

Working on Wellness

Wellness Newsletter from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

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WorkWell Partnership Webinar

The Office of Chronic Disease Prevention and Health Promotion along with the WORKWELL Partnership invite you to partake in our monthly webinars. The webinars will take place on the first Tuesday of each month from **12:30-12:45 pm CT**.

January 3, 2017 — SD Department of Health WorkWell

February 7, 2017 — WellConneXions



WorkWell: Wellness for the Workplace Grant Opportunity

The **SD Department of Health** is excited to offer the WorkWell grant initiative to support wellness in the worksite through policy and environmental change. Since 2012, a total of 52 worksites have been awarded funds to implement policy and environmental changes.

Watch www.healthysd.gov/fundingopportunities for application materials in January 2017!

Holiday Work Parties

Appetizers and Hors d'oeuvres

- **Get Involved**
Sign up! You can make a heart-healthy item, giving yourself at least one good option to enjoy.
- **Come Prepared**
If the party is during lunch, eat a healthy breakfast followed by a high-fiber midmorning snack, such as an apple or a small handful of almonds. If the party is after work, enjoy a protein-packed lunch like grilled fish or chicken with a salad, and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- **Map it Out**
Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.



Desserts

- **Use the buddy system.** Split a dessert with someone, cut the calories and fat in half and it's a win-win!

Beverages

- **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories.
- **Watch seasonal drinks.** Many holiday beverages have so much added sugar, they may as well be a dessert.

Source: http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455757.pdf



Huron Get Fit - Add Fitness to Your Worksite

Back in 2012, the buildings on the Huron University campus were blighted and needed to be torn down. The Mayor at that time was instrumental in creating Splash Central Water Park on the old college campus. The Campus Center building was saved from demolition and became the home of the Huron Park & Recreation Department, as well as becoming a facility for community meetings.

The members of the Huron Get Fit Committee asked for space in the Campus Center building to create a 24/7 fitness room for city employees. The request was approved by the City Commission, and the Committee began improving the room after getting input from the city's insurance carrier. Economically-priced but still serviceable exercise equipment was purchased and continues to be sought after to equip the room.

From 2013 to now, the amount of space used for the employee fitness room and the number of pieces of exercise equipment have both grown. Some equipment was purchased from South Dakota Federal Surplus Property while other equipment has been donated.

The employees and their household family members over the age of 16 must sign a waiver and are issued a card for 24-hour access to the building. To further enhance the security of the fitness room, there is a code entry lock in the door to the room.

Creating and equipping the employee fitness room happened due to the hard work and dedication to wellness of a small group of city employees – the Get Fit Committee.

Currently, the room is being rearranged and organized. In the coming months, the walls in the room will be taped, textured and painted to make the room more appealing. In addition, lighting will be improved and hooks or lockers will be installed so that users have places to store their street clothes when they come to use the room.



It's Cold, So Start Burning!

Wondering how many calories you're burning as you hit the streets, ice, trail, court or treadmill this winter? It depends on your weight and your intensity.

60 minutes of:	100lbs.	150lbs.	200lbs.
Bicycling, 6mph	160	240	312
Bicycling, 12mph	270	410	534
Jogging, 7mph	610	920	1,230
Jumping Rope	500	750	1,000
Running, 5.5mph	440	660	962
Running, 10mph	850	1,280	1,664
Tennis, singles	265	400	535
Walking, 2mph	160	240	312
Walking, 3mph	210	320	416
Walking, 4.5	295	440	572



Break it into 10-Minute Sessions!

Whether you're aiming for 150 minutes of moderate or 75 of vigorous exercise, you can break either down into 10-minute bouts, sprinkled throughout your day.

- walking the dog
- walking at lunch
- walking around the block after dinner
- jumping jacks, lunges and sit-ups
- dancing with your kids
- shoveling snow
- housework (constant moving)
- brisk walking at the mall before you shop (and 10 minutes after!)



Follow the American Heart Association Physical Activity Recommendations

Exercise is a great way to boost your immunity and is especially important during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections.

- Cut your risk for heart disease, stroke and diabetes.
- Extend your life expectancy.
- Work toward a healthy weight (or maintain the weight you have).
- Have more energy to do the things you love.
- Sleep better.
- Enhance your mental well being.
- Be a great role model for the people in your life.
- Be ready to hit the ground running in spring!
- Gear up for swimsuit season.

