

September 2015 Newsletter

PEIA Pathways to Wellness

VOLUME 2

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REST WELL. EAT WELL. FEEL WELL.



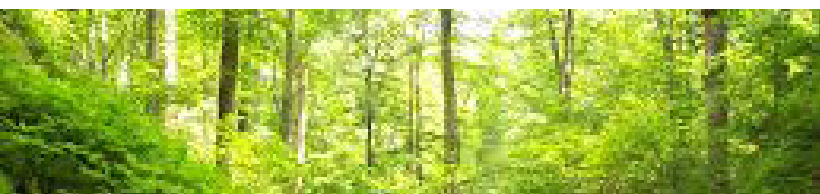
Benefits of Tai Chi

Improving Balance and Alleviating Pain

The PEIA Pathways to Wellness Program now offers Tai Chi classes to worksites in regions where we have identified qualified Tai Chi teachers. We have added Tai Chi to the menu of fitness classes due to its numerous health benefits such as: alleviating the symptoms of arthritis; improving balance; fall prevention; stress relief and improved flexibility and strength. Although Tai Chi has roots in ancient Chinese martial arts, the forms of Tai Chi PEIA is offering are referred to as “meditation in movement” due to the gentle, soothing movements. Tai Chi is user friendly because:

- 1) It doesn't require special clothes or shoes
- 2) It can be done virtually anywhere
- 3) It is modifiable for those who are not ambulatory
- 4) People of all ages, sizes and fitness levels can participate
- 5) It has been validated by the U.S. Centers for Disease Control and Prevention

Currently, we have identified qualified teachers in Charleston and Clarksburg. If you are interested in participating in a Tai Chi class in either of those areas, please contact your Health Promotion Consultant. If you think you may know other Tai Chi teachers, please contact Nidia Henderson at: Nidia.I.Henderson@wv.gov



Fall Favorites: Apple Oatmeal

By: Angela Watkins

Ingredients:

Makes: 4 servings, about 1 1/4 cups each

- 4 crisp apples, divided
- 1 cup steel-cut oats
- 4 cups water
- 3 tablespoons packed brown sugar, divided
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup nonfat plain Greek yogurt

Preparation

1. Shred 2 apples using the large holes of a box grater, leaving the core behind.
2. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.
3. Meanwhile, chop the remaining 2 apples.
4. After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more.

Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt and 3/4 teaspoon brown sugar.

Nutrition

Per serving: 207 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 46 g carbohydrates; 10 g added sugars; 5 g protein; 4 g fiber; 166 mg sodium; 234 mg potassium.



DYNABANDS: Bend-Over Row

By: Debbie Turner



Bend Over Row (Back)

Conditioning through flexibility and strengthening exercises for the back, not only can help to avoid back injuries, it can also help to relieve the pain of many back conditions.

Stand over the center of your dynaband with your feet shoulder width apart. Bend slightly at the knees, keeping your hips back.

Grasp the ends of your band with hands facing the outside of your knees. With elbows bent, pull the band up toward your hips, squeezing your shoulder blades together until your elbows form a 90 degree angle.

Lower and 'row' for 10-12 reps.



Fall into FITness: Tips for Exercising in Fall

By: Beth Metzger

It's time to say good bye to the long warm days of summer and hello to the crisp air and colorful foliage of fall. What better time to incorporate activity into your day? This time of year is busy for most with activities and cheering on your favorite team, but you can put fitness into every day despite a loaded calendar.

The recommended 150 minutes of moderate exercise for adults can make people feel defeated before you even lace up your tennis shoes. Where do you find the time for exercise if you are already stretched to your limits? You CAN get in your 30 minutes 5 days a week without waking earlier or erasing things from your planner. Whether it is a 10 minute break to walk the halls at work or doing a couple of laps while you watch your child at soccer practice, time to fit activities into your day can be found within other activities. Take a 10 minute stroll at work three times a day, whether it's a further walk to and from the parking lot or 3 breaks throughout the day. It is just as beneficial as a 30 minute session on the treadmill. You don't need fancy equipment or a membership to the latest gym to get started on a new lifestyle. Walking is your no cost way of exercise that can be done just about anywhere. It will help fight against disease and manage your weight. There is no better time than now to get moving and start a new routine before the

stress of the holiday season begins.

