginger
4. 1 teaspoon freshly grated nutmeg
5. 1 teaspoon kosher salt
6. 8 ounces pecan pieces

## Directions

1. Heat oven to 350° F.
2. Place the butter on a rimmed baking sheet and transfer to oven until melted.
3. Meanwhile, peel the sweet potatoes and cut them into 1-inch chunks. Add with the remaining ingredients and toss to combine. Roast, stirring occasionally, until tender, about 45 minutes.

## Nutritional Information

- Calories: 364.65 calories
- Calories: 56 calories from fat
- Fat: 22.62 g
- Sat Fat: 3.1 g
- Cholesterol: 5.02 mg
- Sodium: 192.7 mg
- Protein: 5.43 mg
- Carbohydrate: 39.42 g
- Fiber: 7.36 g
- Iron: 1.83 mg
- Calcium: 79.38 mg

*www.realsimple.com Oct. 2005*



# Dynaband: Bridge Exercise

By: Debbie Turner



**T**he Bridge Exercise works your thighs, glutes and ab muscles.

Tie your dynaband in a secure knot and place just above your knees. Having the band in place will create more of a resistance in the well-known 'Bridge' exercise.

**Bridge Exercise #1:** Lying on the floor with the band tied and secured above your knees – raise your hips off the floor squeezing your gluteus (butt) muscles, 8-10 reps

**Bridge Exercise #2:** Lying on the floor, raise your hips off the floor taking your knees in and out focusing on the inner and outer thighs, 8-10 reps



# Immunity & Boosting Nutrition

By: Janelle Humphrey-Rowan, ND Naturopath

**W**ith cold and flu season upon us, it's important to do all we can to prevent becoming a carrier or, even worse, their victim. Deficiencies of several vitamins and minerals can lead to decreased immune system function. By consuming important immune boosting nutrients and correcting vitamin and mineral deficiencies we can avoid illness. In order to receive the benefits of these nutrients, it is important to consume a diet rich in fruits, vegetables, whole grains and lean proteins as well as low in saturated fat and sugar. It is better to get immune boosting nutrients from food first instead of relying on a supplement. However, eating an orange only when you're not feeling well for the vitamin C may not truly prevent a full blown illness from occurring. Nutrients that can help increase immunity include:

- **Vitamin A** helps regulate the immune system. It protects you from infections by keeping skin and tissues healthy. It is a well-known antioxidant. Sources include foods that are high in carotenoids such as carrots, sweet potatoes, pumpkin, cantaloupe, apricots and squash as well as kale, spinach, and red bell peppers. The body turns carotenoids into vitamin A.
- **Vitamin B6** aids the body in making antibodies, blood proteins that fight off

agents causing infection. Several studies have suggested that a deficiency in this vitamin can decrease the immune response. Sources include bananas, lean chicken breast, cold-water fish such as tuna, baked potatoes and chickpeas.

- **Vitamin C** is probably the most familiar vitamin with regards to boosting immunity. It works well on its own and may enhance the benefits of other nutrients. It provides protection from infection by stimulating the formation of antibodies. Sources include citrus fruits, dark green leafy vegetables (such as spinach and kale), bell peppers, brussels sprouts, strawberries and papaya.
  - **Vitamin D** signals an antimicrobial response to the bacteria that causes tuberculosis. It is believed to possibly have the same type of response to other bacteria. The main source of this vitamin is sunlight. Food sources include fatty fish (salmon, mackerel, tuna and sardines) and fortified food products such as milk, orange juice and cereal.
  - **Vitamin E** is another antioxidant that helps the body fight off infection. Sources include spinach, broccoli, almonds, peanuts, hazelnuts and sunflower seeds.
- (Continued on Page 11)*

# Exercise of the Month: The Hip Raise

By: Marjan Washington



**T**he bridge (also known as the hip raise) is an excellent exercise for strengthening the bottom, back of the legs and also the core. It is an excellent exercise to perform if you have any back injuries.

## Instructions:

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Raise your hips off the floor so that your body forms a straight line from your shoulders to your knees.
3. Pause at the top then slowly lower your body back to the floor.

