

A HEALTHIER  
TOMORROW  
STARTS  
TODAY

# SCCOE WORKPLACE WELLNESS

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July is UV Sun Safety Month

- Learn more about sun safety on page two and online at [www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)
- Keep checking back for exciting new classes, events, and activities



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For more information, contact

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[www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

## Earn *Vitality* Points for wellness activities

THE POWER OF HEALTH™

Vitality members can earn Vitality Points, redeemable for merchandise on the Vitality Mall, by completing a group fitness series or athletic event, or participating in a sports league. They may also earn Vitality Points by forming a walking group at their worksite.

Pre-approved group fitness series classes include, but are not limited to, yoga and Zumba, and may qualify for Vitality Points. Please contact Tricia Zamora for complete rules and details.

Many running, cycling and triathlon competitions qualify as athletic events. Each event falls under a different category, with an earning range from 250 to 500 Vitality Points.

For example, a 3K run/walk is a Category 1 event, earning 250 Vitality Points.

Category 1: 250  
Category 2: 350  
Category 3: 500

Upon completion of an athletic event, submit the athletic event form and event documentation found online at [www.powerofvitality.com](http://www.powerofvitality.com). A complete list of athletic events can also be found online.



**Organized  
WELLNESS  
ACTIVITIES**

Active sports leagues members qualify to earn Vitality Points for baseball, basketball, volleyball, soccer, tennis, and many others. Leagues do not have to be sponsored by

the Santa Clara County Office of Education. Find a complete list online.

The Healthy Steps: SCCOE Walking Group Program is another fun way to earn Vitality Points. Gather three or more coworkers and complete 10 walks of 30 minutes in:

- 10 weeks (once per week)
- 5 weeks (twice per week)
- 30 days (several walks per week)

Once the group reaches its goal, each group member will earn 350 Vitality Points. To learn more, go to [www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness) and download your walking group packet.

Contact Tricia Zamora at 453-3616 or [tricia\\_zamora@sccoe.org](mailto:tricia_zamora@sccoe.org) if you do not have three or more people at your worksite or have further questions.

Brought to you by



**September 1 kicks off the second year of Vitality at the SCCOE!  
Each year, you must complete your Health Risk Assessment (HRA) to  
keep your Vitality membership active.**

# July is UV Sun Safety Month

Sunshine is a vital part of overall health and is the best source of the essential Vitamin D. However, too much sun exposure can cause sunburn and a risk of certain skin cancers.

Sunscreens promise protection from the sun's ultraviolet (UV) rays and studies have proven that sunscreen lowers the incidence of some skin cancers. However, sunscreen doesn't give complete protection and using it doesn't mean increased exposure to the sun for long periods will not cause damage.

Sunlight contains two types of UV rays that cause skin damage: ultra-



violet A (UVA) and ultraviolet B (UVB).

- UVA rays cause aging of the skin and are linked to some skin cancers.
- UVB rays damage skin cells, cause sunburn and most skin cancers.

The goal of a sunscreen is to protect the skin from UV rays. It's important to choose the right sunscreen by focusing on the SPF (sun protection factor) number on the label. Experts recommend using sunscreen with an SPF of 15 or higher.

SPF is an indicator of how well the sunscreen protects against UVB rays. For example, with an SPF 15 sunscreen, after 15 minutes spent in the sun, exposure to UVB rays is

equal to one minute. An hour in the sun wearing SPF 15 sunscreen is the same UVB exposure as four minutes without sunscreen.

A good sunscreen should protect against both types of UV rays. Make sure the label says "broad-spectrum" or that it provides both UVA and UVB protection. To provide broad-spectrum protection, most sunscreens will include some of the following:

- Chemical ingredients: These absorb both UVA and UVB radiation and may include avobenzone or benzophenones. Some can cause skin reactions.
- Physical ingredients: These block and reflect both types

(Continued on page four, Sun safety)

## Meet Myrna Zendejas, a true Vitality Champion!

As the Migrant Education department's Healthy Specialist, my job is to encourage healthy lifestyles among children and families. Health is very important to me, and I like to share my conviction with others.

My favorite healthy activity is walking. I walk every day year-round to keep healthy and happy at work and at home. I enjoy walking with coworkers and recently my department started a "Walking the Talk" group walk on Fridays. Here is what colleagues are saying:

"You know it is Friday when

you are at your desk typing away, the tension visible on your face, completing a task or 'the world will come to an end,' and you hear the arrhythmic thumping of footsteps. It's the Migrant Education group out for their weekly constitutional walk. They comb the office and call out to join them!"

"It refreshes my mind and body, and helps me continue the work day with a positive attitude."

"Our weekly team walks are a great way to end the week! It helps me start the weekend



(Myrna, far left in black, and the "Walking the Talk" group)

feeling good and makes me feel like I'm part of a very tight team that truly supports each other in our health and professional goals!"

"Thank you for spearheading Walking the Talk! It is great to walk with the team because it gives me the chance to connect with those I don't see regularly."



*Choose fresh produce instead of processed foods; shop the store's perimeter first for fruits and vegetables before going down the aisles with the boxed goods.*

## Vitality JACKPOT

### May

Clare Sullivan - Oster  
Victor Pantoja - Facilities

### June

Lizette Bravo - Dorsa  
Hector Marin Rosales - Facilities  
Paul Cachopo - Osborne  
Dennis Sturgeon - Cory  
Bahar Bagheroghli - Ann Darling

## Frozen, canned, and fresh

The U.S. government recommends adults eat at least five servings of fruits and vegetables a day. Whether fresh, frozen, or canned, all versions are filled with vitamins, minerals, and fiber and are low in calories, fat and sodium.

