

# February 2016 Newsletter

# PEIA Pathways to Wellness

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



## Healthy Hearts: Women and Heart Disease

According to the American Heart Association, heart disease is the number one killer of women. Adding insult to injury, more women than men die of undiagnosed heart attacks. Acute symptoms of cardiac events typically present differently in women than in men. Most education about identifying someone experiencing a heart attack involves recognizing symptoms that occur in men: chest pain; shortness of breath; etc. In women, heart attacks often present with different conditions such as pain the jaw, dizziness, pain in either or both arms, heartburn or general discomfort, (e.g. sweating, nausea). Women should be more aware of symptoms and assertive in seeking care. Dr. Bairey-Merz of Cedars-Sinai has made several key findings on female heart disease:

- Women who have a history of irregular menstrual cycles, estrogen deficiencies and polycystic ovary syndrome may have a higher risk of developing heart disease as they age.
- Women can have normal angiograms even when they have ischemic heart disease.
- Women are often told their stress tests are normal or that they have “false positives.”
- Bairey Merz says doctors should pay attention to symptoms such as chest pain and shortness of breath rather than relying on a stress test score.

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# Cooking Corner: Chicken Salad

By: WVU Extension



**C**hicken salad is a fan favorite and can be served many ways. The recipe below involves a delicious mixture of fruit and vegetables that would please even the simplest of tastes. Try making this one at home for lunch or a light supper. It takes hardly any time to mix together and will satisfy every chicken salad lover in your family.

## Ingredients:

- 1½ cups cooked chicken, diced and drained
- 1 green pepper chopped
- ½ cup onion chopped
- 1 cup celery, diced
- 1-2 carrots grated or chopped
- ¾ cup light mayonnaise
- 20 red seedless grapes
- ½ cup chopped apple

Mix all ingredients together and chill before serving. Great alone or in a whole wheat pita or wrap.

## Nutrition Information

Calories: 201

Fat: 11 g

Carbohydrates: 15 g

Fiber: 1.4 g

Protein: 11 g

Sodium: 225 mg

**Yields:** 6 servings

**Prep Time:** 15 min

**Cook Time:** 0 mi

For more healthy and delicious recipes, check out the Healthy Delights cookbook on our website at:

<http://www.peiapathways.com/Documents/PDF/CookBook.pdf>

# Work It Out (WIO)

## Fitness Assessments

By: Debbie Turner



Are you ready for something new to offer at your worksite? How about the Work It Out (WIO) Program? We all know that regular exercise and physical activity is needed in order to have a healthy and strong body – but an important part of your exercise program is fitness testing.

The PEIA Pathways to Wellness program can bring an exercise physiologist along with your regional health promotional consultant on site to conduct individual fitness assessments. The assessment includes a series of measurements that help determine the health status and physical fitness of each individual. These tests can be used as a starting point for designing an appropriate exercise program for each individual. Testing takes about 20 minutes per person and all that is needed from the participant is to wear comfortable clothing and shoes.

Before testing takes place, there will be a review of your medical history and physical activity readiness questionnaire by the exercise physiologist to assure that it is safe to participate. Testing will begin by taking resting blood pressure and heart rate. Fitness tests include: (tests will be modified to meet individual needs)

- a three minute step test to assess cardiovascular endurance
- a one minute sit up test and one minute push up test to assess muscular endurance
- a sit and reach test to assess flexibility

Benefits of fitness assessments include the following:

- A way of gaining information about your health status
- Assess your current fitness level
- Assist in setting fitness goals
- Aid in motivation

Test results will be compared to normative tables – by comparing you will be able to see areas that need improvement and areas of strength. These results will be used by the Exercise Physiologist to help tailor a fitness plan with you. Follow-up assessments will be conducted after 6 months, this will give motivation for participants to hopefully improve in areas of their assessment. All of this is FREE to PEIA participants above the age of 18. Contact your local HPC if you are interested in

# Healthier Life, Healthier You

By: Grace Matthews



It's hard to believe that we are in the second month of the New Year. If you haven't kicked off 2016 how you had planned or have been slacking with your resolutions—no worries! What better time to get back on track than right now? Here are a few quick tips to get back on track to a healthier you:

1. **Eat Right:** Remember to eat your 5 servings of fruit and vegetables daily. They provide you with nutrients like Vitamin A, Vitamin C, folate, Potassium and Fiber.

