

May 2016 Newsletter

PEIA Pathways to Wellness

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Address you "FLEX"

By: Salina Lyter

Flexibility is a major component of physical fitness but is often neglected in a fitness regimen in comparison to cardiorespiratory endurance and weight training. Flexibility is the ability of a joint to move through its normal, full range of motion and is extremely important for general fitness and wellness. Flexibility is a highly adaptable component of physical fitness and increases in response to a regular program of stretching exercises and decreases with inactivity. You can increase your flexibility by doing regular stretching exercises for all your major joints. The ACSM recommends that stretching exercises be performed at least 2 or 3 days per week, but 5 to 7 days per week is ideal.

Performing these exercises often will provide the most benefits. It's best to stretch when your muscles are warm, so try incorporating stretching into your cool-down after cardiorespiratory endurance exercise or weight training.

You can reward yourself with stretching if you have trouble making time for flexibility training by simply remembering that stretching can be relaxing. Make flexibility workouts your reward after a busy day. Warm up for a few minutes then stretch to reduce physical and mental tension. The immediate benefits may motivate you to stretch regularly.

Safe stretching tips include:

- Stretch to a point of mild discomfort, hold the position 15-30 seconds, rest 30-60 seconds and repeat, this time trying to stretch a bit farther (Do 2-4 repetitions of each stretch).
- Do NOT stretch to the point of pain.
- Relax and breathe easily as you stretch.
- Perform all exercises on both sides of your body.
- Increase intensity and duration gradually over time
- Stretch with warm muscles.

An adequate flexibility workout can range in time from 10-30 minutes. Good flexibility provides benefits to the entire musculoskeletal system including joint health and prevention of lower back pain and injuries. It also improves performance in all physical activities and promotes relaxation. What are you waiting for? There are so many health benefits in developing and maintaining your flexibility? Go on now and address your FLEX!



Crab or Salmon Cakes.

By: Cathy Shaw, RD, LD

Ingredients:

- 1 lb. back fin blue crab (may be canned lump or Claw meat, or boneless canned salmon, drained)
- 1 egg
- 2 Tbsp. light mayonnaise
- 1 Tbsp. mustard
- 1 tsp Old Bay seafood seasoning
- 1 tsp Worcestershire sauce
- ½ tsp lemon juice
- ¾ cup plain bread crumbs
- 1 Tbsp. canola oil

Nutrition Information:

Calories.....187
Fat10 g
Carbohydrate.....9 g
Fiber.....1 g
Protein.....14 g
Sodium.....384 mg

Directions:

Yields: 8 servings

Prep Time: 10 min

Cook Time: 15 min

- Combine all ingredients except canola oil.
- Mix together by hand and form 8 patties.
- Heat oil in a skillet over medium heat.
- Cook patties in oil about 5-6 minutes on each side until browned or cooked through.



Source: <http://www.marthastewart.com/328111/spaghetti-with-ramps>

For more healthy recipes, check out WV Healthy Delights at
<http://www.peiapathways.com/Documents/PDF/CookBook.pdf>



Take a Timeout!

By: Angela Watkins



Are the afternoons packed with rushing to activities for the kids or caring for a loved one ? It can feel like after the work day ends your day is just beginning. Do you wish you just had one minute to breathe without someone requiring your attention. It may be time to call a time out for yourself.

It is hard to put yourself first, but even taking 5 minutes can improve your mind and body. Just a few minutes every day for yourself can help you regain focus and perspective on what may lie ahead for that day. If your kids are in activities, take that time to do something for yourself. If its an outside sporting practice, take a walk. If it is at a music lesson, read a book or magazine -- something that you enjoy but

normally don't do. Clear your mind by putting down the phone or iPad. Take some you time to just think.

If you have to rush home after work to take care of a loved one, on the ride home roll down the windows and breathe some fresh air. Listen to your favorite song and turn it up. Decompress the work day and refocus your mind. Taking even a 5 minute brisk walk around the neighborhood or house can give you that time for yourself. Once a week or even once a month, schedule a lunch with a friend or do something that is for you no one else.

Sometimes it's hard to stop and smell the roses but everyone will benefit from it. You will be more responsive to your family if you take a time out for yourself. The time to relax is when you don't have time for it.



