

# WOW WORKING ON WELLNESS

Quarterly Newsletter From the Office Of Chronic Disease Prevention and Health Promotion

## FRUITS & VEGGIES

Get them in this Summer

One in five Americans eat the recommended five to nine servings of fruits and vegetables each day. Consuming the daily recommended number of fruits and vegetables could reduce your risk for serious diseases like heart disease or cancer. Think about what you are loading your cart up with when shopping at the grocery store. Shopping for fruits and vegetables CAN be the easy choice. Before heading to the grocery store, think about these three strategies and how they can work for you.

### #1: Incorporate Fruits and Vegetables Into Every Meal

**Breakfast:**

- Add fresh fruit to your cereal.

**Lunch:**

- Cut the potato chips. Go for veggies with hummus dip.

**Dinner:**

- Add a can of corn or green beans to the main entrée.

### #2: Make Your Fruits and Veggies Work For You

**Be a Bargain Hunter:**

- Watch for sales and what's in season.
- Check out your local farmer's market for produce.

**Freeze:**

- Buy extra of sale items and freeze for later.

**Let It Grow:**

- Grow a garden!

### #3: Get Your Five on The Go

**Eating Away from Home:**

- Replace fries with fresh fruit.
- Try vegetables in place of potato chips.

**Eating in the Car:**

- Throw in some dried fruit, carrots or grapes!

**At Work:**

- Avoid the vending machine, or work with your employer to add healthy items such as string cheese, trail mix and 100% vegetable or fruit juice.
- Store dried fruit at your desk.
- Implement healthy meetings that offer fruit instead of bagels or donuts.
- Have a healthy dishes or salad recipe exchange.

Courtesy of:

Self-Care Essentials; Wellness Council of America



Inside this issue:

Fruits and Veggies	1
Get them in this Summer	
Beat the Heat	2
Save the Date	2
Symphony Pizza	3
Challenge your Workplace	3



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

# Beat the Heat



Protect your employees from heat stress this summer. Provide employees training on the different types of heat stress, what heat stress is, how it affects their health and safety and how to prevent heat stress from happening. Below are the types of heat stress your employees should know about.

- Heat Stroke
- Heat Exhaustion
- Heat Syncope
- Heat Cramps
- Heat Rash

## Employers should take the following steps to protect workers from heat stress:

- Schedule maintenance and repair jobs in hot areas for cooler months.
- Schedule hot jobs for the cooler part of the day.
- Reduce the physical demands of workers.
- Use relief workers or assign extra workers for physically demanding jobs.
- Provide cool water or liquids to workers.
- Provide rest periods with cool areas for use during break periods.
- Monitor workers who are at risk of heat stress.
- Provide heat stress training.

## Recommendations for workers to prevent heat stress:

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks in extreme heat and humidity.
- Take breaks in the shade or a cool area when possible.
- Drink water frequently - approximately 1 cup every 15-20 minutes.
- Use personal protective equipment as appropriate.
- Monitor your physical condition and that of your coworkers.

For more information visit:

<http://www.cdc.gov/niosh/topics/heatstress/>

# SAVE the DATE

September 18, 2013 • Downtown Holiday Inn • Sioux Falls

## 2013 Sioux Falls WORKWELL WELLNESS SUMMIT



### KEYNOTE SPEAKER

David Hunnicutt, PhD.,  
President of WELCOA

### Target Audience

Human Resource Professionals  
Business Owners/Managers  
Health Care Professionals  
Wellness or Health Professionals

For Registration Information Visit: <http://www.healthysd.gov/Workplace/default.aspx>

For More Information Contact:  
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### Symphony Fruit Pizza

- 1 English muffin
- 2 tablespoons whipped fat-free strawberry cream cheese
- 1/3 cup strawberries
- 1/4 cup red grapes
- 1/4 cup canned mandarin oranges

Toast the English muffin. Spread cream cheese on toasted muffin. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

**One serving provides:**  
An excellent source of vitamins A and C, and a good source of folate and fiber.

<http://www.fruitsandveggiesmorematters.org/symphony-or-fruit-pizza>



### Challenge your Workplace

Hold a workplace fruits and vegetables challenge to encourage employees to eat at least 5 servings of fruits and vegetables daily.



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