**For more of a challenge, you could try adding a padded weight across the front of your hips or if you do not have any weights you could do a single leg lift bridge.**



# Turkey Day Tips: Happy & Healthy Thanksgiving

By: Grace Matthews



**D**uring the holidays it is easy to become a little lazy. All the delicious once a year foods arrive with additional unhealthy calories that leave us feeling sluggish and unfortunately, a few pounds heavier. Surprisingly, the average American gains 5-7 pounds between Thanksgiving and New Year. With Thanksgiving right around the corner, don't let the pounds quickly creep up. Here are a few tips to remember as you prepare and consume your Thanksgiving feast:

- Try making your recipes with less fat and sugar. Use sugar substitutes and fruit purees such as applesauce for fats.
- Limit your alcohol consumption.
- Don't forget about portion control. Plan

ahead on what will go on your plate. Select the foods you only get once a year and skip all the ones you can have every day.

- Enjoy your food. Eat slowly and savor the flavors of what you're eating.
- Skip second helpings.
- Plan ahead to take a little walk after your dinner. Invite friends and family to join you.
- Mingle with your friends and family. Walk around and talk to people instead of hanging out by the appetizer or dessert table.
- Focus on maintaining your weight instead of weight loss for the holidays.
- Keeping a log of your food will make you more aware of what you have consumed. MyFitnessPal is a free smartphone app you can download to log your food and exercise.

Thanksgiving is a time to be thankful, enjoy family and friends, and of course the food! Don't let weight loss be your main goal over the holidays but try to maintain your weight. Avoid depriving yourself and make sure to enjoy the holiday. Be mindful of what and how much you are eating for a healthier happier you this Thanksgiving!



# Caregiver Woes:

## Caregivers Need Cared For Too

By: Charity Duvert

**M**any people find themselves responsible for at least one other person in their life such as a spouse, child, or maybe a sick, disabled or elderly relative. Taking care of someone else is a truly fulfilling duty which provides love, acceptance, appreciation, protection, encouragement and guidance for both parties. However, it may also challenge the caregiver's physical, mental and emotional health. Most caregivers forget to look inwards, realizing that as much as everyone else needs them, they may also be in need of some care themselves. If caregivers neglect their own personal health, they run the risk of getting too overwhelmed and stressed out. This can, in turn, affect the quality of care provided to their loved one.

### Tips on Self-Care for Caregivers:

In order for the caregiver to properly perform his/her duties, it's important to be mindful of their own health as well. The following are some of the things you can do to help maintain your optimal health:

- **Take Care of your Personal Health:** Consuming a healthy diet and exercising regularly will provide more energy, help reduce stress, and improve mood. You may even invite your loved ones to join in on an exercise regimen such as a daily walk or preparing healthier meals.
- **Take a Break or Rest:** Your body is like a machine and it needs proper maintenance and recharging. You will improve the quality of care that you give if you get sufficient rest and sleep whenever possible.
- **Know your Limits:** Recognize when you're

exhausted and learn to express your true feelings to let others understand what you can and can't do.

- **Ask for Help:** Asking for help doesn't always mean that you're neglecting your duties; it just means that you recognize that you're not a superhero, so you may not always be able to do it all.
- **Accept Help:** When help is offered, you need to allow yourself to be ok with accepting it. Take advantage of any assistance you can receive from other family members, friends, community members and temporary workers, and do your research to identify other resources in your community where care is provided – sometimes for free.
- **Join a Support Group:** Take the time to find out how others in your situation cope. You might be surprised to realize that there are many things you can do to make things easier for yourself.
- **Manage your Stress:** Find healthy ways to manage your stress and avoid alcohol, tobacco or other drugs that might be harmful to your own health.

The Pathways to Wellness Program provides Personal Lifestyle Coaching, a service that can help you identify your strengths and weaknesses as well as tips on how to cope in your daily life. If you'd like to receive a free session, please contact your Worksite Coordinator.



# Healthy Holidays: Start your NYE Resolution Today

It's that time of year where holiday parties and mega amounts of food seem to be everywhere. People are stressed over shopping, family time, parties and finances. How can we stay healthy with so many outside distractions? The best way is to think ahead.