Fall is the perfect opportunity to take advantage of the cooler temps and beautiful colors filling our mountains. Hit a trail at one of West Virginia's State Parks or get Back on Path with PEIA Pathways walking program to get you moving! There is time to FITness in your schedule, you just have to be willing to look for it.



Member of the Month: Justin Altizer

By: Marjan Washington

Justin Altizer is a teacher at an elementary school in Lincoln County. He enrolled in the PEIA Weight Management program at Absolute Fitness in Barboursville, West Virginia in November 2013. When he began the program, he weighed 375lbs. Today he weighs 236. Participating in the program and following the instructions given by his personal trainer, Andrew Wright, he lost a total of 139lbs. Before he enrolled in program, Justin says he did not make healthy nutrition choices nor was he physically active. He ate a lot of convenient, processed foods which were fried or had a higher fat content.

When Justin realized he was buying a size 4X he wanted to make changes physically and improve his overall health. He decided to enroll in the PEIA Weight Management Program and it was then he met with personal trainer, Andrew Wright. The program kept Justin accountable with his nutrition, physical activity and weight. He realized his cravings stopped after the first month and a half when he stopped eating simple carbs and sweets.

Justin began filling up on greens and vegetables with lean proteins, complex carbohydrates and healthy fats. He developed his own recipes for foods he enjoyed eating. He became extremely creative in the kitchen with his meal choices. He avoided going out to eat because it triggered his cravings. Now Justin pre-packs his food the night before for the next day so he will not be tempted by unhealthy foods around him.

Andrew helped to change Justin's mindset about exercising. He taught Justin proper form and how to use the "mind/muscle" connection when performing exercises in order to train effectively. Justin still has one month left in the weight management program and finds it extremely beneficial. He believes that members who qualify for the program should definitely take advantage of it to change their overall health and wellness. For more information on the Weight Management program, please contact your regional health promotion consultant or call 866-688-7493



The Empty Calorie: Sugar and Your Body

By: Grace Matthews

The average American consumes 22 teaspoons of added sugar a day in their diet, which equates to an extra 350 calories per day! Sugar calories are “empty” calories, meaning they have no nutritional value. Sugar has negative effects on your kidneys, joints, heart, skin and brain. A recent study has found that people who have more sugary, processed foods in their diet have a higher risk of being depressed. The American Heart Association (AHA) suggests that most women consume no more than 6 teaspoons, or 24 grams of sugar a day. This is about 100 calories of sugar. Men should limit their sugar intake to 150 calories per day and the AHA recommends 6 teaspoons (36 grams) or less of sugar per day. Keep in mind that 4 grams equals 1 teaspoon of sugar. There are two types of sugars found in one’s diet; naturally occurring sugar and added sugar. Naturally occurring sugars are found in food such as fruit while added sugar is any amount of sugar or sweetener added to food during preparation. This can include forms of sugar such as high fructose corn syrup and brown sugar, just to name a few. Common products containing added sugar include soft drinks, fruit juices, candy and cookies. Having excess sugar in your diet can increase your risk of high blood pressure, high cholesterol, diabetes and cardiovascular disease. By law, Nutrition Facts Labels must list the grams of sugar on a product and these sugars can be listed in a variety of ways. Anything ending in “ose”

is a sugar molecule and can include dextrose, glucose, lactose and sucrose. Soft drinks, sports drinks, sweet tea and fruit juices are all beverages with additional sugar. Sugar sweetened drinks are one of the main source of excess sugar in an individual’s diet. The majority of these drinks contain approximately 150 calories, with sugar providing the majority of total calories. Reducing sugar consumption can be easy. Below are some tips to assist in reducing sugar in your diet:

- Drink less sweetened beverages and consume more water! Water is the best choice of beverage for you.
- Try enhancing your water with different fruits. Visit www.peiapathways.com for fruit infused recipes for your water.
- Have fresh or frozen fruit when you crave something sweet instead of cake or candy bars.
- Instead of flavoring or cooking food with sugar try to replace it with spices like cinnamon or ginger.
- Choose whole, unprocessed foods.
- Avoid products that have sugar listed first as the ingredient and products without added sugar.