“5” A DAY

By Grace Matthews



What is the meaning of “**5 A Day**”? Following the plan of “**5 A Day**” is to eat at least five servings of fruits and vegetables every day. This can include fresh, canned, frozen, and dried varieties of both. (Fresh fruits and vegetables are preferred. Frozen are good. If you choose canned, avoid sugary syrups or added salt.) Fruits and vegetables play an essential role in providing your body with nutrients which can work together to lower the risk for heart disease, type 2 diabetes, high blood pressure, and even weight control. It is important to consume all colors of fruits and vegetables, as each color contains different nutrients and provides numerous health benefits. A rule of thumb to remember is, the more colorful your plate, the more nutritious it is for you. Some nutrients that are found in

fruits and vegetables include Vitamin A, Vitamin C, Potassium, Fiber, Calcium, Folate, Sodium, Iron, and

Implement “5 A Day” in your life the easy way by following these tips to help you to incorporate more fruits and vegetables in your diet:

- Keep a fruit basket filled with fruits like apples, oranges, and bananas on the counter so it is easily accessible. This is also great for “on the go” snacks.
- Try to include a vegetable or fruit as a snack every day.
- Each color plays a different role in your health, so remember the more colorful your plate, the better.
- Start small. If you don’t consume five servings of fruits and vegetables a day, build up to it.
- Challenge yourself to a new fruit or vegetable whenever possible and before you know it you’ll be on your way to the “5 A day”.
- Use the resources that are available to you for your produce. Now is the season for farmers’ markets which provide a great location for fresh fruit and vegetables at an affordable price.

Try to remember these simple tips when it comes to preparing your meals for a healthier, happier lifestyle.

Farmers Market

Region 1 Farmers Markets

By: Janelle Humphrey-Rowan, ND Naturopath



From late June through October, depending on the harvest, farmers markets pop up all around the Mountain State. With each season there is an ever changing selection available, to provide a great variety. These markets allow us to have greater access to fresher fruits and vegetables by being able to purchase them at their peak. It also provides an opportunity to know where your food is coming from and ask questions and get recommendations from the farmers that produce it. Unsure what to do with a rutabaga, beet, or zucchini, the growers themselves usually can give excellent guidance on storage and preparation of their produce. At many markets more than just fruits and vegetables abound. You may also discover dairy and meat products ranging from fresh eggs to cheeses to grass fed beef. Sometimes markets offer grains, breads, jams, jellies, honey, and fresh herbs.

Utilizing these markets helps support the local economy and agriculture by creating jobs, increasing entrepreneurship opportunities, expanding consumer choices, and providing greater access to food. Better access to healthy foods can help increase their intake in our diets which in turn can help decrease rates of obesity and chronic disease such as heart disease and diabetes. Improved food access can also aid in making healthy foods more affordable. Farmers markets benefit the community by providing fresh produce to participants of WIC and Senior Farmers Market Nutrition Programs (SFMNP) through voucher use. Other ways that are beginning to develop are through community gardens and Farm to School Programs. Not all of these are available in all areas so check with your local farmers market manager or Extension Service for more details.

For more information regarding the benefits of farmers markets contact your local extension office or check out the Know Your Farmer Know Your Food Initiative sponsored by the USDA. To locate the farmers market: <http://search.ams.usda.gov/farmersmarkets/>. For more ideas on how to use your purchases in seasonal related recipes check out our cookbook, West Virginia Delights at: <http://www.peiapathways.com/Resources/Recipes>.

References:

- WVAgriculture.org- sends to USDA farmers market database
- WVfarmers.org/harvest-calendar/
- WVU Extension
- USDA and the Know Your Farmer Know Your Food Initiative

Overcome the Fear of Life Style change.

By: Charity Kabaiku



“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” ~ Nelson Mandela

Have you ever stepped in front of a mirror and wondered who is staring back at you? Do you have doubts about the person you have become or who you will become if you don't change your unhealthy ways? Change is inevitable. Ever since we were born and even before that, we have been changing – It's how we go from being children to adults. A lot of things around us including the weather are always changing. It's all part of life.

In order to achieve a good quality of life, we need to include healthy lifestyle choices. According to the Centers for Disease Control and Prevention (CDC), a healthy lifestyle includes healthy eating, regular physical activity, and balancing the number of calories we consume with the number of calories our body uses. The biggest reason why most people are resistant to making a lifestyle change is fear. Fear is a very powerful emotion because it only convinces you not to take any action towards your health. Nothing changes if nothing changes. If you maintain the same unhealthy behavior, then your health will just keep getting worse – unless you change.

The following are some of the reasons why people are fearful and resistant to changing their lifestyles, and ways to overcome them:

Fear of failure: You're so sure that you're not strong enough to maintain the change, so you choose not to try. The first step is usually the hardest. Start with changing one or even part of a bad habit. Try making your sweet tea half unsweetened, then skip your next glass and go for water instead. Before you know it, the small changes will slowly become habits, and eventually a lifestyle. You may not see the results right away, but if you focus on the journey and not the destination, you're more likely to succeed.

