WOW Newsletter
Working on Wellness

LIVING HEALTHY WORKS.
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

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

Farmers Market
Shopping Hints and Tips

- **Check when the market is open.** Farmers markets have different days and hours of operation so double check that your local market is open before you leave.

- **Bring your own containers, bags, or baskets.** Recycle your plastic bags and bring them with you. Make sure to have coolers with ice packs in your car.

- **Dress Comfortably.** Wear walking shoes and dress weather appropriate

- **Go Early.** You'll find the best selection if you show up early too.

- **Go Late.** Just before closing time, you'll find some of the best deals, because vendors don't want to take their wares back home. But remember that the selection will be limited at this time, and some vendors may be sold out.

- **Go without a list.** This probably goes against what you've learned, but the point of going to the farmers market is to get the freshest possible produce. Buy whatever looks best and plan your meals around your purchase.

- **Experiment! Try new foods.** Don't be afraid to try it - buy something you've never had before. Ask the vendor the best way to cook it and enjoy it.

- **Take time to chat with the vendors.** Getting to know your local growers is part of the fun of shopping at farmers markets.

- **Go straight home.** Plan on bringing your purchases home before running any more errands - fresh produce wilts quickly if left in the heat.

South Dakota's Farmers Markets:
 http://www.healthysd.gov/Communities/PDF/Summer2010FarmersMarket.pdf

SEDENTARY WORK

THE PROBLEM

Workers spend up to 160 hours a month sitting which can lead up to long-term health issues!

THE SOLUTION

In-chair stretches
Quick exercises
Health reminders
Posture & ergonomics
Diet pointers

For more information visit www.fitbolt.com/.

Nutrition and Healthy Eating
Is the Family Dinner an Event of the Past?

In today's world, families are finding less time to spend together at the dinner table.   We often forget how important it is to make time together as a family. Make a goal to set aside three to five meals each week together and you may encounter the following benefits:

- A sense of family connectedness, routine and stability.

- Improved school performance.

- Lower risk of substance abuse and delinquency.

- Healthier eating habits.

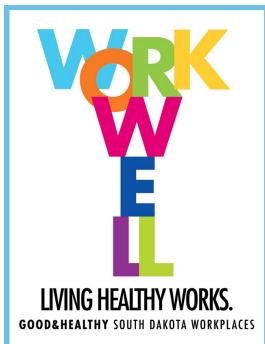- Healthier weight and a reduced risk of obesity and disordered eating.

For more information visit: http://www.mayoclinic.com/health/family-dinner/MY02521/?utm_source=newsletter&utm_medium=email&utm_campaign=housecall&pubDate=08/21/2013.

Breast Cancer Awareness

Excluding cancers of the skin, breast cancer is the most common cancer diagnosed in South Dakota women and the second leading cause of cancer death. However, early detection can save lives and increase treatment options. Women can reduce their risk of breast cancer by controlling weight and exercising, knowing family history of breast cancer, finding out the risks and benefits of hormone replacement therapy, limiting alcohol consumption, and getting screened once a year starting at the age of 40.

Gender is one of the major risk factors for developing breast cancer. Aside from being female, age is the most important factor affecting breast cancer risk. The older a women gets, the higher her risk of developing breast cancer. This is why it is important that older women continue to monitor their health and see their doctor for routine screenings. To schedule your mammogram call your local health care provider. For more information about breast cancer and prevention, visit the American Cancer Society website at www.cancer.org.

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Thank you for making the 2013 Sioux Falls WorkWell Summit a success! Over 175 business representatives were in attendance. Presentations will be available to view and/or download soon at http://goodandhealthysd.org/workwellsummit.