

February 2015 Newsletter PEIA Pathways to Wellness

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Featured above: Members of the Zumba Class held at Tomahawk School in Berkley County (Region 3).

Exercise is Medicine

By joining EIM, we hope to give our members a better understanding of the benefits of physical activity. Regular physical activity is a preventive health strategy and an effective treatment for a number of conditions including diabetes, hypertension, arthritis, heart disease, and depression. PEIA will advocate for members to have physical activity levels assessed as a vital sign, (frequency/duration of exercise), by their healthcare providers. EIM has standard “prescriptions” Pathways will utilize that are designed to assist people with chronic conditions when exercising. Members will begin to see the EIM logo and messaging included on Pathways to Wellness programs, hand-outs and the website, (<http://www.peiapathways.com/Home/Programs>). Everyone should make the effort to move—whether it’s walking, stretching, jogging or participating in a fitness class. (Check the website under “Programs” to find out what is offered.) Lifestyle coaches with Pathways can assist members with setting reasonable goals to begin integrating physical activity into your everyday life. Remember--- “exercise” can mean different things to different people. Some individuals may begin taking the stairs and walking up and down their hallways at work whenever possible. Other people may begin riding their bicycles with their children or playing sports. There are every day decisions each of us can make to increase our physical activity levels!

REST WELL. EAT WELL. FEEL WELL.



Diabetic Tips to Control Blood Sugar Levels

By: Corey Clendenin

Are you a Type I or II diabetic or know someone who is? Sometimes diabetics have trouble controlling their blood sugar levels. The following are tips and tricks to help get those numbers under control and keep them consistent. Managing diabetes is a full time job. It is important to avoid blood sugar “spikes” and “drops” to remain healthy!

1. **Consistent eating habits:** Skipping meals, like breakfast, can lead to inconsistencies in blood sugar levels. The “dawn effect” is a rise in blood glucose that occurs in the early morning hours, usually between 3 and 6 a.m. in people with a typical sleep schedule. The dawn effect is thought to be triggered by a normal predawn increase in the levels of hormones, particularly human growth hormone, that tell the liver to release glucose. This is the body’s way of making sure it has enough energy to get up and go come dawn. People with diabetes, though, may not have enough insulin to counteract these hormones. So a delicate balance is lost, and blood glucose can be too high by morning. Many people assume that the culprit behind a morning high is dinner the night before, but it may be the dawn effect that’s to blame. Eating breakfast helps to normalize blood glucose levels; it signals to the body that it is day and time to rein in the anti-insulin hormones.

2. **Carbohydrates raise blood sugar levels but diabetics still have to include them in their diet.** Smarter choices can be made. Cut out simple sugars that are found in soft drinks, candies, cookies, packaged snacks, white bread/rice, etc. Diabetics need to watch their carb intake and also pick healthy choices like sweet potatoes, brown rice, whole wheat

bread, fresh fruit, and vegetables. Remember-- eating ice cream with 25 carbs and eating an apple with 25 carbs is not the same. They have the same carb count but the apple is still a healthier choice overall.

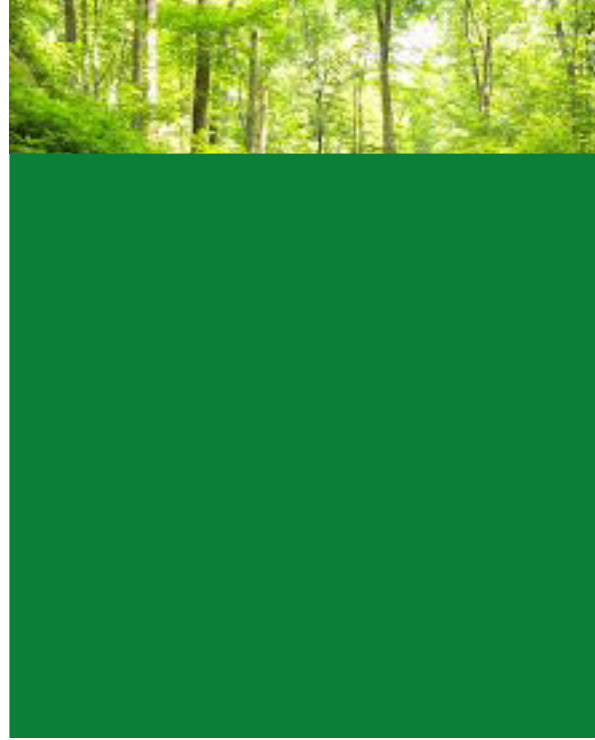
3. **Try drinking green tea.** This drink may not lower your blood sugar levels but replacing soft drinks or other sugary drinks may save you from high blood pressure by eliminating a high carb count beverage. There are also many benefits from drinking green tea daily.