A recent study from the University of Bath in England reports that "Just seven days of loafing can turn your health, metabolism, and weight upside down." You have to remember during these times that it is more important than ever to exercise because of all the holiday foods and treats that will be tempting you daily and the lack of exercise people get during the holidays. One thing you can do to survive the holidays with no weight gain is to start your New Year's Resolution now. Don't wait until January -- go ahead and plan your resolution now to get started. It will help you stay on track with your healthy eating and exercise plan. Get that gym membership and grab a workout buddy to begin. Exercising with someone is the best way to stay accountable especially during stressful times like the holidays.

Not interested in a gym membership? Start working out at home. There are many tools you can use-- you might have some already for great home workouts. Mats, light dumbbells, a jump rope, the PEIA Pathways Dynaband and pedometer (free), and medicine balls are usually a great inexpensive way to build a home gym that is very functional.

Keep in mind over the holidays that setting a goal sets you up for success right away. Taking

before and after pictures is a great way to track your progress. Remember, you don't have to weigh yourself daily to track your success and to keep yourself accountable. You may not lose weight during the holiday season, but maintaining your current weight would be a win. The average person gains 5-7 lbs. from Thanksgiving through the New Year and most will never lose those few extra pounds. That might not seem like much but after ten years it can add up to 50-70 lbs.





# Choosing Wisely: Superbugs



According to the Centers for Disease Control, Antibiotic-resistant germs cause more than 2 million illnesses and at least 23,000 deaths each year in the United States. The CDC also reports that preventing infections and improving antibiotic prescribing could save 37,000 lives from drug-resistant infections over 5 years. Last month, this newsletter featured an article on Consumer Reports' Choosing Wisely campaign regarding what to ask your doctor before taking an antibiotic. This article expands on some of the consequences of unrestrained use of antibiotics. Taking antibiotics when unnecessary can breed "superbugs" that are antibiotic resistant. The results are infections that make people sick and can even be fatal.

When an individual takes an antibiotic, it kills most bacteria causing an infection. However, sometimes a few bacteria survive. These bacteria "resist" antibiotics and multiply. When this happens, antibiotics don't work. The majority of antibiotics sold in the U.S. are used by

the meat industry on animals that are not sick. Initiated as a preventive action, this practice has played a role in antibiotic resistance. People also use antibiotics for conditions that do not warrant their use or are not affected by their presence in the system. Colds, flu and many respiratory conditions are caused by a virus and are not helped by antibiotic use. Many times, we want to feel that we are doing all we can do to address an illness. However, the use of antibiotics is not always justified or even helpful. For example, experts suggest that a cough NOT be treated with an antibiotic unless it lasts MORE than fourteen days.

In an age of "instant" messaging and "face time" conversations—people are used to fast results. However, in the case of a viral infection--- it takes time: time for the body to rest; time for the system to adjust; time to drink lots of fluids and manage the symptoms.

For more information on Choosing Wisely, visit their website at [www.choosingwisely.org](http://www.choosingwisely.org).

# Region Summaries

**1** **Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants):** As fall settles in, several programs and classes are beginning. The Back on Path program began at Oak Glen Middle School, Moundsville Middle School, and WV Northern Community College's Wheeling and Weirton campuses. It is currently being planned to start at John Manchin Senior Health Care Center. Details for a Dynaband class are being worked out for the Marion County Board of Education. A yoga fitness class is being hosted by the WVU Extension's Marion County office for the Marion County Commission and City of Fairmont. Tai Chi is being hosted by Blackshere Elementary School for North Marion High School, Mannington Middle School, and the Marion County Technical Center. The Fairmont State University Farmer's Market ran successfully from June until a few weeks into October. Presentations took place at Weir High School, "Managing Time" and "The Stress Effect", and at Doddridge County Middle School "Don't Just Sit There". The City of Fairmont Sanitary Sewer Board concluded the H2O Go Program and the WV DHHR in Ohio County wrapped up the walking program. Currently we are scheduling the popular holiday program-Weigh to Go. Several sites have accepted the challenge, Doddridge County Middle School, Oak Glen Middle School, and John Manchin Senior Health Care Center. New Manchester Elementary will soon be starting PiYo and details are being set for Zumba at East Fairmont High School, as well as PiYo at WV Northern Community College's Wheeling campus.

