

October 2015 Newsletter

PEIA Pathways to Wellness

INSIDE THIS ISSUE

Cover: Winter Woes

2: Crockpot Turkey Chili

3: Get Up! Don't Just Sit There

4: Diet Vs. Live It!

5: Member of the Month

6: More Matters: Fruits & Veg

7: Fall Failures

8: Choosing Wisely

9: Smoking & Diabetes

10-11: Region Summaries



Winter Woes: Exercise & The Common Cold

By: Corey Clendenin

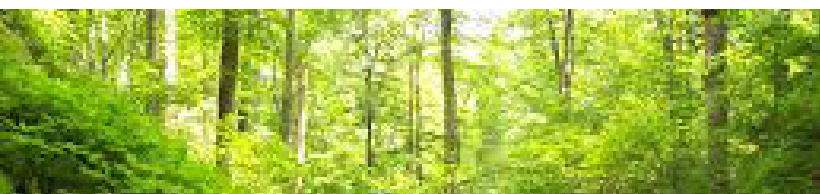
As we move into fall and winter months, the cold and flu season will be here in full force. How does one actually “catch” a cold? Answers vary, but most doctors agree that a cold is spread person to person by breathing the same air through your nose. A virus can also be spread by person to person contact so remember to clean the fitness equipment you are using before and after use. Don't forget to wash your hands prior to leaving the fitness center! Despite the myth, low temperatures and wet weather do not spread colds.

According to the American College of Sports Medicine, (ACSM), regular exercise will help prevent cold/flu by at least 40 percent. ACSM Dr. P.H David C. Nieman says, “Moderate exercise (30 minutes a day, on most, if not all, days of the week) actually lowers the risk for respiratory infections.”

Experts at ACSM want people to use caution when exercising while sick. Some cases reveal that exercise will actually make illness worse and make the recovery period longer. People who are already sick need to use caution, be smart about exercising, and follow a few simple guidelines.

(Continued on Page 11)

REST WELL. EAT WELL. FEEL WELL.



Fall Favorites: Crockpot Turkey Chili

By: Angela Watkins

This mild, kid-friendly crockpot chili is low fat. It is made with lean ground turkey, corn, bell pepper, tomatoes and spices. Top with crunch baked tortilla chips and watch your little ones gobble it up. This chili can also be made in large batches for freezing and reheating.

Ingredients

- 1 lb Lean Ground Turkey or Veggie Protein
- 1 teaspoon Oil
- 1 medium Onion, minced
- 1 medium red Bell Pepper, diced fine
- 1 Garlic clove, minced
- 1 1/2 cups frozen Corn kernels
- 10 oz can Mild Diced Tomatoes
- 8 oz small can plain Tomato Sauce
- 1/4 cup low sodium Chicken or Vegetable Broth
- 1 teaspoon Cumin
- 1/2 teaspoon Chili Powder
- 1/2 teaspoon Paprika
- 1/2 teaspoon kosher Salt

Directions

Heat a large skillet over medium-high heat, add the turkey, season with salt and cook, breaking up with a spoon until turkey browns and is no longer pink; place into the slow cooker. Add the oil to the skillet and sauté the onion, garlic and bell pepper over medium heat for about 4 to 5 minutes. Spoon over turkey into the slow cooker and stir in corn and tomatoes, tomato sauce, cumin, chili powder, paprika and salt, mix until well blended. Pour chicken broth into the crock pot and add the bay leaf. Cover and cook on HIGH 4 hours or LOW 6 hours. Serve with desired toppings.

Optional Garnishes

- Diced Avocado
- 2% Greek Yogurt
- Shredded Cheese
- Baked Tortilla Chips

Nutrition Information: Serves: 5 | Serving Size: 1 cup

Per serving: Calories: 222; Total Fat: 3g; Saturated Fat: 0g; Monounsaturated Fat: 1g; Cholesterol: 74mg; Sodium: 719mg; Total Carbohydrates: 20g; Dietary Fiber: 3g; Sugars: 7g; Protein: 32g

Nutrition Bonus: Potassium: 446mg; Vitamin A: 12%; Vitamin C: 59%; Calcium: 6%; Iron: 17%

MyFitnessPal's Featured Recipes, courtesy of Skinnytaste



Get Up! Don't Just Sit There

By: Debbie Turner



Prolonged sitting, which is defined as sitting for longer than 11 hours a day, is now considered the 4th leading cause of death. It's a tough challenge-- most jobs and school require us to sit for long periods of time.

