

September 2015 Newsletter

PEIA Pathways to Wellness

INSIDE THIS ISSUE

Cover: Using Technology

2: Green Bean Salad

3: Dynabands: Outer Thigh

4: Exercise of the Month

5: Pumping Iron

6: Keys to Zzz's

7: Supplemental Fundamentals

8: Workplace Wellness

9-10: Region Summaries



REST WELL. EAT WELL. FEEL WELL.

Using Technology

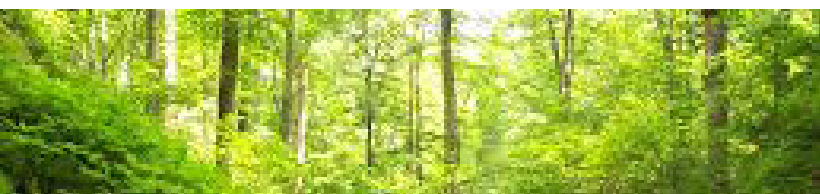
to track your healthy lifestyle!

By: Corey Clendenin

Applications, or “APPS,” have taken the technology world by storm. There seems to be an app for everything. If you have a smart phone or computer, you can use some of these apps to help yourself reach healthy lifestyle goals. The free application called My Fitness Pal is perfect for tracking daily caloric intake as well as exercise

In today's busy world, many people divide time between family, work, and friends. Unfortunately, the last thing on many people's list is exercise/diet. Using My Fitness Pal makes keeping a food journal and checking food labels easier. Whether the goal is trying to lose weight or trying maintain a healthy lifestyle, this app can benefit everyone. My Fitness Pal only requires the user to enter the food consumed and offers a large database for choosing the specific way it is prepared. (e.g. If the user enters, “egg,” a drop-down list will appear including choices such as, “large, whole,” or “large, scrambled,” and many other selections.) Select what you had for your meal/snack and the nutritional values will automatically upload to the daily totals.

(Continued on page 11)



Garden Fresh: Green Bean Salad

By: Angela Watkins



Ingredients

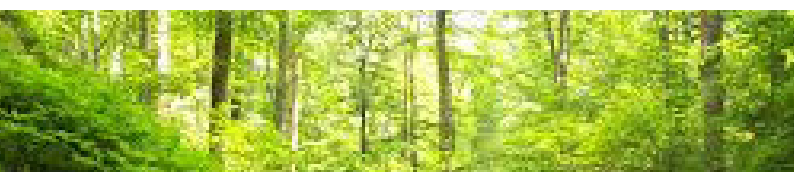
- 1 13 oz. Can of Green Beans or 1lb Fresh Beans
- 1 T. Canola or Olive Oil
- 1/2 C. Chopped Fresh or Frozen Cranberries
- 3 T. Chopped Nuts and 1 T. Honey

Nutrition Information per serving (8 servings)

- Calories: 180
- Carbohydrates: 13 g
- Fat: 3 g
- Protein: 2 g
- Sodium: 10 mg
- Fiber: 3.5 g

Preparation

1. Drain and rinse green beans. Trim and cut them into 4 inch pieces.
2. Heat oil in a medium sauce pan and add nuts and cranberries.
3. Cook berries and nuts, stirring often until the berries are soft. Push them on the side of the pan to help them “pop.”
4. When the berries are tender, stir in the beans and cook until beans are tender crisp.
5. Add honey, stir well and serve hot.



DYNABANDS: Outer Thigh

By: Debbie Turner



Outer Thigh

Securely tie the ends of your dynaband into a knot making a circle loop that you can step into and place just above your ankles. Place your left hand on a chair or wall for balance and extend the leg out to the side and away from the other leg – repeat 8-10 times. Switch holding onto the chair or wall with your right arm extend your left leg out. This is a great exercise to get up from your desk and do during the workday to stimulate blood flow and concentrate on hip flexors and outer thighs.

