

SCCOE WORKPLACE WELLNESS

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A HEALTHIER
TOMORROW
STARTS
TODAY

June is Men's Health Month

- Learn more about men's health and disease prevention on page four



For more information, contact
Tricia Zamora, Wellness Coordinator
Organization Development ~ Human Resources MC 264
Tricia_zamora@sccoe.org
(408) 453-3616 ~ (408) 453-6811 fax
www.sccoe.org/staffwellness

It pays to work out using

Physical activity improves health and well-being and it pays too! Vitality members enjoy rewards for tracking and submitting their activities using **one** of the following devices or partner gyms.

Polar heart rate monitors track the heart rate during exercise. Vitality Points are awarded for 30 minutes of activity with an average heart rate at least 60 percent of maximum. Many heart rate monitors can be worn in the water to record swimming or water exercise.

"I bought the Timex Race Trainer and love the fact that I can work out when, where, and how I want to while still being rewarded." Jeffrey Nabity, SCCOE Human Resources

Check-in and exercise at a **partner gym** where workouts are recorded and

sent to Vitality. Vitality is partnered with 24 Hour Fitness, Curves and the SCCOE Fitness Center (free to all staff). Monthly subsidies are available for eligible Vitality members (\$15/month to \$35/

month). The amount depends on Vitality status.



The **Vitality Activity**

Tracker is a free application for the iPhone, iPod Touch, and iPad. It tracks time, distance, and calories burned when walking, running, or biking. With a touch of the screen, workout information is sent to Vitality. Vitality Points are awarded when 200 calories are burned during an exercise session.


The **Fitbug** digital pedometer counts, records, and uploads daily steps. Log 10,000 steps in a day to earn credit for a work-

out.

"The Fitbug gives me the push I need to take a few more steps every day." Jan Boone, SCCOE Human Resources

Register online with **Vitality Training Peaks** and earn Vitality Points using other compatible fitness devices. Training Peaks records and submits workouts to Vitality. For a list of compatible devices, visit ENGAGE>FITNESS on the Vitality website.

The **Healthy Habits** online Vitality tool tracks exercise without a device or partner gym. Healthy Habits is a convenient way to schedule and log activities. Earn Vitality Points for workouts at home, without a device, or at a non-partner gym. To get started scheduling workouts, go to Plan> Healthy Habits on the Vitality website.

Brought to you by 

To schedule onsite Vitality registration for teams and individuals, contact Tricia Zamora at (408) 453-3616

Eat your vitamins for optimum health

Nutrients keep a body functioning at its best; builds strong bones; and improves brainpower, mood, and memory. Vitamins are nutrients that make the body work properly. Vitamins come from a variety of foods and some foods contain more than others.

According to the U.S. Department of Agriculture (USDA), Americans do not get enough calcium, potassium, fiber, magnesium, or vitamins A, C and E. Instead of just taking a multivitamin, try to incorporate more of these nutrients in your daily diet.

Your body needs **calcium** to build strong bones and teeth, and maintain bone mass as an adult. Great sources of calcium are:

- Nonfat or low-fat dairy cheese, milk, and yogurt
- Fish and seafood such as sardines and salmon
- Beans
- Spinach
- Oatmeal

A diet rich in **potassium** helps your body maintain a healthy blood pressure. Try these options:

- Sweet and regular potatoes
- Beans
- Nonfat or low-fat dairy cheese, milk, and yogurt
- Fruit such as bananas, peaches, cantaloupe, and honeydew melon
- Fish such as halibut, yellow fin tuna rockfish, and cod

For more **fiber**, eat at least 2 cups of fruits and 2 cups of vegetables each day.



Magnesium helps the body produce energy and helps muscles, arteries and the heart work properly. Vegetables such as pumpkin, spinach, and artichokes are full of magnesium. So are:

- Beans, soybeans, tofu, and brown rice
- Nuts such as Brazil nuts, almonds, cashews, and peanuts

Vitamin A assists with vision development, and cellular growth and maintenance. You can find it in:

- Organ meat such as liver and giblets
- Vegetables such as sweet potatoes, pumpkin, carrots, spinach, and turnip greens
- Cantaloupe

Vitamin C helps the body develop collagen for blood vessel, bone, and muscle health. It's found in:

- Fruits such as guava, oranges, kiwi, strawberries, cantaloupe, papaya, pineapple, and mango
- Vegetables such as raw red sweet pepper, raw green sweet pepper, Brussels sprouts, broccoli, sweet potatoes, and cauliflower

Vitamin E is an antioxidant that helps protect cells from damage. Look for it in:

- Nuts and seeds such as sunflower seeds, and almonds,
- Turnip greens
- Peanut butter

(Reference www.webmd.com) • Spinach

Raw and cooked vegetables

It is important to eat a mix of cooked and raw vegetables daily.

Compounds - found in fruits, vegetables, beans, and grains - include lycopene, the antioxidant linked to fighting cancers and other chronic diseases; beta carotene a source of vitamin A, ascorbic acid (Vitamin C), and folic

acid (Vitamin B).

Cooking destroys some phytochemicals, while it can enhance others. Cooking tomatoes gives them a higher dose of lycopene, and cooking squash delivers more beta carotene. Raw spinach has more vitamin C and foliates.