As a nation, we spend a lot of time sitting. We sit at a desk at work, we sit at home watching tv and reading, we sit in a car driving to work. On average, we spend 9.3 hours sitting at work, more time than we spend sleeping. Extra hours of sitting outside of work that really take a toll on our bodies, Individuals should limit sedentary activities when they get home from work.

Pathways to Wellness now offers a program to raise awareness of the time spent sitting. The intervention offers ways to encourage and remind people to get up and move. Many people have jobs that require extended periods of sitting. These jobs do not allow much time for physical activity. This program encourages people to move

at least 1-3 minutes every hour. Stretching activities and dynaband exercises that can be done in the workspace are available on short videos found on the Pathways to Wellness website. This program also provides ergonomic suggestions for workstations and explains the importance of good posture to utilize when seated. Most importantly, this program hopes to serve as a reminder to take every opportunity to get up and walk around at work when time permits. Simply standing up burns three times the amount of calories than sitting.

Our bodies were made to be in motion so remember to get up and move! Contact your local health promotion consultant to provide this short presentation at your worksite.

FUN FACT: Every month, Pathways to Wellness features a dyanaband exercise for use by members. This month, Pathways would like to share our new Access2HealthyLifestyle link on the Pathways to Wellness website. This portion of our web page features short videos of stretches and exercises that can be done (with or without a dynaband) at home or at work—whenever you have a few minutes. To view these videos, click on the link below:

<http://www.peiapathways.com/Resources/Access2Healthy>



Make a Change: Diet Vs. LIVE It!

By: Beth Metzger



Adkins, South Beach and Zone. Diets come with these and many other names with a goal of helping people to lose weight. While these may help you to fit in last year's dress or jeans you haven't be able to wear since 2010, these types of changes are not the keys to health. Though they may be appealing for short term fix, diets are just that...short term. In order to have a greater impact on weight management and become a healthier you, lifestyle changes are your key to long term success.

You will hear it everywhere, from your doctor's office to headlines on newspapers: you need to lose weight to help improve your quality of life and reduce the risk of disease. The answer to

West Virginians' health woes cannot be found in the word diet. Diets refer to a temporary fix that will help you meet short term goals, but are hard to follow for long periods of time. The words "fall off the wagon" are frequently used as people find them hard to maintain and return to their previous ways of eating. Being "healthy" is much more than a way of eating, it is a lifestyle change.

Lifestyle changes are much more than what you put in your body, but also what you do with it! Even what seems to be a small change, such as giving up sweetened beverages for water or walking at lunch, can be the gateway to multiple changes that will leave you with big impacts on your health. What makes lifestyle changes supreme in reducing your weight and helping manage lifestyle related issues, are that they can be continued for a lifetime. Lifestyle changes do not mean an overhaul of everything you consume or preparing to run a marathon, they are a gradual addition of healthy activities in your daily life that leave you feeling successful about improving your current health status. PEIA Pathways has many offerings to help you begin those small changes and work on your personal health goals! Contact your regional Health Promotion Consultant for programs and coaching to get you moving towards a healthier lifestyle.