2. **Drink Water:** Water is essential for all of your body's processes. It is recommended that women consume 9-8 ounce glasses of water per day and men consume 13-8 ounce glasses per day. (Note:

always consult with your doctor to confirm the amount of water you should consume for your health)

3. **Exercise:** Exercising can reduce stress and adults need 150 minutes of exercise per week; a minimum of 30 minutes a day, 5 days per week. Try breaking up the day with a few 10 minutes sessions a day. Do things like taking the stairs instead of the elevator, or choosing parking spaces further away from a building.

Start with small steps by incorporating these into your everyday life and get back on track to that healthier you!

# Herbal Health: A Look at Natural Remedies

By: Janelle Humphrey-Rowan, ND Naturopath

When you're not feeling well, it can be tempting to try anything and everything that mentions it may work for your symptoms. Various herbs can be beneficial due to antimicrobial and immune stimulating properties. Several variables affect the effectiveness of an herbal supplement. These variables include but are not limited to: the species type, part of the plant used, the plants viability, season or time in which the herb was picked, and preparation method.

Some of the most well-known options include:

## **Astragalus (*Astragalus membranaceus*)**

This herb is used in traditional Chinese medicine for viral infections. The root of this plant may also help reduce the severity of symptoms of the common cold and the flu. As a folk remedy, it has been used for upper respiratory infections. It is commonly used in combination with other herbs to support and enhance the immune system. The root is typically used in soups, teas, extracts, or capsules. Studies are currently being conducted to study the effects of astragalus on the human body especially in regards to it's effects on the immune system. It can interact with pharmaceuticals that suppress the immune system and may also affect blood sugar levels and blood pressure.

## **Echinacea (most commonly used forms *Echinacea angustifolia*, *Echinacea purpurea*)**

Echinacea is traditionally used for the common cold, flu, and upper respiratory infections. It is one of the most commonly known herbs. Unfortunately, this has contributed to it's overuse for conditions that it won't really help. This herb is believed to enhance the immune



system as well as exert antiviral activity. It has a much more mild effect on bacteria. Echinacea appears to work best when taken at the onset of illness. Various parts of the plant are used in fresh or dried forms. Studies are underway as to the effects this plant may have on the immune system and for treatment of upper respiratory infections. Individuals with allergies to plants in the daisy family, (ragweed, chrysanthemums, marigolds, daisies), there is a possibility of allergic reactions to Echinacea.

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# Self Evaluation for a Healthy Lifestyle

By: Charity Duvert

*"Once you replace negative thoughts with positive ones, you'll start having positive results." ~ Willie Nelson*

According to the Centers for Disease Control (CDC), the key to achieving and maintaining a healthy weight is about adopting a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. When it comes to making and sticking with a successful lifestyle change, a personal commitment is a major necessity. For most people, trying to make a lifestyle change is an ongoing battle. Lifestyle change is a matter of personal responsibility. Do you have a pattern of setting yourself up for failure even without realizing it? We can be our own worst enemy. In order to figure out your role in your efforts for making and sticking with a lifestyle change, you have to examine yourself. Do you possess the following traits?

**Not Motivated:** You just lack the motivation to try it. You may realize the motivation is coming to you from all directions. Perhaps you push it aside and don't feel like trying. There are countless reasons to be healthier, and all you have to do is find a few good ones for you. While you're at it, identify any help or resources that surround you and take advantage of them.

**Denial:** You know exactly what you need to do but you keep telling yourself that you're either not as bad as you could be or that you're still in better shape than many others. Look within yourself and really evaluate the things you know you don't do right, and try to commit to change a few at a time. You know yourself better than

anyone else, so use your inner strength to create a better you.