4. **Drink that water!** It’s smart to drink a no calorie beverage whether or not you have diabetes. For diabetics, drinking water can help with keeping blood sugar levels consistent. When your blood sugar is high, it causes frequent urination which leads to dehydration. Drinking water may not lower your blood sugar but it helps in dealing with high blood sugar.

5. **EXERCISE:** This can’t be stressed enough. Daily exercise can benefit you in a multiple ways. First, exercise can lead to a good night’s rest. Tiring yourself out enough during the day is key and fights off restlessness. Poor sleep and inactivity leads to being lethargic on a daily basis which doesn’t allow you to burn off extra calories and leads to weight gain. Daily exercise can help you lose weight, which aids in addressing blood sugar levels, reducing stress, sleeping better, and feeling better throughout the day. You don’t have to join a gym. Try walking on your lunch breaks, or using the steps instead of the elevator.

Heart Healthy Treats: Raspberry Strawberry Smoothie

By: Angela Watkins



This strawberry-raspberry smoothie is not only a delicious treat, but it's good for your heart as well! According to Harvard researchers, eating strawberries may help reduce inflammation linked to clogging and hardening of the arteries and may reduce your risk of heart attacks. Raspberries are among the Cleveland Clinic's list of 40 best foods for heart health. Almonds are nutritionally dense and the American Journal of Clinical Nutrition states that almonds are one of the most heart-healthy foods around.

Strawberry-Raspberry Heart Healthy Smoothie Recipe

- 4 to 6 ounces almond milk
- 1 cup whole organic strawberries
- 1 banana, peeled (use frozen banana, thawed enough to cut for a chilled smoothie)
- 1/2 vanilla bean or to taste (alternate 1 teaspoon organic vanilla extract)
- 1/2 cup organic raspberries (fresh or frozen)

Start by adding the liquid to your blender, followed by the soft fruit. Blend on high for 30 seconds or until the smoothie is creamy.

Calories: 207

Fat: 1g

Protein: 2g

Carbohydrates: 46g

Calcium: 4% RDA (Recommended Daily Allowance)

Iron: 1.3mg

Vitamin A: 4% RDA

Vitamin C: 123% RDA



<http://www.incrediblesmoothies.com/recipes/strawberry-raspberry-heart-healthy-smoothie/>

DYNABANDS: Tricep Overhead Extension

By: Debbie Turner

Tricep Overhead Extension



Grasp dynaband with left hand behind the back and place right hand towards top of dynaband and pull upward, adjusting the band as needed to feel the best benefit (do not lock your elbow) this exercise may be more difficult than the earlier side tricep extension detailed in an earlier newsletter. If you have shoulder problems you would want to stick with the side tricep extension. Switch to the right hand behind the back and grasp with left hand pulling upward and repeat 8-10 reps.

Exercise of the Month: Planks

By: Marjan Washington

Plank exercises are a popular element of isometric training, which involves contracting your muscles against stationary resistance. Isometric exercises, such as planks, can help you get past strength-training plateaus between your upper body and lower body. Plank exercises benefit multiple elements of physical fitness and your general well-being.

Instructions:

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.

CHALLENGE: For 30 days, increase the length of your plank for position by 10 seconds each day.



Snowed In?

Exercise and Keep Warm!