Fear of public humiliation: You feel that if people see you trying to exercise, they are going to judge you because you don't look fit enough or look good in your workout clothes. If you choose to exercise at a local gym, find a time when it's not very busy or use some work out videos at home. Also, identify a partner who can join you or encourage you in your journey and make it a point to focus on your effort and the milestones you're making.

Family traditions or routine: Maybe you are used to cooking with unhealthy ingredients, eating certain foods or doing the same unhealthy routines with your family. Choosing healthier ingredients or activities may seem like a “betrayal” to your family. You may even see yourself accepting the same ‘unhealthy’ family body type. You need to realize that with a little effort, you can become a better version of yourself. There are many ways of expressing love and loyalty to your loved ones. Being in better shape may actually make it easier to enjoy your time together and give of yourself. You have to try things outside of your comfort zone by doing better. Who knows, you may even inspire your loved ones to join you.

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Exercise of the Month: Butts and Guts Workout

By: Marjan Washington

Benefits of these exercises improves heart and lung function and reduces the risk of heart disease along with toning and shaping key muscle groups. You will maximize calorie burn during and after your workout. This regimen develops your core section, which helps with other exercises.

Instructions:

Perform each exercise for 30 seconds back to back before resting. After all the exercises have been completed, rest for 1-2 minutes and repeat for 2 more sets.

- **10 PLIE SQUATS**
- **20 PLIE PULSE SQUATS**
- **12 REVERSE LUNGES (EACH LEG)**
- **12 JUMP SQUATS**
- **12 DEEP BODYWEIGHT SQUATS**
- **12 PULSE SQUATS**
- **12 GLUTE BRIDGES**
- **12 SINGLE LEG GLUTE BRIDGES**
- **12 GLUTE BRIDGE PULSES**
- **15 PULSE CRUNCHES FROM BOTTOM TO TOP**
- **15 PULSE CRUNCHES FROM TOP TO MIDPOINT**
- **15 FULL SIT UPS**
- **15 LEG LIFTS (FEET BARELY TOUCH FLOOR)**
- **15 HEEL TOUCHES**



Note: Butts and guts exercises from past newsletters & if you do not remember some of the exercises, please refer back to previous newsletters for descriptions: <http://www.peiapathways.com/Resources/Newsletters>.



Beginner's Guide To Exercises.

By: Corey Clendenin



Have you been thinking about starting an exercise plan or just wanting to be more active? Congratulations, you're moving in the right direction. Whether you haven't picked up a weight in years or you are just starting out, remember that consistency is key to success. Just because you can't do 30 minutes of walking doesn't mean you should just give up. Start out by only walking 5 or 10 minutes at a time. This will still show results and get you moving towards your goal. The American College of Sports Medicine recommends people to exercise 150 minutes per week.

Engage in some sort of physical activity. Once you have reached your goal and you are ready, start adding in weight training exercise to achieve the best overall results. When someone is just starting out. They may overdo it by adding in too much cardio and/or weight training. This can result in excessive soreness and reluctance or inability to exercise.

Beginners can find success by choosing one activity to start with or alternate days with cardio workouts and weight training workouts until the body is ready to handle both on the same day. Both types of exercises are extremely important. Cardiovascular improves your heart and lungs. Weight training builds muscles, flexibility, and strengthens your bones. Exercise is the fountain of youth!

Pathways to Wellness offers a 3 month guide to exercise based in a calendar form. Each day is a new workout for you to complete and you check off once it is finished. Beginners can start with month one and work up to month 2, then 3. Each month getting harder but achievable if you stay consistent. It is a well-rounded plan to achieve real results. If you or your site would be interested in the exercise guide please contact your HPC to arrange the program. your heart rate and getting one step closer to your goals.

Dynaband Exercise

By Debbie Turner



Side Extensions:

- Standing straight with tummy tucked, hold the Dynaband in front of your body, chest high, with elbows tucked in at your side.
- Extend your right arm crossing over your body as you twist and rotate at the waist.
- Return and extend with your left arm.
- Continue alternating arms on each side for 10-15 reps.
- This is an excellent exercise to do when sitting at your desk for long periods, works your shoulders, back, oblique (side) muscles and waist and gets your blood pumping.