It is important to be aware of the sugar in the foods or drinks that you are consuming. Try cutting back on sugar and enjoy a healthier you and a healthier lifestyle!

Water Power!

Michelle Griffin's Story

By: Charity Duvert



Water is Life! For Michelle Griffin, a teacher in Lewis county, the power of drinking water has made a positive difference in her life. Her weight-loss journey has been just that... a journey! She said, "The word journey is far more positive than my weight-loss experience. Frustrating, discouraging, and nightmarish are more accurate words to describe the years of struggling with my weight."

As a teenager in high school, overweight Michelle felt fat and ugly around her thin friends. She had no self-esteem. By the time she made

it to college, the pounds had really piled up, continuing well into her marriage. When she reached 280 pounds on her 5' 7" frame, she thought she needed to do something about it. She laments, "I knew I wasn't eating like I should ... red meat, sweet tea, and fried foods were a daily part of my diet, but even when I tried to eat healthy the weight just wouldn't come off."

Then the harsh realities of life hit! Her parents died, her marriage failed, and she found herself in a new job as a high school math teacher. Her stress level elevated which led to more weight gain. She says, "My knees hurt, and I felt ugly and undeserving, yet I knew that I wanted to perhaps even start dating again." At 290 pounds, she knew that something had to change. The thought of weight loss surgery sounded like the easiest option for her since it translated into no struggle, but her doctor told her that she needed to try it the 'right' way. To Michelle, that was not going to work. She says, "I was sure that was the hard way, the way I previously tried and failed countless times." She felt defeated.

As fate would have it, her next relationship ended. She comments, "I was done. This was it. I was determined to fix myself, starting with my self-esteem." She went on the internet and started doing some research and found out that she needed a complete lifestyle change and not just another "diet" to try.

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Keep it Scripted: Following the Prescription

By: Janelle Humphrey-Rowan, ND Naturopath

No matter if your healthcare provider has written you a prescription for a supplement or you are using over the counter vitamins, minerals, or other supplements, it is crucial that they are taken as prescribed. When the orders for a script aren't followed several situations can occur. For example if you're not taking the properly prescribed amount you may be either under dosing or over dosing. Under dosing can result in not receiving the complete benefits of the medication or supplement. Over dosing can cause adverse reactions as well as interactions with other medications being taken. In addition, both situations can cost you more in the long run. In under dosing you could be making a purchase that you're not benefiting from because you're not getting enough of the medication or supplement for it to do its job. With over dosing you are using too much too quickly and will have to purchase more sooner. Time of day can be of importance when taking these products. Some products may work better when taken first thing in the morning when you wake others may be best right before bed. The recommended number of doses per day should also be noted. Some medications may lose effectiveness after a few hours while others may last the whole day. In order to get the maximum relief from symptoms or illness for most prescriptions it is important not to miss a dose. When we miss a dose we allow the effects to wear off and can end up feeling worse.

What form the medication or supplement is delivered in matters as well. If you can't swallow tablets or capsules, let the prescribing healthcare provider know. Not all medications work the same if they are chewed instead of swallowed. The same holds true for injections if you don't like needles or are supposed to perform your

own injections but can't. Ask the healthcare provider if there are other options.

Finally, note if there is anything that may interact with or enhance the prescription or supplement. For example, some work better when taken with food others better in between meals. Some you should avoid taking with dairy products or certain beverages like soda. Many nutrients aid in the absorption of each other and work best in combination forms. If you are taking more than one supplement or medication it can get complicated to remember which to take when, with what and how much.

