

# Working on Wellness

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

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## Inside the Newsletter

- 1 - Spring WorkWell Summit
- 1 - WorkWell Webinar Schedule
- 1 - WorkWell Mini Grant
- 2 - Balance is a Beautiful Thing
- 2 - Antipasti Holiday Skewers
- 3 - Break Up Your Work Day
- 3 - Maintain Your Motivation All Year Long
- 4 - In the Spotlight, Girl Scouts - Dakota Horizons
- 5 - Heart Healthy at Any Age

## Save the Date! Spring WORKWELL Summit

You are invited to attend the 2016 Rapid City WorkWell Summit on **May 5, 2016** in Rapid City at the Rushmore Civic Center. The event is hosted by the South Dakota Department of Health's WorkWell Partnership. This is a day-long event to enhance health and wellness in the workplace. Speakers will include both local and national experts. Watch for more details to follow in the New Year! For questions, email Enid Weiss at [eweiss@midconetwork.com](mailto:eweiss@midconetwork.com).

## WORKWELL Webinar Schedule

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 **12:30-12:45 pm CT**.

**December 1, 2015** — SD Department of Health Tobacco Control Program

**January 5, 2016** — SD Department of Health Diabetes Prevention Program

**February 2, 2016** — Live Well Sioux Falls

## WORKWELL Mini Grant

Exciting News! It's that time again to start watching for The SD Department of Health WorkWell Mini Grant. WorkWell is soliciting proposals for 10 grants of up to \$2,000 each to start or enhance workplace wellness programming. Businesses throughout South Dakota are eligible to apply for the funding. This is an opportunity for your workplace to send a positive, supportive message and promote healthy lifestyles by preventing, reducing and managing chronic disease through workplace environment and/or policy change. Watch for the WorkWell Mini Grant information to be released in January. For questions, please contact Enid Weiss, [eweiss@midconetwork.com](mailto:eweiss@midconetwork.com).



GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

## Balance Is a Beautiful Thing

Another year has flown by and the holiday season is here. The challenges we face don't go away just because it's the holiday season. Parties, shopping, baking, cleaning and entertaining are all on the list of things to do. Keep it in perspective with some practical tips, and you can minimize the stress that accompanies the holidays.

### Tips for Keeping the Holidays in Perspective

- 1. Reach out.** Volunteering your time to help others is a good way to lift your spirits and broaden your friendships.
- 2. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.
- 3. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend and stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 4. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list.
- 5. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends, family and colleagues will understand.
- 6. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Remember to have a healthy snack before holiday parties, get plenty of sleep and incorporate regular physical activity into each day.
- 7. Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.



Source: [Mayo Clinic](#)

## Antipasti Holiday Skewers

Looking for that perfect appetizer to serve at your holiday party? These antipasti skewers ignite your taste buds with a delicious mix of cheese and veggies.

### Ingredients

- 1 (9 ounce) package cheese filled tortellini, cooked al dente and cooled
- ½ cup fat-free Italian dressing
- 8 ounce block of reduced-fat Swiss cheese, cubed
- 2 cups baby spinach leaves
- 32 pieces turkey pepperoni
- 3 ½ cups cherry tomatoes,
- 16 wooden skewers (9 — 10-inch)

### Directions

In a large bowl, marinate tortellini in Italian dressing for 30 minutes in refrigerator. To assemble skewers, start with two pieces tortellini, one cheese cube, two spinach leaves, one pepperoni slice (folded in fourths), one tomato and repeat again. (Each skewer will have total of four pieces tortellini, two cheese cubes, four spinach leaves, two pepperoni slices and two tomatoes.) Repeat until 16 skewers are made. Refrigerate until serving.



