

WORKING ON WELLNESS

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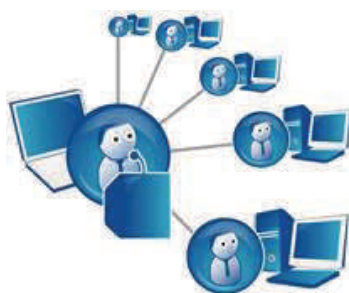
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WORKWELL PARTNERSHIP WEBINARS

Greetings! The Office of Chronic Disease Prevention and Health Promotion along with the WORKWELL Partnership invite you to partake in our monthly webinars. We as partners look forward to

providing you with credible health and wellness information that is geared toward wellness in the workplace. The webinars will take place on the first Tuesday of each month from **12:30 p.m. - 12:45 p.m. Central Time**. Our partners, Avera Health Plans, Dakotacare and South Dakota Department of Health Nutrition and Physical Activity Program will be

presenting during the months of March, April and May. Please watch for the email with details. If you have questions, please contact Enid Weiss at eweiss@tie.net. We look forward to you joining these short monthly lunch and learn webinars in order to better the health and well being of the employees at your workplace.



WORKWELL Partnership Summit: Tools for Creating & Engaging Wellness in the Workplace

SAVE THE DATE!

MAY 7TH, 2014
UNIVERSITY CENTER
RAPID CITY 10:00-3:00 MT

This summit will offer instruction, resources, and tools for creating and engaging wellness in the workplace. Highlights include:

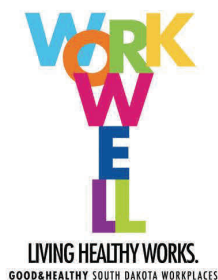
- Keynote speaker Dr. David Hunnicutt, Wellness Council of America
- Wellness networking session
- Developing and implementing policy and environmental changes

Who should attend:

- Human resource professionals
- Healthcare professionals
- Business owners/managers
- Wellness or health professionals
- Wellness committee members