**Negative Self-Talk:** You have somehow convinced yourself that no matter how much you try you'll never be as good as someone else, you were never born to be an athlete, bad health runs in your family, etc.... so there's no point in trying. Sometimes we unfairly bind ourselves with chains by creating excuses that only do us harm by holding us down. A better version of yourself lies within you but you have to be willing to break free from the chains.

**Procrastination:** You keep planning for future dates to get started but somehow those dates never get here because there's always a better day to start. There's never a better day to get started with creating a better version of yourself. Start with small changes that you can make now and work your way up.

Commit to be better today. Do it for you, do it NOW!



# Exercise of the Month: No Equipment Workout

By: Marjan Washington

**T**his workout is a combination of some of the monthly exercises we have completed so you may be familiar with each one. You don't have to be at the gym to complete this workout and can perform these moves to get in a high-intensity, super-effective workout. Whether you're traveling or just don't feel like leaving the house, you only need your body weight to get fit! You only need 20 minutes to spare. Just because you're not working out for a long time doesn't mean you won't be dripping by the time you're done.

## Instructions:

Perform each exercise for 30 seconds before immediately moving on to the next one. The goal is to increase your heart rate while maintaining proper form.

### 1. Air Squat

Start with your feet hip-width apart. Hinge at your hips and lower your butt toward the ground aiming to get your thighs parallel to the ground (even lower if you can). Keep your chest up and weight in your heels. Then return to standing, squeezing your glutes at the top. Repeat as quickly as you can for 30 seconds.

### 2. Fast Feet

Start with your feet hip-width apart and keep a slight bend in your knees. Raise heels off the ground and begin to quickly tap your toes like you are running in place with your feet coming off the ground ever so slightly. Keep abs tight and move as quickly as you can for 30 seconds.

### 3. Mountain Climber

Start in high plank position with your wrists directly under shoulders. Hop right foot in, bringing your right knee to meet your right elbow as close as possible. Quickly bring your foot back to starting position while you hop the left foot in, again bringing knee to left elbow. Alternate feet as quickly as you can for 30 seconds.

### 4. Lateral Lunge

Start standing with your legs together. Step left foot out to the left and lower into a squat (remember to keep your knees over your toes and chest up). Stand up and bring left foot back to meet the right. Now repeat on the opposite side. Continue alternating sides as quickly as you can for 30 seconds.

### 5. Burpees

Begin a burpee in a standing position. Your feet should be shoulder-width apart. Lower your body into a squatting position, placing your hands on the floor in front of you. Kick your feet back so that you are in push-up position. Use your hands to support your body, and then jump your feet back up into squatting position, then stand up. Continue switching as quickly as you can for 30 seconds.

### 6. Plank

Lie prone on mat. Place forearms on mat, elbows under shoulders. Place legs together with forefeet on floor. Raise body upward by straightening body in straight line into a push-up position. Hold position for 30 seconds.



# Tips to Help KEEP Your NYE Resolutions

By: Corey Clendenin



1. **Be Realistic:** Set goals that are attainable. Instead of saying "I'll never eat my favorite food or drink," try to reduce the amount consumed. Don't set long-term weight loss goals, set a monthly goal for weight loss that you know you can reach. This keeps you on track for the long term.
2. **Plan Ahead:** Always have a plan. Whether it is exercise, nutrition, or both, always have your week planned as to what days you will exercise and what meals you will eat. When it's time to exercise, you will be less likely to skip. If you already have your meals planned, you will know exactly what's for dinner instead of picking up fast food on your way home from work.
3. **Partner Up:** It's easier when you have someone to keep you accountable throughout the year. Whether it is a family member, friend, or co-worker, find someone who can exercise with you and help you pick healthy options at meals. There will always be the temptation of someone bringing in unhealthy snacks to your workplace. Keeping each other accountable can be a goal saver.
4. **Reward Yourself:** This doesn't mean if you are on track to reach your goal that you should break down and eat a whole box of chocolate. Instead, if you've been faithful to your plan, you might reward yourself with something that won't interfere with your healthy lifestyle goals. For example, buy yourself new fitness clothes, go to a movie, or have a date night. Only reward yourself if you are sticking to your goal.
5. **Track Your Progress:** This step is very important. Keep a journal, using a website, or even a smart phone application to track your progress. If you lifted 5 lbs. on your first day at the gym and three months later you are using 15 lbs, then be happy with your accomplishment. If you do not track, you will not realize your progress. Keeping a food journal and tracking your intake can really surprise you. You will not have to guess as to how many calories you consumed. It can be a real eye opener! Lots of foods can have more calories than you realize. They add up fast.