### Nutritional Facts Per Serving

- Calories 140
- Cholesterol 10mg
- Carbohydrates 13g
- Protein 7g (3.8g from dairy)
- Total Fat 7g
- Sodium 330mg
- Dietary Fiber 2g
- Calcium 15% Daily Value

Source: [Midwest Dairy Association](#)

## BREAK UP YOUR WORK DAY!

### Get your employees involved and GET UP, STRETCH and MOVE!

Don't let your work environment diminish your health for eight hours of the day. Break up your work day. Regular movement throughout the day will keep your mind and body limber and help avoid fatigue. Think of ways you can add movement or at least decrease the amount of time you are sedentary. Try getting out of your chair more, standing during your calls, or alternating your chair with a yoga ball. If you have to drive to work, try parking at the far end of the lot, taking the stairs, and going the long way to the bathroom and break room. Below are a few examples of fitting in 10 minutes of "breaking up your day" activities. This 10 minute workout requires no equipment, utilizes almost every major muscle group, increases your heart rate and gets you out of your chair. For more information on physical activity to do at your desk, download the [Alliance for a Healthier Generation PDF](#).

**Minute 1:** Chair Dips: Sit on a bench or chair. Begin with the hands next to or slightly under the hips. Lift up onto the hands and bring the hips forward. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down.



**Minutes 2:** Squats: Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the kneecaps behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.



**Minutes 3:** Knee to Elbow: Lift up right arm and raise left knee and lower your right elbow toward knee in a diagonal motion. *This exercise can be done seated or standing.*

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**Minute 4:** Invisible Jump Rope: Start with arms by your sides, grasp your hands into a loose fist and pretend you are holding the handles on a jump rope. Begin to jump with both feet or bounce from foot to foot while rotating your wrists in tiny circles next to your body as if you're jumping rope.

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**Minute 5:** March in Place: Lift knees high and exaggerate the arm swing.

## Maintain Your Motivation All Year Long

Brought to you by SDSU Extension and the South Dakota Department of Health, your worksite can engage in regular physical activity and decrease your risk for chronic disease. Watch the iGrow videos below for ideas to keep moving! We want your worksite healthy!

1. [Active in the Workplace: Cardio](#)
2. [Active in the Workplace: Core](#)
3. [Active in the Workplace: Upper Body](#)
4. [Active in the Workplace: Stretching](#)
5. [Active in the Workplace: Lower Body](#)

Source: SDSU Extension and South Dakota Department of Health

## In the SPOTLIGHT - WorkWell Mini Grantee Girl Scouts - Dakota Horizons, Sioux Falls SD

Here at Girl Scouts-Dakota Horizons, we have experienced a lifestyle change over the last six months. When we first looked at applying for the WorkWell mini-grant, we sent out a survey to discover who would be interested. Of our 33 Sioux Falls employees, 23 agreed to participate for the full year. We have incorporated group workout classes three days a week led by one of our very own who happens to have a background in fitness and training. We have teamed with Avera McKennan to bring in a dietician each month to discuss the latest topics in healthy eating, fads, areas of challenges for employees and overall health and body. We also have a fitness instructor come once a month to teach us a new workout class. We have tried boot camp, Pilates, yoga, tai chi and lite and low. We decided to team with Avera to introduce something new to the employees that otherwise would not attend one of these classes. Each week, an email is sent out with tips, questions and challenges; this is a way to keep everyone interested and motivated throughout the week.

Over the past two quarters we have experienced a few challenges and had many successes. This summer we took a poll on who would be interested in competing in the Susan G. Komen Race for a Cure. We had ten members of our group participate and for many of them it was the first time they were competing in a 5K race. As the race grew closer many were not sure how this would end up, but they are so thankful to have had that group to encourage them and push them to reach that goal. Now they are asking for other ways to compete like this again and encourage more members of our wellness group to partake too!

Our challenge through this process has been time. Many find it hard to pull away from their desk and get sweaty in the middle of the day, but now they know that once they do it, they will feel even better and be able to accomplish so much more throughout the day. This last quarter was our hardest as the adrenaline had worn off and it was the start of a new year for us: recruitment was beginning, Fall Sales were occurring and many were traveling or out of the office with sick children. Our class size at the beginning was an average of 16, and lately it has been eight. Many employees want to get back in the game, but need that motivation again. According to our latest evaluation which asked what each individual needed to stay motivated, many asked for a buddy system, a change in our routine, group goals and simply peer to peer motivation and encouragement. Over the next month we will be revamping our routine to bring back those who have gotten lost on the path to wellness and encourage our current "Sports Fans" — how our fitness instructor refers to us — to push deeper each day to reach personal goals.