**2** **Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker):** Monongalia County: At WVU, the Pilates class is nearing completion while Yoga continues until December. Many participants have started the Weigh to Go program challenge at 11 different locations. Participants at the Mon Co. Board of Education have joined in the fun for Weigh to Go, Dyna Band and Personal Lifestyle Coaching. At Mon Co. Tech Ed. Ctr., a competition has started with the Weigh to Go challenge and the Walking program. Also joining in for Weigh to Go and Personal Lifestyle Coaching is Mon Co. DHHR, while Westwood Middle has decided to add Weigh to Go to their walking challenge. South Middle will hydrate with the H2O Go challenge. Preston County: Participants at East Preston Terra Alta School are challenging themselves with the Weigh to Go and Dyna Band program, while folks at the Preston Co. Commission and Rowlesburg School have both decided to do the Weigh to Go and H2O Go. Taylor Co. Participants at the DHHR office are almost done with the H2O Go challenge. Barbour County: Zumba class and

H2O Go program continues at Kasson Elem. & Middle. Lewis County: Participants at Roanoke Elem. are challenging each other with the Walking and H2O Go programs. Fitness room at Monongalia Co. Technical Ed. Ctr. (MTEC)

**3** **Region - (Pendleton, Hardy, Grant, Randolph, Tucker and Upshur):** Pendleton – North Fork and Brandywine Elementary completed Back on Path. Grant – Grant County Courthouse participated in the dynaband class and will follow up with the six week challenge. Maysville completed the Back on Path program. The BOE and cafeteria staff is beginning Back on Path and Weigh to Go. WIC office is also beginning Back on Path and participating in Weigh To Go. Hardy – Moorefield Elementary School had great participation in the Work It Out program. Moorefield Intermediate and Middle School are beginning H2OGo. The Middle School and Eastern Community College are taking on the Weigh to Go challenge. The Courthouse is continuing with their onsite fitness class on their own and beginning the 6 week walking program. Randolph – DHHR, Division of Rehab, Huttonsville Correctional Center and Health Department are all taking on the Weigh to Go holiday challenge! Huttonsville and the DHHR participating in the 'Don't Just Sit There' presentation. Tucker – Tucker Valley Early Middle is beginning the H2OGo program. The Pathways Overview presentation was shared with the Tucker County Commission. Health Coaching is picking up in several counties and the Work it Out Fitness Assessments are growing in popularity.

**4** **Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming):** Region 4 is gearing up for the holidays with several exciting programs. Bluefield State College in Mercer County had a very successful Wellness Fair which provided a Dynaband demonstration for employees. Craft Memorial Library in Mercer County and Fayette County Library held a collaboration meeting. They participated in a nutrition presentation, dynaband demo, and stress relief demonstration to get them ready to tackle the season. Several sites are doing the Weigh to Go program in Raleigh, Mercer, McDowell, and Wyoming Counties. Summers County Courthouse participated in Weigh to Go and the dynaband demonstration. Congratulations to Spanishburg School who participated in a beginner fitness class and now are continuing it on their own.

**5** **Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster):** Region 5 has a wide variety of wellness programs going this month! Bridge Valley Community and Technical

College South Charleston and Montgomery Campus are focusing on Stress Management and participating in a 30 day stress reduction challenge for their third part of the TRI ME program. Webster County DHHR has begun their Physical Activity series of TRI ME and will be participating in the 30 Beginners Wellness Calendar. Pocahontas High School and Robert C Byrd Clinic are getting in their steps with the Back on Path Program. Panther Creek and Cherry River Elementary are a go for H2O while Greenbrier DOH is focus on Chew and Chill. Greenbrier County Schools, Eastern Greenbrier Middle, Greenbrier Co DOH, Fayette County Library, WV DHHR Nicholas, WV DHHR Webster, WVU Tech, Robert C Byrd Clinic and WV DRS Lewisburg are focusing on maintaining their weigh during the holidays by participating in the Weigh to Go program. Eastern Greenbrier Middle and Oak Hill High School are keeping active during the holidays with Zumba classes.