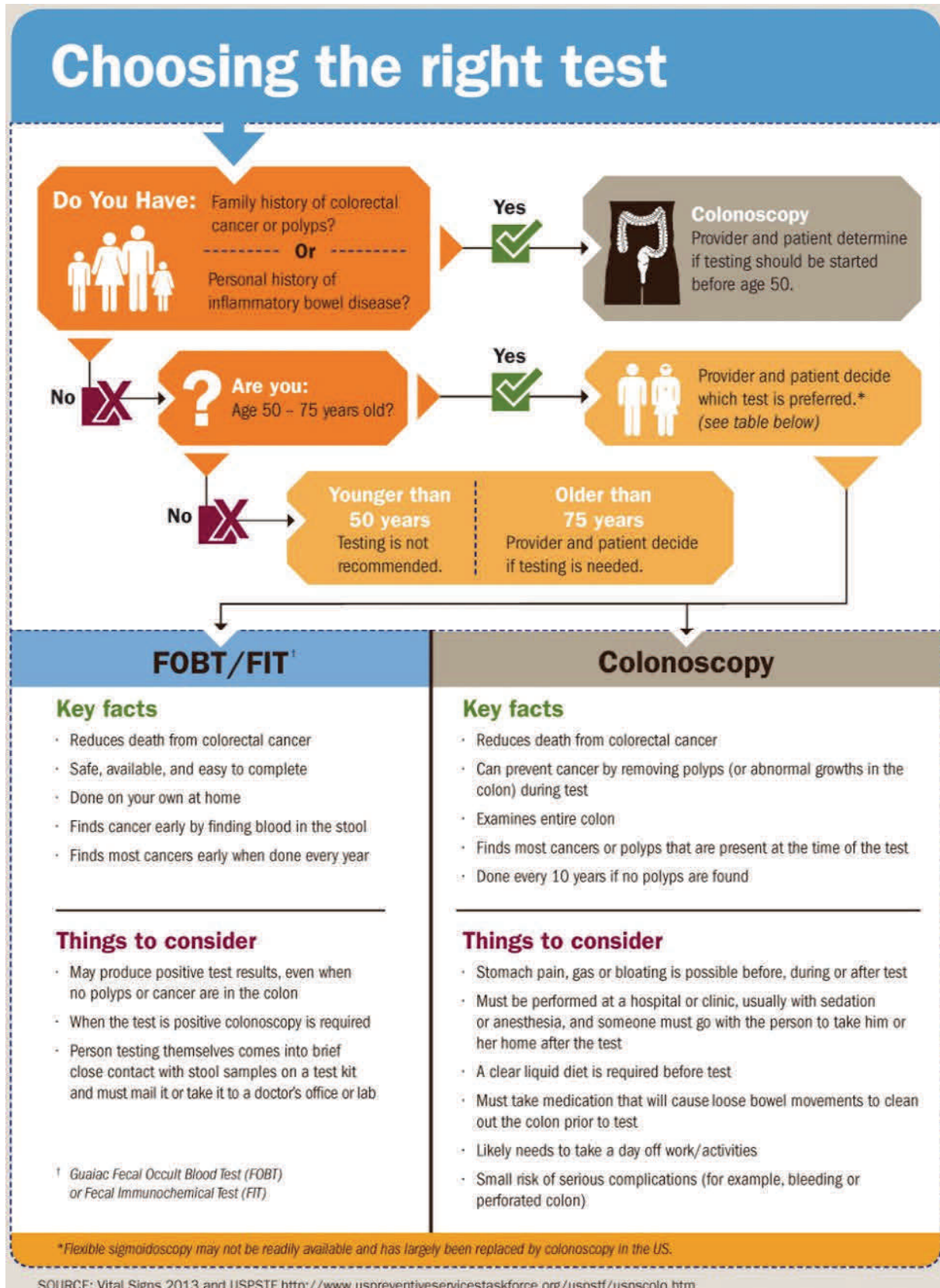
**Don't miss this
one-day event!**

For more information about
the summit please contact
Enid at eweiss@tie.net



Colorectal Cancer Tests Save Lives

Colorectal cancer (CRC) is the second leading cancer killer of men and women in the US, following lung cancer. About 2 out of every 3 adults who have never been tested for CRC actually have a regular doctor and health insurance that could pay for the testing. There are several recommended screening tests that are effective at saving lives. The chart below explains who should be tested for CRC and provides information about each test to help you decide which test is best for you.



It is important to eat a healthy breakfast regularly. Eating a healthy breakfast may help you lose excess weight and maintain your weight loss. If you are currently skipping breakfast because you are trying to save time and cut calories and especially trying to control your weight, rethink it. Here are some ways that eating a regular and healthy breakfast may help you lose excess weight and maintain your weight loss:

- **Reduced hunger.** Eating breakfast may reduce your hunger later in the day, which may make it easier to avoid overeating. When you skip breakfast, you may feel ravenous later and be tempted to reach for a quick fix — such as vending machine candy or doughnuts at the office. In addition, the prolonged fasting that occurs when you skip breakfast can increase your body's insulin response, which in turn increases fat storage and weight gain. In fact, skipping breakfast actually increases your risk of obesity.
- **Healthy choices.** Eating breakfast may get you on track to make healthy choices all day. When you eat breakfast, you tend to eat a healthier overall diet, one that is more nutritious and lower in fat. When you skip breakfast, you're more likely to skip fruits and vegetables the rest of the day, too.
- **More energy.** Eating breakfast may give you energy, increasing your physical activity during the day. A healthy breakfast refuels your body and replenishes the glycogen stores that supply your muscles with immediate energy.

Source: [Mayo Clinic](#)



DAY 1: 6 reps of each

DAY 2: 10 reps of each

DAY 3: 6 reps of each, repeat 2x

DAY 4: Rest

DAY 5: 5 reps of each, repeat 3x

DAY 6: 10 reps of each

DAY 7: 8 reps of each, repeat 2x

DAY 8: Rest

DAY 9: 9 reps of each, repeat 2x

DAY 10: 6 reps of each, repeat 2x

DAY 11: 5 reps of each, repeat 4x

DAY 12: Rest

DAY 13: 7 reps of each, repeat 3x

DAY 14: 6 reps of each, repeat 2x

DAY 15: 5 reps of each, repeat 5x

DAY 16: Rest

DAY 17: 9 reps of each, repeat 3x

DAY 18: 5 reps of each, repeat 3x

DAY 19: 7 reps of each, repeat 4x

DAY 20: Rest

DAY 21: 10 reps of each, repeat 3x

DAY 22: 8 reps of each, repeat 2x

DAY 23: 8 reps of each, repeat 4x

DAY 24: Rest

DAY 25: 7 reps of each, repeat 5x

DAY 26: 6 reps of each, repeat 3x

DAY 27: 9 reps of each, repeat 4x

DAY 28: Rest

DAY 29: 12 reps of each, repeat 3x

DAY 30: 10 reps of each, repeat 4x



How Much Movement Do You Need?

Experts recommend that adults should aim to exercise at least two and a half hours a week at moderate intensity or 75 minutes a week at a vigorous level. You might exercise at moderate intensity for 30 minutes, five days a week, or try 45 to 60 minutes, three days a week. If your goal is to exercise for a half hour a day, you might break that up into shorter periods (of at least 10 minutes at a time) that add up to 30 minutes.

Tips for Sitting Less and Moving More

- Take the stairs instead of the elevator.
- Park your car at the far end of the street or parking lot.
- Have "walking meetings" with colleagues at work.
- Rearrange your home so you can stand upright or walk on a treadmill while watching TV or using the computer.
- Set an alarm on your computer to go off every hour and prompt you to move around for a minute or 2.
- Try walking as if you're already late for the bus or an important meeting.
- Have small weights in your office or around your home for doing arm exercises.

Source: [Wellness Council of America](#)

Fresh Fruit Breakfast Smoothie

Serves 4

Ingredients

1 cup fresh pineapple

1/2 cup cantaloupe or other melon

1 cup fresh strawberries

Juice of 2 oranges

1 cup water

1 tablespoon honey

Cut fruit into chunks. Place all ingredients in blender and puree until smooth. Serve cold.

Nutritional analysis per serving

Serving size :1 cup (8 ounces)

Total carbohydrate 17 g

Sodium 8 mg

Total fat 0 g

Cholesterol 0 g

Monounsaturated fat 0 g

Sugars 4 g

Dietary fiber 1 g

Saturated fat 0 g

Trans fat 0 g

Protein 1 g

Calories 72

Source: [Mayo Clinic Healthy Living Recipes](#)