# Is Your Area a Fitness Desert?

By: Angela Watkins

Many of us are fortunate to have a fitness facility in our area, but for some it may feel like you live in a “fitness desert” when it comes to finding a place to exercise. Whether it is not having access to exercise equipment, group fitness classes, or even a safe place to walk, there may be options you haven’t considered.

A great place to start is to visit your local senior center. Many of the senior centers offer fitness classes such as Zumba, Tai Chi, Yoga, and Healthy Steps and are open to the community. This could also open the door to find an instructor in the area who could possibly teach at other venues.

If you would like to have a fitness class but are not sure of the area instructors, there are several online resources you can use. You can go to [Zumba.com](http://Zumba.com) and input your zip code and see if there is a local instructor. Another tool is [wellness.com](http://wellness.com) which is helpful to find yoga instructors in your region. Many of these instructors are willing to travel if the interest is there.

Another community resource is your local chamber of commerce or hospital. These entities are usually aware of scheduled 5k walks or runs upcoming in the area. These local events are a great way to network and develop walking groups. Recreation centers may also offer basketball leagues, karate classes, or may be open to holding a local fitness class. Local schools can also be a great resource, as some may tracks and fitness stations that are open to the public. Utilize those facilities for a safe place to walk. Don’t forget to check the newspaper for community events that could be taking

place in your backyard!

We live in the beautiful wild and wonderful state of WV. Don’t forget to check out state parks at [www.wvparks.com](http://www.wvparks.com)! They are a great weekend getaway or there may be one right around the corner with hiking trails and fitness stations. Contact your local HPC for information on the Work it Out Fitness Assessments to get you on the right track.



# Region Summaries

**1 Region 1 (Hancock, Brooke, Ohio, Marshall, Wetzel, Tyler, Doddridge, Marion, Harrison, Pleasants, Gilmer):** Despite the winter weather several sites are keeping warm with upcoming fitness classes. In Marion County, East Fairmont High School and the Fairmont- Morgantown Housing Authority are gearing up for Zumba. Tai Chi is set to begin for the Marion County Board of Education. In Tyler County, A.I. Boreman Elementary, Tyler County Consolidated Middle/ High School, and Sistersville Elementary worked on stress reduction, as did John Manchin Senior Health Care Center in Marion County. H2O Go kicked off at the Fairmont- Morgantown Housing Authority, while it concluded at the Marion County WV DEP. Health coaching is scheduled to take place at West Liberty University. Work It Out will kick off in Doddridge County at the elementary, middle, and high schools. We are currently promoting Work It Out in areas where an exercise physiologist is available, individual health coaching sessions, and several new offerings by the WVU Extension Service.

**2 Region - (Monongalia, Taylor, Barbour, Preston, Lewis):** In Monongalia County, the Weigh To Go program at WVU ended successfully, while a Yoga class continues until the end of February. Plans are underway for Work It Out and more coaching sessions are still scheduled once a month around many different locations. South Middle is still going strong with the H2O Go program, and Skyview Elementary has also decided to join in on the same. Participants at Kingwood Elementary in Preston County have decided to focus on getting more active and hydrate with the Walking and H2O Go programs. In Barbour County, Kasson Elem. & Middle has decided to continue with paying their way for extra Zumba classes while other sites are looking to get started. Pruntytown Correctional Center at Taylor County is getting ready to start with the H2O Go Program.