By: Charity Kabaiku



If looking out the window and the winter weather makes you blue or the roads are impassable and you can't get to your preferred place for exercise, you don't need to fret. After all, if you wait for perfect conditions, you'll never get to exercise because there will always be something. The idea is to look on the bright side of things and keep your motivation candle burning. With a bit of optimism, you can still get in a good cardio workout indoors by doing simple exercises like jumping jacks, lunges and push-ups, and even throw in some strength training exercises.

Use what you have

Look around you for ideas and make whatever you have work for you. For example, without leaving the comfort of your house, you can utilize any or all of the following:

- Exercise equipment such as a treadmill or an elliptical
- Workout DVDs or active video games
- Jump rope
- Stairs to go up and down
- Your existing floor and wall to do some stretches
- Dumbbells or other items around your home to do some weight lifting exercises, (canned foods, milk jugs filled with water, etc.)

You may also go out and shovel the snow off your drive way or take a walk around the neighborhood for some crisp fresh air. Just remember to dress warm and watch your step.

Have fun, stay warm and safe!

Portion Control

A Guide to Weight Loss

By: Grace Matthews

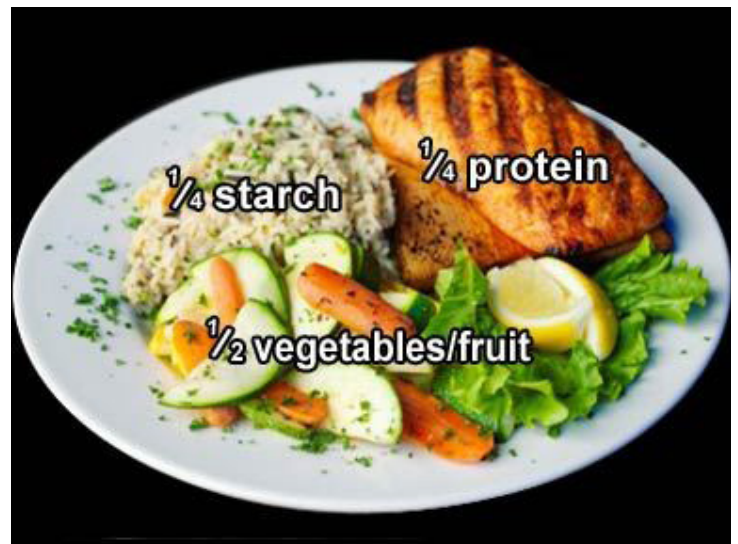
Portion control is an important practice to understand and implement when trying to lose weight or maintain a healthy weight. Whether you are dining out or eating at home, controlling your portions can be tricky. Portions have increased in most restaurants and there is the option to “super-size” on most fast food menus. Plate and cup sizes have increased, making it easy to forget about portion control. The larger the plate, the more likely you are to eat more food than is needed. Today’s portion sizes are two to five (2 to 5) times larger than what they were in the past. Obviously, increased portion sizes contribute to weight gain because individuals are eating more and many people think that they need to eat everything on their plate. When larger portions are served, we continue to eat before our brain has time to signal us that our stomach is full! Being mindful of your portion sizes doesn’t mean you need to carry a measuring cup with you at all times or need to memorize certain food lists. The recommended daily serving size for fruit for women is one and a half to two (1.5 to 2) cups and two (2) cups for men. Women should consume two to two and a half (2 to 2.5) cups of vegetables a day, while men should focus on eating two and a half to three (2.5 to 3) cups daily. Women should eat five to six (5 to 6) ounces of grains per day and men, six to eight (6 to 8) ounces per day. Keep in mind that half of the daily serving of grains should consist of whole grains. Both men and women should consume three (3) cups per day of dairy. For protein or meat, women should eat five to five and a half (5 to 5.5)

ounces per day and five and a half to six and a half (5.5 to 6.5) ounces per day for men.

Visual tips and shortcuts can assist in estimating your portion size. Some tips to remember include the following:

- The palm of your hand equals about three (3) ounces.
- One (1) cup is about the size of a baseball.
- A “cupped” hand equals about one (1) ounce.
- A computer mouse is equivalent to about a half of a cup.