Cooking methods are also

important. Steaming helps retain vitamins B and C. The Journal of Food Science studied cooking methods for 20 vegetables, finding that microwaving and baking yield the lowest loss of antioxidants.

Ultimately, the healthiest way to prepare and eat vegetables is any way they'll be eaten.

(Reference www.scientificamerican.com)





Whole grains have valuable antioxidants not found in fruits and vegetables, as well as vitamins B and E, magnesium, iron and fiber needed daily in a healthy diet.



Whole grains are a healthier choice

Rich in essential nutrients, fiber, vitamins, and minerals, whole grains are loaded with health benefits. Additionally, fiber foods make you feel full longer.

Whole grains still have their bran and germ, while refined grains had theirs removed by milling. It's not hard to see which grain, whole or refined, is the better nutritional choice.

Different grains are grown around the world. Some of the more common whole grains you can find in a grocery store include: barley, brown rice, whole wheat pasta or couscous, flaxseed, mil-

let, oats, quinoa, rye, and spelt.

Find whole grains on packages, and look for them among the first listed ingredients. Choose items with 3 or more grams of fiber per serving.

A slice of whole wheat bread has the same number of calories as a piece of white bread, but it provides over double the fiber and protein.

People who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36 percent, stroke by 37 percent, Type II diabetes by 21-27 percent,

digestive system cancers by 21-43 percent, and hormone related cancers by 10-40 percent. This is because of the phytochemicals, non-nutritive plant chemicals, that have protective or disease preventive properties and antioxidants.

Whole grains with 3 grams of fiber include:

- 1/2 cup cooked oatmeal
- 1/2 cup cooked 100 percent whole grain pasta
- 1/2 cup cooked brown rice or barley
- 1 slice of 100 percent whole-grain bread
- 1 cup of whole-grain cereal or 1¼ cup puffed

(Reference www.fda.gov)

Roasted vegetables

This is an easy seasonal vegetable dish that can be made ahead of time, and reheated before serving. Lemon juice can be substituted for balsamic vinegar, and you can use baking potatoes if you do not have any Yukon Gold.

Prep time: 15 mins.
Cook time: 40 mins.
Preheat oven to 475 degrees.

Ingredients:

- 1 butternut squash
- 1 sweet potato
- 3 Yukon Gold potatoes
- 2 red bell peppers, seeded and diced
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tbsp chopped fresh rosemary
- 1/4 cup olive oil
- 2 tbsp balsamic vinegar
- salt and pepper

Cube the squash and potatoes. In a large bowl, combine the vegetables. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated.

Spread evenly on a large roasting pan and roast for 35 to 40 minutes, stirring every 10 minutes, or until vegetables are cooked through and browned.

(Recipe by Sandra on www.allrecipes.com)

June is Men's Health Month

Men's Health Month is about creating awareness of preventable health problems, and encouraging men to see their doctor for early detection and treatment of disease.

A few simple lifestyle changes can help address men's health concerns such as heart disease, cancer, obesity, diabetes and stroke. The good news is that it's never too late to

Get screened or tested to find diseases early

activity can help lower blood pressure, cholesterol and weight. By keeping these numbers down, the risk of serious health problems like diabetes and heart disease also decrease.

start taking better care of your health.

A daily healthy diet and regular physical activ-

Get screening tests on schedule. Blood pressure should be checked at least once every two years, cholesterol every five years, and men over the age of 50 should have a colorectal and prostate cancer screening.

The bottom line is that simple diagnostic and screening tests can save lives.

Learn more at www.menshealthmonth.org



*National Men's Health Month
Awareness.
Prevention.
Education.
Family.*

Healthy dining out

It can be difficult making healthy decisions when dining out. Menus are like secret codes to be deciphered. Follow these tips to help locate items with less fat and calories.

- **Read the full description.** Items called fried, battered, creamy, crispy, scalloped, Alfredo, or in cream sauce are usually high in calories, unhealthy fats or

sodium. Pick lower calorie, lower fat cooking methods. Look for baked, broiled, grilled, roasted, or steamed.

- **Drink water.** Soda is full of sugar and calories. Add lemon to water or order unsweetened iced tea.
- **"Undress" your food.** Dressings, cheese, and sour cream are loaded with fat, calories, and salt.

Order these items on the side and control the amount on your dish, or go bare.

- **Try roasted vegetables instead of fried.** Order baked potatoes, either sweet or regular, and skip the butter and sour cream.
- **Grill meats.** Try your favorite fish or chicken grilled, broiled, or baked.
- **Order vegetable pizza.** Try thin crust with light sauce and less cheese.

(Reference www.helpguide.org)

Vitality
JACKPOT

Angela Ramirez of Della Maggiore is our April winner.

Free applications help with healthy choices

MyFitnessPal counts and tracks calories for free on the iPhone and Android. Featuring 900,000 foods in its database, the application can set your daily caloric goals, and display the calorie, fat and nutrition content of the foods you

eat, including popular brands and restaurant dishes. Plus, it recommends exercises and recipes based on your specific input.

The **MINDBODY Fitness**, also for the iPhone and

Android, uses a GPS locator to find fitness classes available in the area, or you can request a specific location. It describes the classes, and lists the teachers, locations, and times.