Member of the Month: Gretchen Beach

By: Marjan Washington

Gretchen has lost a total of 80lbs by making healthy lifestyle changes. Her focus has included better nutrition and increasing her physical activity level. Gretchen began becoming more active by walking initially and then became involved in PEIA Pathways to Wellness programs and fitness classes. Following are some milestones in her journey as shared by Gretchen:

In June 2014, the before picture was taken and when I saw this posted on Facebook I knew I had to do something. I joined a group at Central Christian Church in Huntington, WV, that was studying The Daniel Plan. This plan includes 5 parts: faith, focus, food, fitness and friends. Over 6 weeks I started to learn about eating real food and fitness. I cut out my 6 bottles a day habit of Diet Mountain Dew and I started cooking. My first walk was ¼ mile at Ritter Park. I thought I was dying. In the fall of 2014, I started taking advantage of the [PEIA Pathways to Wellness](#) classes offered at Marshall University. Classes like ReThink Your Drink and the walking program reinforced what I was already doing. However, the fitness class at the Marshall Recreation Center changed my view of exercising. Up until this point all I did was walk around Ritter Park. Now, I was learning about and actually doing CrossFit. I completely amazed myself with the things I could do - like hanging from a rope that was attached to the ceiling and pulling myself up! In Nov. 2014, I completed my first 5K and in January 2015, I completed a 4 mile trail race. This spring I saw a slowdown in my weight loss, so I joined the [PEIA Weight Management Program](#), which offers a trainer, nutritionist and lifestyle coach. I now exercise at The HIT Center in Huntington 4-5 times a week-- cardio, core and weight lifting. In the last week my trainer increased all my weight resistance. It still amazes me that I can press 80lbs and lift a 25lbs weight. I've lost 17lbs in the 3 months that I've been in the program.

I'm counting carbs and proteins; planning my meals and cooking real local food. Exercising has become a daily activity. My blood pressure is down 30 points, and I'm down 80 lbs and 4 sizes. I've also started running, not fast and not for long periods, but running. My goal at the 5k last year was to finish in under an hour and not to be last. I did that. I'm competing in the same 5K this year and my goals are to be under 45 mins and run a portion of it. I think I can do it! None of this would have been possible without my friends and family's support and the help from all the programs that I have attended.



More Matters: Fruits and Vegetables

By: Grace Matthews



Fruits and vegetables are essential part of your everyday diet. Consuming at least 5 servings each day can have a positive effect on your health. Fruits and vegetables are convenient because they can be consumed in many ways--fresh, frozen, canned or dried. These vital foods are not only lower in calories, but they are also rich in vitamins and minerals. Diets high in fruits and vegetables can lower blood pressure; reduce risk of heart disease and type 2 diabetes; prevent some types of cancers; aid in a healthy digestive system; and can improve vision.

The more colorful your plate, the better!
The diversity and variety colors of food you eat the

more positive benefits to your health. Each color is made up of phytochemicals, which are natural compounds found in fruits and vegetables that work together with vitamins, minerals, and fiber to promote good health. Phytochemicals can act as antioxidants and are found in a variety of plant sources. By maintaining a balanced, colorful plate of fruit and vegetables, you will consume many different phytochemicals. Phytochemicals can include beta-carotene which benefits your immune system, vision, skin and bone health. It is found in orange and dark leafy vegetables like carrots or spinach. Replacing foods with high caloric content, fat, saturated fat, trans fat, and sugar with fruits and vegetables is a perfect way to help maintain or lose weight!

Here are a few tips for including more fruits and vegetables in your diet:

- Keep a basket of fruit and vegetables on your counter or close by for easy access to a healthy snack.
- Choose a new fruit and vegetable each week to try or to incorporate into a recipe when cooking.
- Fill at least half your plate with fruits and vegetables.
- Remember the more colorful—the healthier!

Fall Failures:

Keeping Exercise Hot When It Turns Cold

By: Charity Duvert

Fall season is here and so is cold weather. For most people, this means less interest in exercise. We don't have to store away our exercise routine with our swim suits! The following are things you can do to ensure that you stay active so you can keep looking and feeling great year-round:

Shift your mindset: Exercise is important in our lives at all times regardless of the season. Looking and feeling great should go on year-round. Do it for yourself. If you think you felt good exercising in the summer, think how wonderful it would be to keep the same feeling all year.

Focus on your goals: Remind yourself what your reasons are for exercising. Did you get started to lose weight, feel good, live longer, get stronger, for more energy or to reduce stress? If you continue to remind yourself why you started exercising in the first place and what benefits you have reaped from it so far, it might be easier to keep going. You will soon realize that the same benefits will continue to flow the more you keep going.