Source: http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_457235.pdf

Keep a healthy heart by making the right choices at the grocery store! It's generally healthier and cheaper to buy groceries at the store and prepare your meals at home. Here are a few tips to help you be heart-smart at the grocery store and choose good-for-you foods. More tips can be found using the source below.



Vegetables and Fruits

- Be sure to buy and eat a wide variety of fruits and vegetables and choose frozen or canned in water without added sugars, saturated and trans fat, or salt when fresh is not available.
- For desserts, buy fresh or canned fruits (in water without added sugars), dried fruit (without added sugars), and gelatin that contains fruit, instead of baked goods and sweets.

Milk, Cheese, Butter and Eggs

- Select fat-free (skim) or low-fat (1%) milk.
- Use egg whites or egg substitutes instead of egg yolks. (Substitute two egg whites for each egg yolk in recipes that call for eggs.)

Meat, Poultry, Fish and Nuts

- Buy and prepare more fish. You should eat one serving of grilled or baked fish at least twice a week. Good examples of fish to buy include salmon, trout and herring.
- Choose cuts of red meat and pork labeled "loin" and "round"; they usually have the least fat.
- Select more meat substitutes such as dried beans, peas, lentils or tofu (soybean curd) and use them as entrees or in salads and soups.
- Pick up nuts and seeds, which are good sources of protein and polyunsaturated and mono-unsaturated fats – but remember, they tend to be high in calories, so eat them in moderation.

Bread and Baked Goods

- Choose whole-grain, high-fiber breads such as those containing whole wheat, oats, oatmeal, whole rye, whole grain corn and buckwheat. Choose breads and other foods that list whole grains as the first item in the ingredient list.
- Limit the amount of bakery products you purchase, including doughnuts, pies, cakes and cookies. Look instead for fat-free or low-fat and low-sodium varieties of crackers, snack chips, cookies and cakes.

Oils, Dressings and Shortenings

- Buy and use fats and oils in limited amounts.
- Choose reduced-fat, low-fat, light or fat-free salad dressings (if you need to limit your calories) to use with salads, for dips or as marinades.

Source: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Try-These-Tips-for-Heart-Healthy-Grocery-Shopping_UCM_001884_Article.jsp#.WCN8U_WcHIU

Baked Sweet Potatoes and Apples

Cooking spray, 1/4 cup sugar, 1/2 tsp. ground cinnamon
3 Tbsp. light tub margarine

3 medium sweet potatoes, peeled, cut crosswise into 1/4 inch slices
2 medium sweet apples, such as Rome Beauty or Gala, peeled, each sliced into 10 wedges



1. Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
2. In a small bowl, stir together the sugar and cinnamon.
3. In the casserole dish, layer in order half each of the sweet potatoes, apples and cinnamon-sugar. Dot with about half the margarine. Repeat.
4. Bake covered for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.

You Can Do It!

Be Strong and Don't Let Negative Thoughts Take You Off the Workout Path



The best athletes in the world find themselves working day to day to be positive and work through self-doubt and disbelief. Try self-talk and talk to yourself either in your head or out loud with the POSITIVES. With positive self-talk you can nail your workout. Below are four ways in which to do so.

1. Create or pick a mantra that you will use during a workout.

A mantra is a positive statement that you repeat frequently. For example, "I can do this" and "I am strong."

REPLACE THIS WITH THAT

NEGATIVE: "I'm too tired."

POSITIVE: "I'm awake. I'll do the best I can."

NEGATIVE: "I can't keep up."

POSITIVE: "I can set my own pace.
I will build my speed and strength."

NEGATIVE: "I don't know if I can finish."

POSITIVE: "I started this. I can finish. I've got this."

2. Practice, practice, practice.

When you feel discouraged or fatigued, use your mantra and repeat it until you're finished with your workout.

3. Keep an open mind and adapt.

If you feel like your mantra is not working, tell yourself you can get through 5 more minutes. Be creative and look for the positive outcome of what your body will become.

4. Visualize success.

Associate a mental picture, crossing the finish line. You got this!