Some tips to help you remember may include:

- Always keep an updated list handy (in your wallet or purse) with anything that you are taking including supplements, herbals or other alternative remedies, prescription medication. Include the product name, dosage, and frequency that it is being taken. This will be handy for any physician intake too.
- Keep your medications in sight. Out of sight out of mind, so if the medication or supplement doesn't have special storage instructions, such as keeping it in the fridge, place it where you'll see it daily.
- For those that may be out of site, make a note and put the note in a prominent place. Put a Post-it on the mirror so you'll see it when you get ready in the morning or on the door so you remember before you walk out for the day.

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Survival Tactics: The Supermarket

By: Corey Clendenin



Going to the supermarket these days can be a challenge when trying to live a healthy lifestyle. There is no escaping the fact that companies try to market their product so it looks more appealing to consumers. It's usually less expensive and more convenient to prepare unhealthy foods. This article will examine each section in the supermarket and provide tips to remember when going shopping. Most importantly, plan ahead! Make a list to take with you! Don't get caught off guard and make an impulse/unhealthy purchases.

1. **Produce:** Spend most of your time here. It's often the first area you come to and for good reason (it's the healthiest). Make sure you get plenty of "color" with your selections--make your cart a rainbow. This way you get a great mix of vitamins and minerals. Produce are almost always lower in calories and very high in vitamins.

2. **Breads/Cereals/Pastas:** In this section, pick the food that's highest in whole grains. (Normally the brown or whole wheat variety.) Avoid items that have a cartoon character on the box, these are normally high in sugar. Choose a cereal that is high in fiber instead. Brown rice, whole wheat pastas, and quinoa are great picks to work some whole grains into your diet.
3. **Meats:** Look for fresh and lean cuts of meat. Skinless chicken is a great choice, along with fish. The American Heart Association recommends fish twice per week. Salmon is a good example of a healthy "fish" selection because it is affordable, not too fishy tasting, and high in healthy fats/proteins. Always keep in mind the portion sizes, meats can get high in calories if over consumed in one sitting.
4. **Dairy:** This section offers a good source of bone building/strengthening vitamin D! Great choices in this area include low fat cottage cheese, skim milk, nut milks, pre-portioned cheese, and high protein Greek yogurt. Want the full fat version? No problem, just watch the portion size and daily intake.
5. **Frozen/Canned Foods:** You always want to pick foods that are fresh, or locally grown if possible. Sometimes during the winter months this can get tricky. Frozen/canned foods that have no sauce and are low in sodium are good choices. Pick fruit packed in water, not juice, and even tuna packed in water vs. oil. Everything counts.

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Standing Back Strengthenener

By: Kerry Gabbert



Many individuals have a job that requires them to sit at a desk. One of the side effects of extended sitting is a loss of strength in the back and glutes. There are simple strengthening exercises that can get an individual up and out of the chair to increase the muscle strength. One such exercise is a standing version of the yoga pose 'half-locust'. Normally, half-locust is performed on the floor; however, this standing version an individual to stand and is a perfect addition to an office routine! It also helps stretch the hip flexors, which are contracted when seated. To do the exercise, stand up and have something to lightly rest the hands on, like the back of a chair (make sure the chair does not have wheels!) or the edge of a desk. Remember, someone with back problems should check with a doctor before proceeding with this exercise.

1. Stand behind the chair (or desk) and rest hands lightly on it. Do not put weight into the arms. Just using the chair as a reference point for balance. Depending on the height of the chair, arms will be bent and should be relaxed.
2. Balance body weight evenly in both feet.
3. Inhale, and lift the right leg out behind the body, pointing the toes. An individual can continue to rest the toes of the lifted leg on the floor (less intensity) or lift the toes off the floor (for a stronger contraction). Keep both hips in line and facing forward.
4. Keeping the leg in position, lift the left arm as it is being straightened, and reach the fingers towards the ceiling. (The opposite hand and foot will be lifted) Make sure not to lean forward; keep the torso upright.
5. Hold for 5-10 seconds, then exhale and lower the arm and leg. Shake the arm and leg out to relax the muscles.
6. Repeat using the left leg and right arm. Move slowly and with control. As someone becomes stronger, they can add a second repetition on each side, or extend the length that they hold the pose. If the full pose is too challenging, perform the stretch without the arm lift (see picture). Start with once a day, and build to two or three times per day. This pose helps strengthen the back, glutes, and hamstrings, and stretches the hip flexors. If an individual sits down for most of the day, this stretch can help fight the negative effects of prolonged sitting. It is a great way to get up out of the office chair during the day!