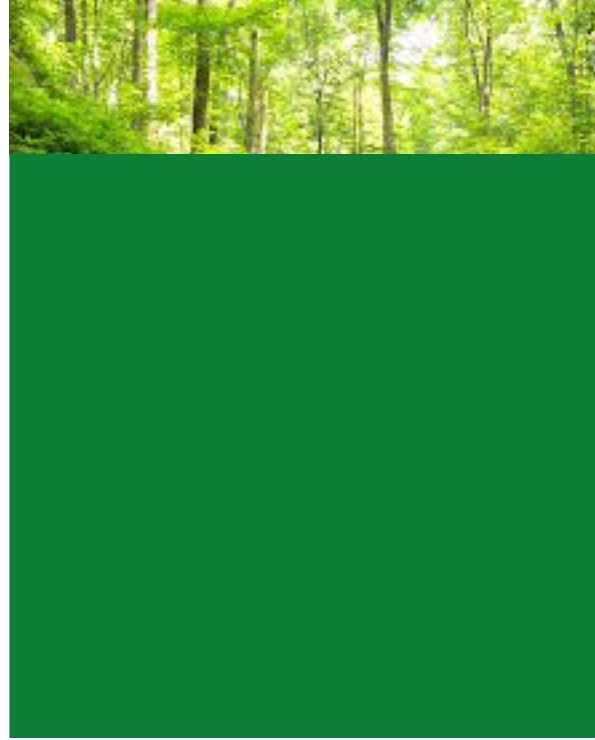
Remember to stand tall with good posture.

10-12 reps



Exercise of the Month: Leg Press

By: Marjan Washington



Leg press exercises develop your quadriceps on the fronts of your thighs, hamstrings on the backs of your thighs, gluteal muscles and calf muscles in the backs of your lower legs. Leg presses are compared to the squat movement but the weight comes to you. As a compound exercise, leg presses work all major muscles of your legs in coordination with one another, which works your weakest muscles the most and increases joint stability.

Instructions:

1. Sit on the machine with your back and head against the padded support. Place feet on the foot plate about hip width apart, ensuring the heels are flat. The knees should be in line with the position of the feet.
2. Push the platform away with heels extending the knees and hips and pushing the back into the seat pad. Toes should not be used to push platform. Refrain from locking out the knees at top of movement.
3. Return the foot plate to the starting position by allowing the knees to bend under control while maintaining the feet flat on the surface.
4. Repeat the exercise for 2-3 sets of 10-15 reps.

****If you do not have access to a leg press machine, You can use a resistance band to perform this exercise. Lie on your back in the floor with your knees to your chest. Loop the band around the bottoms of your feet and hold the ends of the band with your hands. Extend your legs out.**



Pumping Iron: Your Body and Iron

By: Grace Matthews

Iron is an essential mineral that is required for your body to function properly. It is possible to have too little or too much iron. According to the World Health Organization, iron deficiency is the number one nutritional disorder in the world. Iron deficiency occurs when you don't have enough iron in your diet or it can be caused by excess blood loss. When you are not consuming enough iron, your body consumes the iron that has been stored. When deficient in iron, your hemoglobin levels drop which is known as anemia. The most common iron deficiency symptoms are fatigue and weakness. This is caused by your blood cells not getting enough oxygen. Vitamin C enhances iron absorption. Therefore, if you suffer from an iron deficiency, your diet should include many foods containing Vitamin C. There are two types of dietary iron: heme and non-heme. Heme iron, which is absorbed by the body easier is made when hemoglobin is broken down and can only be found in animal sources. Non-heme iron is found in plants and plant-based iron. Some iron rich food sources include red meat, poultry, chicken, seafood, liver, legumes, spinach, strawberries, raisins, soybeans, tofu, and fortified cereals. In the United States, grain products like bread and cereal are fortified with iron to help increase iron in your daily diet.

The recommended dietary allowance (RDA) for adult males varies from 8-11 mg per day and adult females vary from 15-18 mg per day. The RDA for

infants, children, teens, older adults, and pregnant women differ.

Having too much iron in your body can be as dangerous as a deficiency because unlike other nutrients, excess iron cannot be excreted by the human body. When there is too much iron in the body it deposits form in organs and tissues. It is not recommended to take iron supplements on your own. You should always consult your doctor if you are concerned about your iron intake.