Frozen fruits and vegetables have many advantages over their canned and fresh versions. Often less expensive than fresh, frozen produce is harvested at their peak and available year-round. They come pre-cleaned and cut, and sealed for freshness, locking in their nutrients. An added bonus is no worry about spoilage.

However, avoid frozen vegetables in ma-

ranades or sauces. They are often high in fat, calories, and salt, and are loaded with chemicals and preservatives.

Defrost frozen vegetables, add your favorite seasonings, and sauté in a tablespoon of grape seed oil for a quick and healthy side dish.

Like their frozen versions, canned produce is packed within hours of being picked. Purchase canned goods in their own juices, low-sodium versions, or rinse them off.

Add canned vegetables to pasta or potato salad for added flavor and nutrition.

Most fresh produce keeps well in the drawer

of a refrigerator for three to five days. Do not wash produce until you are ready to use it. Wrap vegetables in plastic bags

**Keep salt intake to less than 2,300 mg of sodium (about a teaspoon) a day. Avoid foods with added salt.**

for extra life, and place greens in paper towels to absorb the moisture.

Potatoes, onions, and tomatoes may

be left on the counter for several days. Asparagus, celery corn, and squash are freshest within three days of purchase, while broccoli, cauliflower, green beans, kale, lettuce, and spinach stay fresh up to five days. Beets, carrots, Swiss chard and turnips will last up to 10 days.

(Reference Readers Digest)

## Unused vegetables in the refrigerator

Blanch and freeze vegetables before they spoil inside the refrigerator's crisper drawer. Add them to rice pilaf, casseroles, macaroni salad, or stir-fry, or make soup or a green smoothie.

1. Clean and cut the vegetables into small bite-sized pieces.

2. Add to boiling water for one minute.
3. Fill a large bowl with ice and water.
4. Drain the vegetables and place them in the bowl with ice and water to stop them from cooking.
5. Place into resealable baggies and freeze up to three months.

Use spinach and kale to make a green smoothie. Add pears, bananas, apple cider, and ice for a fruity frozen delight. Throw in some berries, a little mango or pineapple too.



## Sun safety, continued from page two

of UV radiation. Zinc oxide and titanium dioxide are more common physical compounds found in sunscreens and are less likely to cause allergic skin reactions than some chemical ingredients.

The Food and Drug Administration (FDA) just passed new rules requiring sunscreens to protect from both UVA and UVB to be called broad spectrum, but the regulations do not go into effect until summer 2012.

It's important to remember that no sunscreen provides complete protection. Even if you don't burn, too much time in the sun can still damage and age the skin and increase your risk of skin cancer.

Many moisturizers and other cosmetic products have an SPF. These products may be fine if only a few minutes each day are spent in the sun. But if you work or play outdoors, you need a stronger, water-resistant sunscreen.

To protect from the sun's damaging rays:

- **Use a sunscreen with an SPF of at least 15.** Apply an ounce (about a shot glass) 20 or more minutes before sun exposure to give it time to bind to skin.
- **Apply sunscreen generously.** Coat all skin not covered by clothing. Don't miss easy-to-forget areas, such as tops of the feet, lips, ears and under the arms. Put sunscreen

on before dressing to be sure to cover all areas.

- **Reapply sunscreen every two hours** when outdoors and after swimming, sweating heavily and towel-drying off.
- **Use sunscreen every day.** UV rays reach the earth even on cloudy, rainy and foggy days, and UVA rays can pass through glass.
- **Don't rely on sunscreen alone to protect your skin.** Cover up when outside. Wear a brimmed hat, UV protection sunglasses and a long-sleeved shirt, pants or skirt.

Visit [www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness) for a fun sun safety quiz and video.

(Reference: [www.sunprotection.net](http://www.sunprotection.net))



*Avoid the sun between the hours of 11:00 a.m.-2:00 p.m. when the intensity of the UV rays are at their greatest*

## Frozen banana cool treat

Low in sodium and abundant in vitamins and minerals, bananas are among the healthiest of fruits. This easy snack is a treat for everyone.

### Ingredients:

2 bananas  
1/2 cup light coconut milk  
1/4 cup flaked sweetened coconut, toasted  
wooden Popsicle sticks



### Preparation:

Cut the bananas in half crosswise. Combine the bananas and 1/2 cup of the coconut milk, tossing to coat. Insert a wooden Popsicle stick into the cut end of each banana half. Sprinkle the bananas evenly with 1/4 cup coconut, pressing to make the flakes stick. Place banana halves on a baking sheet lined with wax paper, and freeze pops at least one-hour. Let them stand at room temperature five minutes before serving.

### Nutritional Information:

Calories: 94  
Fat: 3g (sat 2g, mono 0.0g, poly 0.0g)  
Cholesterol: 0.0mg  
Protein: 1g  
Carbohydrate: 18g  
Fiber: 2g  
Iron: 0.0mg  
Sodium: 19mg  
Calcium: 1mg

Visit [www.whfoods.com](http://www.whfoods.com) to learn more about the banana, including how to purchase and store properly.