Through our program some have noticed weight loss, muscle gain, afternoon motivation or have found a new love for working out and living healthy, but the biggest accomplishment is the relationships that we have built as coworkers and now as friends. We have learned new things about each other and our families, and we feel comfortable trying new things like dancing to Zumba knowing we are not very coordinated!

We look forward to seeing what the group will accomplish in the next six months. We have motivation to come to work when we are down and stressed, we hate hearing how fun the class was when we miss, we schedule meetings around our workouts and we have high morale within our office! We have learned that it is not only about how often you exercise, what you eat, or how much sleep you gain, but also about learning how to have a work-life balance and building strong relationships to create a healthier lifestyle! Thank you for this opportunity.

Annie Miller — Girl Scouts - Dakota Horizons



## Heart Healthy at Any Age

Heart disease is the **leading cause** of death for both men and women. Every year, one in four deaths are caused by heart disease. Preventing heart disease and all cardiovascular diseases means making smart choices now that will pay off the rest of your life. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Learn how to protect your heart for LIFE!

### In Your 20's

**Find a doctor and have regular wellness exams.**

Healthy people need doctors, too. Establishing a relationship with a physician means you can start heart-health screenings now.

**Be physically active.** It's a lot easier to be active and stay active if you start at a young age. Keep your workout routine interesting by mixing it up and finding new motivators.

**Don't smoke.** If you picked up smoking as a teen, it's time to quit. Even exposure to secondhand smoke poses a serious health hazard.

### In Your 40's

**Watch your weight.** In your 40s, your metabolism starts slowing down. But you can avoid weight gain by following a heart healthy diet and getting plenty of exercise. The trick is to find a workout routine you enjoy.

**Have your blood sugar level checked by age 45.**

This first test serves as a baseline for future tests, which you should have every three years. Testing may be done earlier or more often if you are overweight, diabetic or at risk for becoming diabetic.

**Don't brush off snoring.** One in five adults has at least mild sleep apnea, a condition that causes pauses in breathing during sleep. If not properly treated, sleep apnea can contribute to high blood pressure, heart disease and stroke.

**You're never too young or too old to take care of your heart.**

**Wear Red Day – February 5th for Heart Health Awareness!**

### In Your 30's

**Make heart-healthy living a family affair.** Create and sustain heart-healthy habits in your kids and you'll reap the benefits, too. Explore a nearby park on foot or bike. Plant a vegetable and fruit garden together in the yard, and invite your kids in the kitchen to help cook.

**Know your family history.** Having a relative with heart disease increases your risk, especially if the relative is a parent or sibling.

**Tame your stress.** Long-term stress causes an increase in heart rate and blood pressure that may damage the artery walls. Try deep breathing exercises and find time each day to do something you enjoy. Giving back through volunteering also does wonders for knocking out stress.

### In Your 50's

**Eat a healthy diet.** It's easy to slip into some unhealthy eating habits, so refresh your eating habits by eating plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily, cold water fish at least twice per week), nuts, legumes and seeds. Try eating some meals without meat.

**Know the warning signs of a heart attack & stroke.** Now is the time to get savvy about symptoms. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And heart attack symptoms in women can be different than men.

### In Your 60's and Up

**Have an ankle-brachial index test.** Starting in your 60s, an ankle-brachial index test should be done as part of a physical exam. The test checks the pulses in the feet to help diagnose peripheral artery disease (PAD), a lesser-known heart disease in which plaque builds up in the leg arteries.

**Lower your calorie intake.** Your body burns fewer calories as you get older. Exercising regularly and eating smaller portions of nutrient-rich foods will help you maintain a healthy weight.

Sources:

[http://www.cdc.gov/dhdsdp/data\\_statistics/fact\\_sheets/fs\\_heart\\_disease.htm](http://www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_heart_disease.htm)

[http://www.heart.org/HEARTORG/GettingHealthy/Preventing-Heart-Disease---At-Any-Age\\_UCM\\_442925\\_Article.jsp#.VkS1MxaFPIU](http://www.heart.org/HEARTORG/GettingHealthy/Preventing-Heart-Disease---At-Any-Age_UCM_442925_Article.jsp#.VkS1MxaFPIU)