Video Links Available for Lifestyle Change Programs

PEIA Pathways to Wellness is pleased to offer new video links on our website to support the idea that Exercise Is Medicine! This fall, we will launch new programs targeting simple activities for all levels of exercisers that can be done at home or at the office. **Don't Just Sit There** is an intervention and challenge designed to assist members with sedentary jobs to get up and move during the day. Short videos focusing on office stretches and easy exercises to improve circulation are available on our website for support. **Tri Me** is a new program that addresses nutrition, physical activity and stress with three presentations and challenges that can be tailored to fit the needs of your office. Both programs can be accessed through FREE lifestyle coaching for individuals at worksites that do not participate as a group. Go to www.peiapathways.com or contact your regional Health Promotion Consultant for more information!



Did You Know Exercise is Medicine?

Your Prescription for Health: **Exercise is Medicine®**

PEIA has partnered with Marshall's College of Health Professions and MURC to bring you worksite wellness and healthy lifestyle programming which will improve the quality of life for thousands of West Virginians, including YOU.

Home News Programs Resources - Contact Us

WELCOME to Pathways to Wellness:

The PEIA Pathways to Wellness Program is designed to meet your lifestyle needs. Pathways offers a variety of presentations on subjects like nutrition, stress management, physical activity and many more. PEIA Preferred Provider Benefit and Health Plan worksites are eligible for onsite fitness classes and wellness challenges that may be arranged through our regional Health Promotion Consultants (see map below) on a first come, first served basis.

PEIA members with certain risk factors such as hypertension, obesity, cardiac problems, etc. are also eligible for lifestyle coaching addressing how to make those changes necessary to improve health. They may be eligible to receive baseline biometric information through a simple blood test.

Pathways is also a resource to advise PPB members regarding the availability and enrollment processes for the PEIA Weight Management program, the PEIA Face to Face Diabetes Program, classes offered through the state's two Extension Services, the Orish Programs, tobacco cessation and dietetic services.

Region Summaries

1 **Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants):** A new school year is beginning with programming revving up in northern West Virginia. Site visits took place to almost all the schools in the Northern 1 territory. In Harrison County the Town of Nutter Fort wrapped up their Zumba class while several new classes are being planned in Marion and Wetzel counties. The Summer SELFie Challenge is coming to an end at Blackshere Elementary, White Hall Elementary, and the John Manchin Sr. Health Care Center in Marion County, Washington Lands Elementary in Marshall County, and the Harrison County DDS. With the return of students on campus the Fairmont State University farmer's market is still going strong. North Marion High School in Marion County hosted the "Rethink Your Drink" presentation and began the H2O Go Program. In Ohio County the DHHR hosted the "Move It" presentation and began the Back on Path Walking Program. Several other programs are scheduled to take place, H2O Go for the City of Fairmont Sanitary Sewer Board, and Back on Path for Moundsville Middle School and Oak Glen Middle School. Programs and presentations have already begun to be scheduled through the end of the year and we will be promoting several new programs as well as scheduling the popular holiday program Weigh to Go.