Keys to Zzz's: Healthy Sleep Tips

By: Beth Metzger



School is back in session and affecting daily routines everywhere! Whether you are getting up a little earlier to get someone off to school or trying to avoid frequent stops from your neighborhood bus during the morning commute, this time of year can make havoc of your normal sleep schedule. Transitioning to “back to school” routines can be rough for everyone, from parents to children to those just trying to make it to the office before their 8 o’clock meeting. Small adjustments in your nightly rituals can ease the grogginess of earlier mornings.

Whether it be an adjustment for a longer commute or to get more from your 8 hours of rest, small tweaks in your nightly routine can equal big gains. Following these recommendations from the National Sleep Foundation can help you fall back into a great night sleep.

- Consistency is Key! Going to bed and

waking at the same time each night will help set your body’s internal clock. It’s okay to indulge in a few extra hours of shut eye on the weekends, but limit that to an hour or two.

- Slow and Steady! Overhauling your sleep schedule overnight is impractical for most people. Start by pushing your bedtime back in 15 minute increments until you reach your target time.
- Dim the lights! Create a cozy place to relax and help prepare your body for sleep by reducing the amount of light in your bed room before you fall asleep.
- Turn off the Technology! The soft light and sounds from TVs, tablets and cell phones can rob you of rest! Shut down the sleep stealers an hour before bed.
- Curb Consumption! Avoid heavy meals within two hours of going to bed. A full stomach is just as bad as an empty one, so make wise snack choices. Also limit the amount of fluids you consume to avoid nightly bathroom trips.

Though the changes may seem small, when put together in a nightly routine, they can help not only increase the amount of pillow time you get, but the quality as well. So hit the sack, fifteen minutes early of course, and get your routine and commute back on track!

Learn the Basics: Supplemental Fundamentals

By: Janelle Humphrey-Rowan, ND Naturopath

On a daily basis we are bombarded by advertising for a variety of dietary supplements. Ads in newspapers, commercials on TV, articles in magazines, daily talk shows and even our friends and family offer up advice on their use. However, just because these products are readily available in stores and on the internet doesn't mean they are safe or effective. Dietary supplements are not regulated by the FDA the like medications. Dietary supplements fall under the general category of foods instead and are regulated by the FDA through the Dietary Supplement Health and Education Act (DSHEA) of 1994. As a part of this act, dietary supplements are defined as, "a product taken by mouth that contains a 'dietary ingredient' intended to supplement the diet."

It is important to note that these aids are meant to supplement but not replace items that should be included in our diet. A dietary ingredient may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Per DSHEA, every supplement is required to be labeled accordingly. (This should be clearly printed on the label as well as the products descriptive name, manufacturer's name and contact information, a list of ingredients, and the net contents.) If any of these items is missing, reconsider the available options.

In general, several assumptions are commonly made in regards to supplements. Don't assume that because the term "natural" appears on a product that it can't hurt you or that it is healthy and safe. Many supplements can have side effects, adverse reactions, and interactions

just like drugs. Don't assume that a product is safe just because it has a disclaimer. A disclaimer doesn't generally list possible adverse reactions, the majority of the time a consumer must contact the manufacturer for these. Don't assume that a recall of a product guarantees that all such harmful products will be immediately and completely removed from stores. Product manufacturer can try their best but product recall of dietary supplements is voluntary.

It is of great importance to inform your doctor if you decide to take a dietary supplement. There are a variety of interactions that can occur between supplements and pharmaceuticals. If your healthcare provider recommends a supplement, it needs to be taken as prescribed in order to gain the maximum effect. When listing supplements on a physician's intake forms, ("new patient"), besides the specific name of the product, it can be important to note the amount you are consuming, how often it is being taken, and how it is being taken. In the event of an adverse reaction to a dietary supplement, it is important to contact your healthcare provider as well as the FDA. The FDA can be contacted via phone at 1-800-FDA-1088 as well as on-line <http://www.fda.gov> where an on-line adverse reaction report can be completed.