Using these simple tips to control your portion sizes can achieve success in maintaining your desired weight as well as shedding any unwanted pounds!



Weight Management Success Story: Pam H



"It is about a choice - I can choose to continue down this path toward death, or I can choose to save my life"- **one woman's Weight Management Success Story**

In summer of 2012, Pam H., a state employee, had hit rock bottom. Although she hid behind her confidence, her obesity made it extremely hard for her to function on a daily basis. Any physical movement was a challenge. After undergoing leg surgery in 2004, complications required physical therapy several years later. It was in July 2012 that her physical therapist told her that she would be unable to help her recover, due to her obesity. At that point, Pam came to the realization, "You are actually killing yourself."

On August 5, 2012, Pam began a meal replacement

program, and quickly lost 80 pounds. After this initial weight loss, and being able to move better, Pam decided to enroll in PEIA's Weight Management program. She had considered joining the program in the past, but had not pursued it because at the time, she could barely walk; she did not believe she would be able to exercise.

On November 19, 2012, she had her first Weight Management appointment at the fitness center. Pam and her trainer set a three month goal, a six month goal, and a two year goal. Although some of those goals took longer to realize than originally planned, Pam was able to celebrate many non-scale victories, such as sitting in a chair with arms, and getting rid of a seat belt extender.

With each month, there were new victories to celebrate. Pam believes the Weight Management program helped her on her journey in many ways. The requirements of the program, such as attending the gym 8 times a month, forced her to plan her exercise in advance. Although she travels for her job, she made sure she would meet the requirements each month. The support of her personal trainer was another motivating force, and it was positive to have someone help celebrate the small victories along the path. Her trainer was someone to whom she was accountable, and that helped Pam stay on track. In addition, she felt supported by the other members at the fitness center, who complimented her on her hard work and determination. *(Continued on page 10)*

Region Summaries

1 **Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants)-** Members in Northern West Virginia have been staying warm by participating in a variety of offerings. Fitness classes are on-going in Harrison County in the form of Zumba at the City of Bridgeport and West Milford Elementary. McNinch Primary in Marshall County is enjoying PiYo. In Ohio County Middle Creek Elementary is having a boot camp while the WV DHHR is hosting yoga. Paden City Elementary in Wetzel County is participating in HIIT and PiYo is gearing up to start at Short Line Elementary. Site visits were made in Ohio County (Ohio Co. Schools Transportation Department, Sand Hill Elementary). H2O was started in Marion County (John Manchin Senior Health Care Center). Weigh to Go wrapped up in Hancock County (New Manchester Elementary). The Dynaband program started up in Hancock/ Brooke County (WV DHHR). Our newest offering “Catch Your Breath” as well as “Sleep, Insomnia, and Stress” were conducted in Marion County (John Manchin Senior Health Care Center). Several programs were postponed due to weather and cancellations and we are already booking events for the spring.

2 **Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker):** **Monongalia County** - New classes in Yoga and Pilates have started at WVU and a lot of action continues at Skyview Elem., Mountainview Elem., and Westwood Middle are all enjoying their Yoga sessions while Suncrest Primary is energizing with Zumba. Mon Co. DHHR is busy enjoying the benefits of water with the H2O Go program. **Preston County** - Preston Memorial Physical Therapy Ctr. joined the network for the fitness Ctr. discount, providing a much-needed benefit to area residents. **Taylor County** - Pruntytown Correctional Ctr. is energizing with a new Zumba class while Grafton High and Taylor Co. Middle are all set for Walking and H2O Go. **Barbour County** - Junior Elem., Volga-Century Elem., and Philippi Elem. are all set to begin the Walking and H2O Go program, while Belington Elem. is energizing with a new Zumba class. **Lewis County** - Both Sharpe Hospital and Lewis Co. High. are relaxing with Yoga class.