Region Summaries

1 Region 1 (Hancock, Brooke, Ohio, Marshall, Wetzel, Tyler, Doddridge, Marion, Harrison, Pleasants, Gilmer). Spring has sprung and so have several programs throughout Northern WV. The WV DHHR in Ohio County started H2O Go and Valley High School began the Back on Path Walking Program. Oak Glen Middle School choose to "Spice It Up". On-site health coaching continues at West Liberty University, another round is planned to take place this month. Work It Out assessments were completed at Doddridge County Elementary, the High School will be participating soon. The stress portion of Tri-Me concluded at the Fairmont-Morgantown Housing Authority, where they are gearing up for the nutrition portion. John Manchin Senior Health Care Center is also participating in Tri Me and will finish up the Dynaband physical activity portion soon. The Marion County Health Department wrapped up Back on Path and will start H2O Go. They have invited the Marion County Public Library, WVU Extension- Marion County Office, and OIC to join them. The Public Service Commission hosted a physical activity presentation in Bridgeport. H2O Go is planned for Hilltop Elementary School. It concluded at McNinch Primary School, Weir Middle School, and Weir High School. PiYo continues at Paden City High School and WV Northern Community College's Wheeling campus. Zumba continues at East Fairmont High School, Tai Chi and Yoga continue at the Marion County Board of Education. We are currently scheduling programs and presentations to wrap up the 2015 – 2016 school year.

2 Region 2 - (Monongalia, Taylor, Barbour, Preston, Lewis): In Monongalia County, The Work It Out program is still going strong, with multiple sessions already completed at Sky view Elementary, University High WV Rehabilitation Services and Morgantown High. The team at University High participated in lifestyle coaching with cardio checks and is set for the H2O Go challenge. Lifestyle coaching is scheduled to take place at WVU's Allen Hall while participants at Dorsey Learning Center are winding down with two challenges, Walking and H2O Go. In Preston County, folks at Kingwood Elementary and Fellows Ville Elementary are almost done with the Walking and H2O Go programs while Preston Co. High is going strong with the Dyna Band. Valley Elementary will participate in lifestyle coaching with cardio checks while the WV Military Authority chooses to go with the H2O Go challenge. Meanwhile at Taylor Co., the Zumba action at Anna Jarvis is still powerful. At Barbour Co., participants at Belington Elementary and Belington Middle are challenging themselves with the Walking and H2O Go challenges while the team at DEP offices

Will focus on the Walking program. At Lewis County, the team at Lewis Co. High are working on their strength training with the Dyna Band program.

3 Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph): Pendleton – FES nearing completion of their six week walking program. PCHS ready to get back on board City of Petersburg completed the H2OGo when they return for the fall semester. Grant – challenge and ready to participate in six week walking program. They are also interested in the healthy cooking classes with WVU. PEIA wellness program overview presented to Grant Co. DHHR. Hardy – Moorefield Elementary School and the Courthouse completed their 6 month follow-up of the WIO fitness assessment program with great results and cardio check testing at MES, while the Middle School just completed their initial assessments. The High school is finishing up their walking program and interested in participating in the WIO fitness assessments. Eastern Community College participated in the cardio checks over their spring break picking up several to participate in the walking challenge. They are very interested in participating in the healthy cooking classes offered by WVU extension. Dept. of Agriculture and East Hardy Early Middle School have also completed their walking challenge. Randolph – WV Parole Board completed their six week walking challenge. The DNR office began their 5 week stress less series with WVU extension. Huttonsville Correctional center interested in beginning healthy cooking classes with WVU extension, as well as the DHHR. Huttonsville Correctional Center and Randolph Co. Courthouse are also in the process of setting up dates for the WIO fitness assessments. Upshur – DOH interested in WVU healthy cooking classes, Buckhannon Middle school completed their six week water challenge and continuing with their yoga class which will take them to the end of the school year. Tucker – Tucker Co. Courthouse has begun their six week walking challenge, anxious to follow up with Dynaband class and hydration program as we get into the summer months.

4 Region 4 - (Monroe, Mercer, McDowell, Wyoming, Raleigh, and Summers): Region 4 is preparing for the end of school year with all the right tools for a healthy summer. Montcalm Elementary high school liked the H2O Go Challenge with 100% staff participation.

Bluefield State College in Mercer County is enjoying the fresh air with participation in our Back on Path walking challenge. Raleigh Board of Education has divided up into teams to get their Back on path walking challenge started. New River Community College has completed at all 3 campus Mercer, Ghent and Beaver the stress demonstration as the last portion on the Tri Me Program they started in January. What a great way to keep motivated and gear up for summer. We had a successful turn out from Region 4 at our Worksite Coordinator Training in Flatwoods. Thank you.