**3 Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph):** Pendleton – meet with new WC at Pendleton County High School, new opportunities for new staff on board, new WC at Franklin Elementary as well ready to get started with programming. Grant – City of Petersburg, new site on board with the Pathways program – anxious to get started with programming after PEIA overview, phone coaching throughout county. Also met with Grant Memorial Hospital who is new to PEIA. Hardy – East Hardy Early Middle School continuing with cardio class after several canceled classes due to weather. Moorefield Middle School beginning six week walking program. Eastern Community College had great participation in the WIO program, followed up with dynaband and pedometers for

several participants and opportunity for health coaching. Moorefield High School signing up for six week walking program. Met with Department of Ag they are ready to get 'Back on Path' with the six week walking program. Randolph – Huttonsville Correctional Center signing up to embark on the six week walking program and organizing a Stress Less program with WVU Extension. WV State Parole offices to begin the six week walking program as well across the state – program being organized out of Elkins office. Dining with Diabetes class starting in Randolph County beginning Monday March 7th – contact WVU extension for more information, PEIA participants will receive a free HA1C at first meeting and at 3 month follow up. Upshur – Buckhannon Middle School is beginning the H2OGO program as well as a once a week yoga class starting February 10th. Tucker – no activity.

**4 Region - (Monroe, Mercer, McDowell, Wyoming, Raleigh, Summers):** Region 4 is ready to begin several new challenges to boost the worksites into Spring. New River Community College began their H2O Go Challenge at Mercer County Campus, Ghent Campus and Beaver Campus in Raleigh County. As highlighted in this month newsletter, several sites in Mercer County is gearing up for the Work It Out Program. Raleigh County has several new worksites taking the Back on Path Challenge. Raleigh DHHR will be taking on the H2O Go Challenge. Bradley Elementary School in Raleigh County continues to have a successful Zumba class. As well as Huff Consolidated in Wyoming county participating in their Beginner Fit cardio class.

**5 Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, Braxton):** Region 5 is continuing to stay busy! Greenbrier East High School and Western Greenbrier Middle school are getting Back on Path and have over 75% of their staff participating in the walking program. Greenbrier West High School, Eastern Greenbrier Middle and WV DRS Summersville are staying hydrated with H2O Go program. New River Community and Technical College Summersville and Lewisburg Campuses started the TRI Me program and began H2O Go as their nutritional challenge. Oak Hill High School and Eastern Greenbrier Middle are wrapping up their wildly successful Zumba classes. We have many programs are in the planning stages and will be gearing up for successful months ahead.

**6 Region - (Jefferson, Berkeley, Morgan, Mineral, Hampshire):** Region 6 is staying active. Page Jackson Elementary School and Jefferson County Board of Education are getting their steps in as they start the Move It program and walking challenge this month. Keyser High School, Fountain Primary, Romney Elementary, Frankfort High School and Frankfort Middle School are all staying hydrated as they begin the H2OGO challenge this month as well. Burke Street Elementary wrapped up their H2OGO challenge and Wildwood Middle School finished strong with their Zumba class. Keyser Primary is staying hydrated as they continue their H2OGO challenge into February.

**7 Region - (Kanawha (non-school sites), Boone, Logan, Calhoun):** Region 7 has not let the snow thwart their efforts for making 2016 healthy! The Kanawha Putnam Health Departments held planning meetings and scheduled the three-component TRI Me program. They began with CardioChek screenings and informational meetings about health coaching and other Pathways programs. The stress management presentation on time management is planned at both locations for February. Sites across the region wrapped up the Weigh to Go challenge with many members maintaining and losing pounds over the holidays. The Diamond Building is hosting Tai Chi and yoga continues to thrive.

**8 Region 8- (Mingo, Mason, Wayne, Cabell, Lincoln, Putnam):** Hurricane Town Elementary is continuing their scheduled series of presentations regarding stress, physical activity and nutrition. Cabell County Library is beginning lifestyle coaching this month. Mingo County is looking forward to begin a biggest loser challenge within the schools and are participating in the walking program. They are also planning a fitness class and we are in the process of finding a fitness instructor and a location to hold classes. Wayne Middle School and Wayne High School are interested in beginning their Back on Path and H2O Go Program to begin the New Year on a positive road to increasing physical activity and health. Huntington High School is continuing their H2O Go program as part of their Wellness Challenge. Cabell Midland High School will begin their H2O Go program next week.