Worksite Spotlight

By: Kerry Gabbert



In Kanawha County, the Division of Natural Resources and WV Rehab are providing unique opportunities for employees. Mike Bryant, the work site wellness coordinator at the Division of Natural Resources in South Charleston, provides a farmer's market in the DNR parking lot every payday with produce provided by Crihtcfield Farms. Seasonal produce is offered including tomatoes, peaches, half runner beans, apples, zucchini, bell peppers, and watermelon. Employees appreciate the convenience of being able to purchase fresh produce at their work site.

Carol Cyrus-Johnson, the work site coordinator at WV Rehab, has scheduled multiple Pathways programs and added enhancements. She formed a wellness committee to help support the planning and implementation of the programs they choose to offer. Each committee member assists with a program and helps develop creative ideas to enhance the program

and foster continued participation.

Some examples of what Rehab's committee has done include:

- For the H2O Go water program, Ms. Cyrus-Johnson provided samples of fruit infused water, using recipes from WVU Extension and the Pathways website. At the conclusion of the program, she conducted a raffle for each person who completed the program and turned in a post- survey. The winner received a case of water.
- As part of the Back on Path walking program, one of the committee members mapped out the neighborhood and provided participants with several routes and the distances for each. All of the participants had the option to meet daily at 10 a.m. for a group walk in the local neighborhood.
- At the completion of the Office Stress Management presentation, each member was provided with a stress squeeze ball and Ms. Cyrus-Johnson raffled another case of water. Each work site has different resources and support from management. These work site coordinators have used their time and resources to help enhance the wellness programs at their work site and to support positive lifestyle changes for the members.

Region Summaries

1 **Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants):** As summer winds down so do several of the classes in northern West Virginia. In Marion County the WV DEP finished their yoga class while the Town of Nutter Fort and City of Stonewood are beginning to wrap up Zumba. Several sites in Marion, Harrison, Marshall, and Gilmer counties are in the midst of the Summer SELFie Challenge. The farmer's market at Fairmont State University is still having a very successful run. Site visits were conducted at many state and local government sites in Marion, Harrison, Gilmer, and Doddridge counties. Site visits to the schools will be taking place as the 2015 – 2016 academic year begins. Programs and presentations have already begun to be scheduled through the fall.

2 **Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker):** **Monongalia County:** At WVU, two new classes in Pilates and Yoga are set to kick off during the week of Sept. 21st while Personal Lifestyle Coaching is taking place starting Aug. 20th. **Preston County:** Plans for a new Weight Management program are underway at the brand new facility of Preston Memorial Hospital, while the team at Preston Co. DHHR is still hydrating with the help of their water cups as the H2O Go challenge continues. **Taylor County:** The excitement continues at the DHHR where signups for the H2O Go challenge are taking place. **Barbour County:** Some action is set to take place as the team at the DHHR is signing up for the H2O Go challenge. **Lewis County:** The team at the City of Weston and the City Police are excited as they get ready to start the Walking program challenge, while Lewis Co. High is kicking off their new academic year with the H2O Go challenge.

3 **Region - (Pendleton, Hardy, Grant, Randolph, Tucker and Upshur):** Eastern Community College has finished up their fitness class, with the Hardy County Courthouse hoping to begin one soon. The Courthouse is also beginning the H2OGo program along with the Hardy County Extension office. Plans to present the dynaband class at Hardy Co. Division of Rehabilitation. Discussions for a WIO pilot program in Hardy County. Hope to begin the Stress Less program at Randolph County DHHR. Will be presenting the dynaband program for the Randolph Division of Rehabilitation next door. Tucker County High School has interest in beginning the H2OGo program to kick off their new school year. Grant County Courthouse to begin the H2OGo program. Upshur County DOH has begun the H2OGo program. Calls and emails out to all schools as they start back

to kick off programming as they resume school.