3 **Region - (Pendleton, Grant, Hardy, Hampshire, Jefferson, Morgan, Berkeley and Randolph):** **Pendleton County** – DHHR/ DMV continuing with 6 week H2OGO challenge, PEIA participants continuing with Zumba on their own, Brandywine Elementary to begin H2OGO program. **Hardy County** – East Hardy High School is having great participation with 6 week cardio class and H2OGO challenge.

Rehab finished up the H2OGO challenge and is beginning a 6 week walking challenge. Moorefield Elementary is having a Zumba class on their own and beginning the H2OGO program. East Hardy Early Middle, BOE and Department of Ag are beginning H2OGO program, Moorefield Middle School beginning strength/conditioning class. **Grant County** – Region 8 completed H2OGO presentation and is beginning the 6 week challenge. DHHR completed H2OGO challenge. **Randolph County** – Coalton Elementary is having great participation with their Yoga Class. Vo Tech is interested in starting one as well. DHHR, DNR and Tygarts Valley High School participated in the H2OGO presentation and are currently doing a six week challenge. Huttonsville Correctional Center is continuing with on-site fitness class and ‘weighed out’ from the Weigh to Go Program. JR Elementary, Third Ward Elem, Division of Rehab to begin H2OGO program. **Tucker County** – High School is interested in beginning programming. DHHR included in H2OGO challenge with Randolph County. **Upshur County** – Union Elementary taking the plunge with the H2OGO program.

4 **Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming):** Mercer County is implementing several Back on Path challenges to be heart healthy in February. Pikeview Middle School has divided up into teams to see who can walk the most steps. Athens Elementary, Oakvale School and Montcalm High are also stepping it up in February. Peterstown Elementary, which finished up a successful RIPPED class, is getting hydrated with H2O Go. Crescent Elementary and Cranberry Prosperity in Raleigh County are enjoying their fitness classes. Woodrow Wilson High school just completed a successful YOGA class. The staff of Summers DHHR are enjoying their Zumba class. McDowell County is ready for H2O Go at McDowell DHHR. Let's stay warm by getting geared up for a healthy spring!

5 **Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster):** The New Year is bringing many new wellness initiatives to Region 5. Greenbrier West High School and Summersville Elementary are starting on the right foot with their Back on Path walking programs. We are wrapping up the holiday program Weigh to Go! at Greenbrier Co Department of Highways, Robert C. Byrd Clinic, Greenbrier West High, Fayette County Board of Education, Summersville Elementary, Fayetteville High, and Frametown Elementary. Fitness Classes are beginning at Rosedale Elementary, West Virginia School of Osteopathic Medicine and the WV Division of Rehabilitation Services in Lewisburg. Fayetteville High, Fayetteville

Elementary, Gatewood Elementary, Braxton Co DHHR and the WV DEP in Oak Hill have all pledged to make water their beverage of choice with the H2O Go! program. Many wellness opportunities are on the horizon for the year!

6 Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire): Region 6 has been getting active with the onsite fitness classes. Mountain Ridge Intermediate in Berkeley County started a boot camp and CW Shipley in Jefferson County started a Zumba class. Hedgesville Elementary in Berkeley County kicked off the walking program. Opequon Elementary in Berkeley County did the H2OGO presentation and started the H2OGO challenge. North Middle School in Berkeley County has the H2OGO presentation and challenge coming up. Spring Mills and The Division of Rehab in Martinsburg are wrapping up the H2OGO challenge this month. Pikeside Learning Center in Berkeley County finished up the back on path walking program. We have many great presentations to offer you this year. If you are interested in starting a wellness program at your site or exploring Pathways offerings, please contact your regional Health Promotion Consultant for more information.