2 **Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker):** Monongalia County: At WVU, two new classes in Pilates and Yoga have kicked off while Personal Lifestyle Coaching continues at different campuses once a month. Also, many participants are beating the heat with the help of the H2O Go challenge. Preston County: Many schools are busy signing up for various programs. Taylor County: Participants at the DHHR have decided to learn more about the importance of hydration through the H2O Go presentation and join in the fun with the H2O Go challenge. Barbour County: Participants at Kasson Elem. & Middle are all set as they begin a Zumba class as well as hydrating with the H2O Go Program. Lewis County: The City of Weston and the City Police are excited as they count their steps for the Walking program challenge, while participants at Lewis Co. High learned more about everyday exercising through the Move It presentation and the importance of drinking water through the H2O Go presentation. They are now challenging themselves with the 30 Day Fitness and the H2O Go challenge.

3 **Region - (Pendleton, Hardy, Grant, Randolph, Tucker and Upshur):** Hardy County Courthouse has rejoined Pathways with a strong presence, beginning the H2OGo program, completing

the dynaband instruction class, and maintaining strong attendance in a strength and conditioning class. They will soon be the pilot site for the Work It Out fitness assessment program. Hardy County: Extension office is participating in the H2OGo program. The Division of Rehabilitation in Hardy County offered the dynaband instruction class to their staff including nearby Workforce office. Randolph: Vocational Technical Center is getting 'Back on Path' with the 6 week walking challenge, while Tygart Valley Regional Jail is beginning the H2OGo challenge. The Stress Less series presented by WVU Extension will begin at the Randolph DHHR at the end of this month. Grant County Courthouse is beginning their program kick-off with the H2OGo water challenge, as well as Tucker County High School – September marks the completion of the H2OGo for Upshur DOH. A presentation of available programs was given at the monthly Principal's meeting in Pendleton County, also a meeting with the Grant County School Wellness Committee is on the calendar.

4 **Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming):** With fall right around the corner, Region 4 is ready for a new season and new wellness challenges. Crescent Elementary School, in Raleigh County participated in the Back on Path challenge to motivate their staff to reach 10,000 steps. WV Rehabilitation Office in Princeton learned more about nutrition with the Spice It Up presentation. Shady Elementary School is moving into fall with the Move it presentation and taking the Back on Path Challenge. We are excited to welcome FRMS in Raleigh County to Pathways to Wellness. They are launching the H2O Go presentation and challenge to their staff.

5 **Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster):** Region 5 is falling into wellness! Braxton County DHHR is doing the 30 day Fitness Challenge. Bridge Valley Community and Technical College South Charleston and Montgomery Campus are beginning the TRI Me program with the Nutrition presentation and are doing the Portion Distortion and H2O go challenges. Webster County DHHR is also participating in the TRI Me program with their Nutrition presentation and H2O go challenge. Pocahontas High School is getting Back on Path with the walking program. Greenbrier DOH is focusing on stress management with the Stress Effect and Stress Antidote while challenging themselves to reduce stress for the month. 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 kicked off the fall by being active. Romney Elementary, Mineral County Vo-Tech, Potomac State College, Spring Mills Primary, and Berkeley Springs High School all wrapped up the summer by completing the Summer SELFie Challenge. The DOH in Hampshire County participated in the Pathways to Wellness Overview Presentation. Mineral County Vo Tech are getting their steps in this fall as they begin the Back on Path Walking Programs. Mineral County Health Department are keeping hydrated with the H2OGO! Challenge. Later this month Mountain Heart will participate in the Dynaband program.

7 Region - (Kanawha County State Government, Boone, Clay, Calhoun and Logan Counties): The Division of Corrections is participating in the H2O Go challenge and the 6 week Back on Path walking challenge. The DMV participated in the Stress Effect presentation and the 30 day Stress Management 101 challenge. Boone Career and Technical Center is preparing to start a class in September. Logan County Board of Education completed the 6 month Healthy Lifestyles pilot program. The Department of Labor finished the 12 week Summer SELFie program. WV Rehabilitation participated in the Work it Out program. The Move It! Presentation and Back on Path walking program will be presented at the Capitol Complex on Monday, September 21. The Board of Risk and Insurance Management and Center for Threat Preparedness have scheduled both of these programs, as well. Workforce West Virginia has scheduled the H2O Go water program. The Health Care Authority is participating in a pilot of the Tri-Me program. Multiple worksites have scheduled health coaching on-site for members (DMV, WV Rehab).