4 **Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming):** Region 4 is back to school! Several new Worksite Coordinators began organizing programs this semester. Mercer Board of Education welcomed back their teachers by holding a Stress Effect presentation and the 10 minute stress relief demo. Bluefield State College participated in the H2O Go challenge to welcome their staff back to school. Welch Community Hospital also participated in H2O Go and hosted a Farmers Market for staff. Spanishburg School in Mercer County is getting hydrated for the new school year with H2O Go.

5 **Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster):** Big things are in the works for Region 5. Fayette County Commission is staying hydrated with H2O Go! WV DHHR in Webster County Spicing It Up. The Move It challenge is taking place at WV DHHR Braxton County. BridgeValley Community and Technical college's Montgomery and South Charleston Campuses are taking steps to begin the TRI Me program. Lots of plans for great fall activities are in the works.

6 **Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire):** Region 6 has been active and hydrated through the summer months. Romney DHHR, Mineral County DHHR, and Mineral County Courthouse all wrapped up the H2OGO Challenge. Rosemont Elementary finished strong with their fitness class. Mountain Heart wrapped up the H2OGO Challenge and started the Back on Path Walking Program, which Mineral County Courthouse also began. Jefferson County Board of Education participated in the H2OGO Challenge. Romney Elementary, Mineral County Vo-Tech, Potomac State College, Spring Mills Primary, and Berkeley Springs High School are still staying active this summer by doing the Summer SELFie Challenge.

7 **Region - (Kanawha County State Government, Boone, Clay, Calhoun and Logan Counties):** Many programs and presentations are being scheduled for late summer and fall in region 7. WV Rehab Administrative Offices hosted Office Stress Management. WV Courts and Court of Appeals are participating in the 30 Day Fitness Challenge and hosted the Dynaband presentation. The follow-up for the Healthy Lifestyles pilot program at the Logan County Board of Education has been scheduled for early September. Division of Corrections started the Back on Path walking program and H2O Go

water challenge. The DMV is hosting a series of stress management presentations and challenges. Coming in September, Pathways to Wellness will be hosting the Move It presentation and Back on Path walking program at the Capitol Complex in Charleston.

8 **Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties):** Schools are back in session! Kenova and Lavalette Elementary Schools are beginning bootcamp classes and yoga class the last week of March. Nichols Elementary is scheduled for the 10 Minute Stress Reduction presentation the last week of August as well. Cabell County Library is beginning H2O Go program this month. Wayne County Bus Garage started their Walking Program to help the bus drivers become more active this year. Wayne County DHHR/Wayne County Health Department are still having their yoga dance fitness class. Lincoln County DHHR is enjoying the farmer's market held in their parking lot every Monday. Cabell County DHHR will set up farmer's market at their worksite as well. Cabell County DHHR and MMBH will be participating in third round of the WVSU container gardener classes. MMBH will begin the H2O Go Challenge this month.

9 **Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants Counties):** Summer has almost come to an end and Region 9 is excited to begin a healthy fall. We've had a great summer for members taking advantage of health coaching! Sites like Jackson County Health Department, Ripley Middle School, and Jackson County BOE participated in this benefit. Jackson County BOE is active and making plans for the new school year. Other schools in Kanawha County, (Malden Elementary & Cedar Grove), have begun preparing for programs.

(Continued from Cover): Using Technology

"Meals," or combinations of foods, can be saved and then used again for quicker selection. (e.g. If the user makes a two egg omelet with tomatoes and peppers frequently--- it can be entered as separate ingredients and then saved as a Meal.) One of the advantages to the app is the ability to scan items at the local grocery store. If there is an item that is not built into the database, a smart phone can be utilized to scan the nutritional label of the product and upload it into the database. This can be particularly useful in tracking intake of carbohydrates or fat, for example.

Additionally, there is an exercise tracker for use. Hundreds of built in exercises/workouts can be selected and the app will calculate an average calories burned by using your height, weight, and age. My Fitness Pal is a FREE one-stop shop to track your daily food consumption and physical activity. There is also an easy-to-use website that is FREE to users. It works exactly the same, only internet based instead of smart phone based. Remember, you are responsible for your healthy lifestyle and healthy choices!