7 Region - (Kanawha County State Government, Boone County): 2015 continues to be busy with a wide variety of wellness activities throughout the region. The Bureau for Public Health at the Diamond Building in Charleston is hosting the 5 class series Stress Less with Mindfulness. The Department of Education provided the Rethink Your Drink presentation for its employees, and is in the process of starting a yoga class. The DEP started a yoga class in February. The DMV has resumed their yoga class, and the ABCA continues their boot camp class. In addition to fitness classes, many sites are scheduling the H2O Go Presentation and challenge. In January, this presentation was held at the ABCA and the DMV; in February it will take place at the DDS in Charleston. Individual health coaching is also popular this time of year, with many individuals at the Logan County Board of Education participating. Many worksites are planning their wellness activities for the year. If you are interested in starting a wellness program at your site or exploring Pathways offerings, please contact your regional Health Promotion Consultant for more information.

8 Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties): Sites in Cabell and Mason Counties have completed their "Weigh To Go" challenge through the new year. The average of all participants lost weight on the program during the holidays. Fitness classes have continued at Cabell Huntington Health Department and Barboursville Middle School. Lincoln Co. BOE and City of Barboursville have begun their yoga classes. City of Barboursville also started their H2O Go program. Robert C. Byrd Clinic began their dynaband program for the next six weeks. Health Coaching sessions will begin at Marshall Health next week and in addition, they are also beginning their H2O Go program. Hurricane Town Elementary will begin their walking program next week. Cabell Co. DHHR is participating in H2O Go program with 61 participants which is very exciting. Mingo Co. is holding health awareness fairs throughout this month and next month at a different school each week in order to introduce our programs and participate in program of choice. If you are interested in starting a wellness program at your site or exploring Pathways offerings, please contact your regional Health Promotion Consultant for more information.

9 Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants) - Region 9 has started off strong for 2015. It was one of the busiest months. Many sites have

been loving the H2O Go program like Spencer Middle and Hamilton Middle. Each had a great turn out. Other sites are signing up for the walking program with spring weather right around the corner. By the end of February, Region 9 will have ten different fitness classes going--ranging from boot camp to yoga to Zumba. G.W. High in Charleston and St. Albans High are the two newest to start up a yoga class. Hamilton Middle of Parkersburg will be starting their new yoga class as well as a stress management/reduction presentation. Other schools like Jackson Middle and Lubeck Elementary are loving their Zumba classes held twice per week to kick start their new year. Also taking full advantage of the PEIA Pathways programs is West Brook Health Services of Parkersburg. They just completed the "Spice it Up" presentation and already have the Stress Management/Reduction Presentation scheduled. If you are interested in starting a wellness program at your site or exploring Pathways offerings, please contact your regional Health Promotion Consultant for more information.

Success Story Continued (Page 8):

One of the most significant victories Pam celebrated was being able to grocery shop for herself. As a very independent individual, it was demoralizing having to depend on others to do her shopping for her. On March 7, 2013, she was able to walk through the entire grocery store by herself for the first time in 8 years. Pam described it as her "most important victory. It was hard, I was sweating, but I felt empowered." On that day, she knew she was going to succeed. "I knew right then and there I was going to be ok, independent...I would not have to depend on others for anything". This was one of the most liberating moments in her weight loss journey. It was not an easy journey. Although she was athletic in her youth, it still took about 18 months of participating in the program before Pam actually looked forward to going to the gym. "It had been decades since I felt normal", Pam realized. "I had to become selfish", in order to take care of her personal health needs, because "I was trying to save my life". In addition to losing 280 pounds over 19 months, Pam has also significantly improved her health in many ways. Her cholesterol and triglycerides are now well within normal range. Her 'bad' (LDL) cholesterol got lower, and her 'good' (HDL) cholesterol increased. She is no longer on blood pressure medication. However, the challenge is not over. Since graduating from the program, she has regained a small portion of the weight she lost. As of the first of the year, she has re-committed herself to getting back on track. She has started to slowly lose the regain and is moving back towards her goal weight. Once she lost the structure of the program, she struggled to create a new, less rigid, structure that still meets her health needs. She is using the same tools, with a different mindset. "Every one of us is one bad decision away from disaster - starting down a path to bad health...starting that vicious cycle". Pam is confident that she will get back to her goal weight, and continue to improve her physical and mental health. Pam describes it as "a never ending battle". By participating in the Weight Management program, she has gained the tools she needs to win the battle.