Try Variety: Avoid boredom by trying many different exercises that you can do anywhere. For instance, if you have primarily been walking or jogging outside and now it's getting a little too cold for you, try some indoor activities. You can jog in place, do jumping jacks, climb stairs, dance, stretch, or do exercise videos.

Buddy up: Exercising alone in warm weather may seem easier than trying to keep going in cold weather. Asking a friend or relative to join you would be a

great idea since you can both encourage each other whenever your motivation meter runs low.

Be consistent: Whatever you do, find a way to keep going by making a plan and sticking with it. If the early morning cold or the early evening darkness is making things a little harder for you, try something during your lunch hour or exercising indoors.

Don't fret about skipping: If you find yourself trying to exercise but end up skipping some days, don't give up. Increase your intensity on days that you are able to exercise, and just keep try to get back on track on other days. Remember that every little bit helps.

Be safe, keep warm and think health. Just keep going!



Choosing Wisely: Five Antibiotic Questions to Ask

Fall weather is upon us and with it comes beautiful foliage, crisp weather, and sometimes allergies and colds! Runny noses and sore throats sometimes mean visits to the doctor. However, these symptoms are not always best treated with antibiotics. Consumer Reports' Choosing Wisely suggests five questions you should ask **BEFORE** you take antibiotics:

- **Do I really need antibiotics?** Antibiotics fight viral infections like whooping cough, strep throat and some symptomatic bladder infections. They don't, however, fight colds, most sore throats or sinus infections.
- **What are the risks?** Antibiotics can cause diarrhea, vomiting and more. Taking them often can also lead to "antibiotic resistance"—if you use them when you don't need them then they may not work when you do need them.
- **Are there simpler, safer options?** Sometimes what you need is rest and plenty of fluids. There are over-the-counter remedies that may be effective for your condition. For conditions like swimmers ear or pink eye you may need antibiotic ointment or drops.
- **How much do they cost?** Antibiotics are not usually expensive. If you take them when you don't need them, they may not work for you in

the future. This could cost you a lot of time and money.

- **How do I safely take antibiotics?** If your doctor prescribes antibiotics, take them exactly as directed, even if you start to feel better.

Use these questions to have a conversation with your doctor **BEFORE** you begin taking antibiotics. For more information on Choosing Wisely, visit their website at www.choosingwisely.org.



Smoking & Diabetes

Many diabetics are in denial when first diagnosed. Hearing that you have “diabetes” sounds daunting. Some doctors use terms like, “a mild case of diabetes,” or, “you have a little sugar,” when they talk to patients. The truth is that diabetes is a lifelong chronic condition that if left unaddressed will have complications that can affect the entire body. However, the truth is also that diabetes is a condition that can be very manageable and provide strong incentives for making healthy lifestyle choices every day. One key factor for diabetics to remember is that diabetes involves your total health. Lifestyle choices like using tobacco have an extremely negative affect on chronic conditions like diabetes.

Smoking is a risk factor for type 2 diabetes. The CDC reports that smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers. People with diabetes who smoke are also more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease, (US Department of Health and Human Services). It’s considered such a “big” risk factor that tobacco use disqualifies you from participating in the PEIA Face2Face Diabetes Management program.

Smoking even a few “puffs” may be something a person does because they think it helps to control their appetite or deal with stress. However, smoking and diabetes are a deadly combination. Smoking puts individuals more at risk for many kinds of cancer and creates diabetic complications including heart and kidney disease, poor blood flow in the legs and feet, (that can lead to infections, ulcers, and possible

amputation), retinopathy (an eye disease that can cause blindness), or peripheral neuropathy (damaged nerves to the arms and legs that causes numbness, pain, weakness, and poor coordination). Generally speaking, smoking is bad for a person’s health. Specifically, diabetics are at much greater risk for health complications if they smoke. If you are PEIA insured and would like to quit using tobacco, call 1-888-680-7342 or visit the PEIA website, www.wvpeia.com, and click on PEIA Preferred Provider (PPB) Plans, then Premium Discount Programs.