**9 Region 9 - (Clay, Ritchie, Wood, Wirt, Jackson, Roane, Kanawha County Schools):** Region 9 has had great interest this month. Many sites that have not previously participated in Pathways have started scheduling programs. Worksites are excited that PEIA offers wellness and prevention programming and are taking full advantage. The Roane County Courthouse started their walking program and dynaband program while already scheduling Rethink Your Drink and H2O Go for March! The WV Department of Rehab just enjoyed their Chew and Chill presentation and also has scheduled a Tai Chi demo class for their first onsite fitness class. This site shares the Pathways to Wellness newsletter by printing it and highlighting interesting parts they discuss in a group setting over lunch. Eastbank Middle School recently got on board with Pathways. This month they will be participating in Rethink Your Drink and H2O Go programs. With spring right around the corner, all sites are encourage to start scheduling programs/presentations ASAP to get staff on the right path to wellness.

### **Women and Heart Disease (Continued from Cover Story)**

Women who exhibit symptoms of ischemic heart disease can benefit from treatments ranging from proper medication to reduce heart attacks and control symptoms, as well as lifestyle changes, such as losing weight, eating a low-fat diet and exercising regularly. Many times, women are the care-givers

of their family unit. However, everyone should be aware of the signs and symptoms of heart disease.

### **Herbal Health (Continued from Page 5)**

#### **Elder (*Sambucus nigra*, *Sambucus Canadensis*) Elderberry, European Elder**

Elder can help strengthen our first line of defense against the cold and flu by building up our mucosal surfaces making it harder for the virus to attach and replicate. Historically, it has also been used for pain, swelling, coughs, and sinus infections. Elderberry is often taken as syrup or in capsules, while elderflower is often infused in a tea to ease congestion. Uncooked or unripe elderberries are toxic and cause nausea, vomiting, or severe diarrhea.

#### **Ginseng (*Panax ginseng*, Asian ginseng, Korean ginseng, Chinese ginseng)**

Ginseng is known for more than just possible immune system stimulating effects. It can also help with stress and fatigue due to the stimulant-like effect on the central nervous system. Antiviral effects have been exhibited during studies on animals, but it's not certain if this is true for humans. The root is dried and used to make tablets, capsules, extracts, and teas. This herb is also known to have hypoglycemic activity and may lower blood glucose so it's use is cautioned in those with diabetes.

#### **Licorice (*Glycyrrhiza glabra*)**

Licorice has a long history of medicinal use. It has been used as a folk or traditional remedy for bronchitis, sore throat, the common cold, and viral infections. This herb may also relieve inflammation, help with nausea, and stimulate sweating which can aid with a fever. Licorice may have a mild antibacterial action. The root is available as capsules, tablets, and liquid extracts. Licorice can be found with glycyrrhizin removed; the product is called DGL (for "deglycyrrhized licorice"). Glycyrrhizin can cause hypertension. It is not recommended to be used on a regular basis or by those with a history of hypertension.

With so many different vitamins, supplements, herbs and other alternative remedies available, purchases should be made cautiously. Many of these types of products have not undergone clinical trials and studies and are not recommended by the FDA. They can have interactions with other drugs and supplements as well as cause allergic and adverse reactions just like pharmaceuticals. When considering these types of products, look to reputable sources for further information. The recommendations listed above came from information published by the National Institutes of Health National Center for Complementary and Integrated Health and Bastyr Universities.

Sources: "Supporting Immunity at Home," a talk in the fall 2011 Living Naturally Lecture Series at Bastyr Center for Natural Health in Seattle. <http://www.bastyr.edu/news/health-tips/2014/08/seven-herbs-support-immunity>, <https://nccih.nih.gov/health/herbsataglance.htm>, *The Textbook of Natural Medicine*