**6** **Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire):** Region 6 has been very busy this month. Wildwood Middle School in Jefferson County is staying fit with their Zumba class. Tomahawk Intermediate and the Ramer Center in Berkeley County are participating in the H2OGO Challenge. The Ramer Center employees are tracking their physical activity with the Move It challenge as well. Springs Mills Primary in Berkeley County are counting steps with the Back on Path Walking Challenge. Potomac State College in Mineral County are also doing the H2OGO Challenge. Frankfort High School, Frankfort Middle School, Keyser High School, and Potomac State College in Mineral County are going to participate in our holiday Weigh to go program later this month. As well as Romney Elementary in Hampshire County.

**7** **Region - (Kanawha County State Government, Boone, Clay, Calhoun and Logan Counties):** The Logan County DHHR started the H2O Go water drinking challenge in early November. Multiple sites are participating in the Weigh to Go! holiday weight maintenance program, including the Bureau for Public Health, the Division of Labor, the Division of Personnel, Clay County Elementary, the WV Courts, the Public Service Commission, the Secretary of State's Office, the Governor's Office, the Logan DEP, Division of Banking, the Lottery Commission, the ABCA, and the Insurance Commission. Several of these sites are combining to provide the program to their employees. Many individuals in Region 7 continue to participate in health coaching. The Boone Career and Technical Center is continuing their yoga class; the DMV in Charleston has a Tai Chi class that began in October. The Health Care Authority continues with the Tri-Me program and their monthly presentation.

**8** **Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties):** Fitness classes have begun and continued at Martha Elementary, West Hamlin elementary, Lavalette Elementary, CK Middle School, Lincoln County BOE, Marshall University and Gilbert Elementary. Marshall University has also participated in H2O Go program. Cabell County Library completed their walking program. This month the Weigh To Go program has been extremely popular due to holidays approaching at Cabell County DHHR, Wayne County DHHR, Village of Barboursville, Barboursville Middle School and Hurricane Town Elementary. Lakin Hospital and Mingo Mental Health is also rounding up participants for the Weigh To Go program. Hurricane Town Elementary has scheduled a series of presentations regarding stress, physical activity and nutrition.

**9** **Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants Counties):** Region 9 has enjoyed a great fall season. Many sites started there fall fitness classes and many have already begun planning for January. Cottageville Elementary started a yoga class. Sites like Roane County Courthouse began the Weigh to Go program paired nicely with the Dynaband training. The City of Parkersburg also started their Weigh to Go and Dynaband programs. Holz Elementary, Richmond Elementary, Emmerson Elementary, and Roane County DHHR are participating in the Weigh to Go Programs. Emmerson Elementary saw great participation this fall from staff. They completed many programs with Rethink Your Drink and Go H2O being the latest. With five fitness classes currently running and many on the list to begin in January, region 9 is rolling right along through the holidays and New Year.

## Mindful Eating (Cover Article, Page 1)

- Take your time! Chew each bite completely. Swallow one bite completely before you take another bite.
- Stop eating when you are no longer hungry. Put leftovers in a container if you are worried about wasting food. Remember, it takes 20 minutes for your stomach to send your brain the message that it is full. Take your time!

Using simple mindfulness tools is a great way to improve your eating choices and habits during the holidays. It's also a great way to strengthen your 'mindfulness muscles' and increase your awareness of yourself and your habits and patterns.

## Immunity & Boosting Nutrition (Page 4)

- **Zinc** helps the immune system function properly; aids in wound healing; and may help control inflammation. A deficiency in zinc affects the ability of immune cells to function as they should. Sources include seafood, lean meats and poultry, milk, whole grain products, beans and nuts.

There are other foods that are good for the immune system. Fresh garlic and some mushroom varieties like shitake may help fight viruses and bacteria. Chicken soup, according to one study, can help you get well faster if you have a cold of the flu. Avoid consuming too much sugar because it can curb the efforts of the immune system cells that attack bacteria. It is best to avoid sugar as much as possible when feeling ill. The decrease in immune cell activity after having a few sugary drinks or a sweet snack can last for at least a few hours after consumption. Accompany nutrition efforts by practicing other immune boosting activities such as exercise, getting adequate sleep, decreasing stress, and washing hands frequently.

*Disclaimer: This information is not meant to replace the advisement 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*