Region Summaries

1 **Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants):** With fall temperatures starting to take hold walking has become more popular in Northern West Virginia. The Back on Path program began at Oak Glen Middle School and Moundsville Middle School. It is being planned for WV Northern Community College. Site visits continued in Brooke, Hancock, Marshall, and Harrison counties. Fitness classes in the form of yoga will be starting for the WVU Extension Marion County office who will be joined by the Marion County Commission and City of Fairmont. Tai Chi will be beginning at Blackshere Elementary School who has invited Mannington Middle School, North Marion High School, and the Marion County Technical Center to join them. Several presentations have been scheduled. At Weir High School we will be conducting “Managing Time” and “The Stress Effect”. At Doddridge County Middle School “Don’t Just Sit There” is in the works. The Summer SELFie Challenge is coming to an end at the City of Bridgeport and RESA VII. The Fairmont State University farmer’s market has entered it’s last month for this season. North Marion High School and the City of Fairmont Sanitary Sewer Board will be completing the H2O Go Program. In Ohio County the DHHR will be completing the Back on Path Walking Program. Programs and presentations are being scheduled through the end of the year with an emphasis on our once a year holiday program Weigh to Go.

2 **Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker):** **Monongalia County:** At WVU, classes in Pilates and Yoga are going strong while Personal Lifestyle Coaching continues at different locations once a month. Many participants are staying hydrated with the H2O Go challenge. Participants at the Monongalia Co. Board of Education and Morgantown High are joining in the fun as they gear up for a Tai Chi class, the Weigh to Go challenge, and Lifestyle Coaching. Westwood Middle is also all set for Walking and H2O Go challenge, while Eastwood Elem. is preparing for the Weigh to Go program. **Preston County:** Participants at South Preston School are tracking their steps with the Back on Path challenge. **Taylor County:** The DHHR team is participating in the H2O Go program challenge. **Barbour County:** Participants at Kasson Elem. & Middle are enjoying their Zumba class and hydrating with the H2O Go challenge. Participants at the City of Philippi are challenging themselves with the H2O Go program and tracking their steps with the Back on Path walking program. **Lewis County:** The City of Weston and the City Police are wrapping up the Back on Path walking challenge. Participants at Lewis Co. High are completing the H2O Go

challenge. Further action is in place for Roanoke Elementary as they prepare for walking and hydrating with the H2O Go challenge.

3 **Region - (Pendleton, Hardy, Grant, Randolph, Tucker and Upshur):** Pendleton County Schools are “Back on Path” with the walking program. In Grant County, The physical Activity and Dynaband presentations were attended by the school cooks at a continuing education training. The courthouse is beginning the walking program. In Hardy county the Work It Out fitness assessment program was completed at the courthouse and a fitness class is beginning. The courthouse will also be participating in the walking challenge. Work It Out is scheduled for one of the schools as well as the Division of Rehabilitation. The high school began the walking program and H2O Go! Other schools in that county will join them this later this month. Randolph DHHR continues the Stress Less series. The VoTech center wrapped up Back on Path and has scheduled H2O Go! Upshur County Department of Highways is completing the walking challenge and Tucker County schools is prepared to do H2O Go! All counties are gearing up for the Weigh to Go holiday program targeted at “maintaining and not gaining” from Thanksgiving through the New Year.

4 **Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming):** Region 4 may have a chill in the air but they are heating up the area with several healthy programs. Spanishburg School in Mercer County is participating in a beginner fitness class to get their staff ready for the upcoming Holidays. Bluefield Middle School in Mercer County participated in the H2O Go Challenge to get their staff more hydrated and are rethinking their drinking choices. Bluewell and Brushfork Schools also participated in H2O Go Challenge for their staff. The WV Parkways Authority want to get their staff healthy with the H2O Go Challenge. McDowell DHHR is wrapping up the growing season with one last farmers market. Concord University held its wellness fair and was excited to make their staff aware of the upcoming offerings through PEIA Pathways to Wellness. Several sites are taking advantage of the one on one health coaching to aid them in making lifestyle changes. Region 4 is excited to have on board McDowell County Health Department and Mt. View Middle and High school.