5 **Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, and Braxton):** Region 5 is springing into Action! DRS Summersville, Rupert Elementary, Lewisburg Elementary, Burnsville Elementary, Sutton Elementary, Davis Elementary and Braxton County Middle have kicked off their H2O Go challenge to increase their water and cut out sweetened beverages. Lewisburg Elementary and Braxton County Middle are counting their steps with the Back on Path Program. Sutton Elementary will be starting the first Work It Out program in the region! New River CTC Summersville and Lewisburg will be wrapping up their TRI ME program while reducing their stress. Lots of regional wellness meetings were attended in the area this month to start planning for the rest of spring and summer! .

6 **Region - (Jefferson, Berkeley, Morgan, Mineral, and Hampshire):** Region 6 has been very active this month. James Rumsey in Berkeley County and Burlington Primary in Mineral County wrapped up the Back on Path Walking Program. Mineral County Health Department is still staying active with their Zumba class. Jefferson County Board of Education, Mineral County DHHR, and Hampshire County DHHR are getting ready for the Dynaband program this month. Blue Ridge Community Technical College and DHHR in Martinsburg did the Pathways Overview presentation. Keyser Primary in Mineral County are excited to start the Back on Path Walking Program this month.

7 **Region - (Kanawha (non-school sites), Boone, Logan, and Calhoun):** The position of regional health promotion consultant for Region 7 has been filled by Salina Lyter. Region 7 hosted a variety of programming in April. The Alcoholic Beverage Commission participated in fitness assessments with Work It Out! The Kanawha Putnam Health Departments enjoyed another installment in the three-pronged Tri Me! Program. The Board of Risk Management enjoyed Work It Out as well as Cardio Chek screenings. A Physical Activity presentation was a nice break during the Public Service Commission's day-long training. The DEP learned how to better manage stress with the 10-minute Stress Reduction program.

8 **Region 8- (Mingo, Mason, Wayne, Cabell, Lincoln, and Putnam):** In Cabell County, High lawn Elementary has participated in the Tri-Me Challenge. Their first two presentations for Physical Activity and Nutrition have been conducted. They also scheduled Health Coaching for May 2016. Martha Elementary participated in the Tri-Me Challenge. Physical Activity, Stress and Nutrition presentations have already been conducted. Next will be health coaching. Container Gardening classes are scheduled for May 2016, worksite scheduled is Lincoln County DHHR and worksite of interest is Mildred Mitchell Bateman Hospital. Fitness classes are concluding at Martha Elementary School and Cabell Midland High School.

In Mason County, Beale Elementary School has started their first Zumba class 2 days per week. Lakin Hospital is also beginning their fitness class, Zumba, in May 2016. Meadows elementary will be participating in walking program in May 2016. Lincoln Co. DHHR and Lincoln Co. BOE began their walking program last week of April 2016. Lincoln Co. DHHR will also be participating in health coaching services in May 2016. Lincoln Co. DHHR is having farmer, Zeke Woods, set up in their parking lot every Monday at noon to be available to employees for purchase of his produce.

9 **Region 9 - (Clay, Ritchie, Wood, Wirt, Jackson, Roane, and Kanawha County Schools):** With the school year winding down, all of my schools are closing out their fitness classes. Central Elementary and Richmond have finished up their Zumba class with awesome feedback. Our new edition to the fitness class, Tai Chi, has had amazing feedback from sites like West Side Elementary and WV Department of Rehab. The WV Department of Rehab has been extremely active in 2016 with just finishing up their follow up with the Work it out program. Other sites like Roane County Courthouse is ready to finishing up their H2O Go program and start a stress management series. The City of Parkersburg is another site that has big plans for the summer, they are currently scheduling with me to set up a series of programs/presentations to be spread out over the summer. If any of our programs/presentations sound like something your site would enjoy please feel free to contact me.

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Fear of pain or discomfort: You're so sure that it's going to somehow hurt your body or make you very uncomfortable. Identify a healthy balance that you can live with and keep trying. Start with small, manageable steps, take a break when you have to and aim for a little more every time. It may be hard at first or you may fail at times but it gets easier the more you stick with it.

Not sure where to start: You're certain that you need to get healthier yet have no idea where to get started. Identify and take advantage of any support that may be offered in your community, by a friend or family member.

Your regional Health Promotion Consultant can provide you with lifestyle coaching. The initial session will include a baseline biometric assessment, lifestyle inventory and goal planning. Please contact your worksite coordinator for further assistance.

Do it for your health... Do it TODAY!