8 Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties): Kenova and Lavalette Elementary schools are continuing to enjoy their bootcamp and yoga classes. Wayne County Bus Garage is scheduling health coaching the end of this month. Nichols Elementary participated in the 10 minute Stress Reduction presentation and is interested in scheduling the H2O Go program as well. Martha Elementary is planning the Dynaband program as well as a fitness class. They are also in the process of scheduling health coaching. Cabell County Library is beginning their H2O Go program this month. Cabell County DHHR and MMBH will be participating in third round of container gardener classes. Huntington East Middle School began the "Back on Path" program and is interested in beginning a fitness class. Mingo County Diabetes Coalition is providing services in order for them to increase awareness and support our programs within their community.

9 Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants Counties): Region 9 has had a very busy fall so far. Lifestyle Coaching has become very popular at many sites including Jackson County Courthouse, Roane County DHHR, and Holz Elementary. Schools are back in session and I have had great interest in programs. South Charleston Elementary will be starting their Pathways sponsored yoga class and always participating in Rethink Your Drink and Walking Program. Bridgeview Elementary is another site I'm proud of as they are on the schedule for two programs/presentations. Also Emerson Elementary in Wood County is getting their sign-up sheet ready for the Back on Path Walking Program. If any or all programs/presentations/coaching is something your site would be interested

in, please feel free to contact Corey Clendenin.

(Continued from Page 7): Prescriptions

Maybe you can tape a reminder to your coffee pot if you have to have your morning cup to get you going. Another good location is your steering wheel so you don't drive off without taking it or on your phone if it's one of the first things you check in the morning.

- Set reminders. Set an alarm on your phone or computer, if you're working, to let you know when you're supposed to take it.
- Store meds in multiple locations. If you frequently leave the house and forget to take your medications or supplements and remember as soon as you sit down to do work consider, if possible, keeping some of them at work or in a briefcase or purse that you consistently carry.
- Have a partner. Let someone else know that you're supposed to be taking the medication or supplement and have them hold you accountable for taking it. Both your healthcare provider and pharmacist can be of great assistance when becoming familiar with new medications and supplements.

(Continued from Page 9): Surviving Supermarket

Follow these five rules of shopping and they can help you come out of the grocery store as a winner. Shop the perimeter. Buy "real" foods (little to no processing and additives). Stay away from "cartoon" character cereal and snack boxes. Try to get foods that have five or fewer ingredients.

(Continued from Page 6): Water Power

She also found out that she had to convert to becoming a water drinker. She thought to herself, "Easy enough!" She cut out all diet soda and sweet tea, and only stuck with water. Michelle quickly discovered that lifestyle change sometimes has a domino effect, so eating healthier was the next item on her agenda. She started working on healthier food choices, although this was still a bit difficult. She says, "I had days when I'd still grab my cheeseburger and fries, but I tried to limit myself on other days." The weight started coming off. She was overjoyed to find out that just drinking water and slightly modifying her diet made such a difference, so she continued to watch her food intake a bit closer and kept up with the water. She allowed herself the occasional one cup of coffee with some creamer in the morning. She lost 40 pounds in just 5 months! Over the course of only 12 months, Michelle has lost 72 pounds! She credits her weight loss to drinking water and maintaining a healthier diet. According to Michelle, "Each day gets easier and I love the way I feel and look." While she aims to get down to her high school weight, she continues to lose a bit every week, and she believes that she's getting there. She laments, "It's still shocking to me how big of a part plain water has played in my weight loss journey. I now have more energy to exercise, even with my busy schedule." Michelle's message to those who are still struggling with their weight is that, "there isn't any easy fix out there. You have to want it and you have to make the small changes and stick with them. Most importantly, you have to choose your health over the burger, and you have to quit making excuses." With much enthusiasm, Michelle concludes, "I chose health, I chose ME!"