5 Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster): Region 5 is **falling** into wellness! Bridgevalley Community and Technical College South Charleston and Montgomery Campus are beginning the TRI Me program. Webster County DHHR is also participating in the TRI Me program. Pocahontas High School and Robert C Byrd Clinic are getting Back on Path with the walking program. Greenbrier DOH is focusing on Portion Distortion and meeting the recommended daily amount of fruits and vegetable. Panther Creek and Cherry River Elementary are pledging to reduce their sweetened drinks by increasing their water with H2O Go! Eastern Greenbrier Middle is putting fitness first with a Zumba class. Many in Region 5 are also taking advantage of Health Coaching to work on their personal wellness goals. Lots of great things are upcoming in this region and we are looking forward to a very healthy fall.

6 Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire): Region 6 has been staying active with programs. The Mineral County Health Department finished up the H2OGO challenge and Mineral County Vo Tech Center wrapped up the 6 week back on path walking challenge. Pikeside Learning Center in Berkeley County did the 10 minute stress reduction video earlier this month. Tomahawk Intermediate will begin the H2OGO challenge later this month. The Ramer Center in Berkeley County will also being the H2OGO challenge along with the Move It this month. Wildwood Middle will begin a Zumba class this month.

7 Region - (Kanawha County State Government, Boone, Clay, Calhoun and Logan Counties): September was busy through all of Region 7. The Health Care Authority started the Tri-Me program and hosted both the overview presentation and the physical activity presentation, 'Move It'. The Move It presentation and Back on Path walking program were provided at the state Capitol with over 100 members who registered. These programs were also provided at the Board of Risk and Insurance Management, the Bureau for Senior Services, and the Center for Threat Preparedness. Workforce West Virginia started the H2O Go 6 week water drinking challenge. The Bureau for Public Health at the Diamond Building in Charleston started the 5 week Stress Less with Mindfulness class series provided by WVU Extension. Boone County Career and Technical Center started a yoga class, and the DMV in Charleston is starting a Tai Chi class in October. WV Rehabilitation hosted the Dynaband presentation. Multiple agencies and individuals have participated in lifestyle coaching.

8 Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties): Nichols Elementary scheduled the H2O Go program to begin the third week of October. Martha Elementary began the Dynaband program and at this time, we are looking for instructor to teach a fitness class for the site. At Marshall University, health coaching is scheduled for third week of October. H2O Go program was presented at EIM fair at Marshall University as well. Cabell County Library completed their H2O Go program and is beginning their walking program on October 22, 2015. Mingo County classes began at Gilbert Elementary and going extremely well. Lincoln Co BOE and West Hamlin Elementary started a Yoga Fitness class that has been well received!

9 Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants Counties): Region 9 has started a great Fall season. Many sites are taking advantage of the beautiful cool weather and beginning the Back on Path Walking Program. The Jackson County Board of Education has participated

in numerous programs and presentations in October including the walking program, dynabands, Rethink Your Drink, and even the 10 minute stress reduction video. Great reviews from our programs/ presentations were received. St. Alans High, South Charleston Middle, Bridgeview Elementary, and Holz Elementary have started a fall fitness class. More will be available in the New Year. Health coaching has been a big hit in region 9 as well.

Winter Woes (Cover Article, Page 1)

1. It is ok to moderately exercise if your cold is only in the head area. If you have a stuffy nose/sore throat, it's ok to exercise at a moderate pace. No intense exercise should be done until symptoms have left.
2. Don't try to "sweat out" an illness. This is a dangerous myth that has no supporting evidence in the science and fitness community.
3. If the illness has spread beyond your head area, (like respiratory infections, fever, swollen glands, and extreme aches and pains), you should rest and skip the gym.
4. Don't get back into exercise too soon. Having an illness can take a toll on your body and immune system. You should start back slowly and work your way back up to your full exercise routine.

Dr. Nieman encourages people who have started a moderate to intense exercise routine to get a flu shot. Be smart this cold season. Listen to your body and learn what it's saying to help beat the cold/flu season.

