



# Wellness Committee



OCTOBER 2015

## Fall into Healthy Living

### 4th Annual Employee Wellness Card Activity

We have redesigned our Employee Wellness Card! Beginning on October 12th, each time you participate in a physical activity, document it on one of the twelve slots on the back of the card. This means any activity that increases your heart rate for 30 consecutive minutes. Some examples of these physical activities are: fitness center/gym attendance, walks, runs, exercise classes/videos, yoga, swimming, skiing, etc. Cards are available on 1<sup>st</sup> and 2<sup>nd</sup> floor Reception desks in Canton, Watertown, Gouverneur and Malone. When the card is complete, bring/interoffice it to the Administration offices at 4 Commerce Lane or mail to Wellness Committee at 4 Commerce Lane, Canton, NY 13617. The cards will be reviewed using the honor system, which means you must be honest when you fill it out. After your completed card has been submitted, your name will be entered into a drawing to win an exciting prize. There will be 4 drawings done throughout the year. The first drawing will be at the end of December or beginning of January.

#### Our New Logo

As you can see, we have developed a new Wellness Committee logo. The new logo contains seven different elements of wellness that we believe contribute to healthy living.

- Environmental
- Intellectual
- Occupational
- Physical
- Spiritual
- Emotional
- Social



Each quarter, in our newsletter, we will provide helpful information that relates to each of these elements.

Please visit the employee website, [cpnorthcountry.org](http://cpnorthcountry.org) or [chcnorthcountry.org](http://chcnorthcountry.org) for more information!

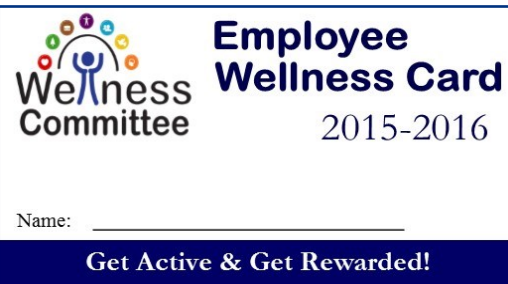


#### Physical Wellness

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination
- Relieve Stress

How to start: First of all, start out slow and easy. Just walk out the door. Walk for 10 minutes, and walk back. Do this every day for a week. If this was easy for you, add five minutes to your walks next week. Keep adding 5 minutes until you are walking as long as desired.



#### Environmental Wellness

Keeping your work environment clean and organized.

You walk into one of your co-workers offices and you see what appears to be a nice clean organized desk...it may be organized but is it really clean?

Studies have shown, once a virus is released in a normal office within two to four hours up to 60% of surfaces are contaminated with that virus.

Cleaning surfaces such as keyboards, telephones and your desk along with hourly handwashing will greatly reduce the threat.



#### Spiritual Wellness

Did you know there are seven keys to spiritual wellness?

Within each (quarterly) newsletter we will focus on one of these keys.

This quarter, the first is:

1. Seeing yourself as you really are.

To elaborate, who or what keeps you righteous and truthful?



#### Occupational Wellness

Many of us have jobs that require us to sit at a desk in front of a computer approximately 8 hours every day; for those of you who have the freedom to move around on your feet, don't take it for granted. Unfortunately, I am a desk sitter. One day I realized that I needed to move around more and decided to build myself a standing workstation. I knew I needed the shelf to have enough space to hold my laptop and docking station, as well as my mouse. I stood and pretended that I was at a workstation typing and had my husband measure from my toes to my elbows – this measurement gave me the overall height of the workstation. I used random 2 x 4s and some chipboard we had laying around and touched it up with some white paint. The finished product can be viewed in the photo below. To learn more about the health benefits of standing, visit [www.juststand.org](http://www.juststand.org).



Your body knows more about your spiritual wellbeing than your mind does.

Teach your mind to listen to it.



## Brussels Sprouts with Bacon, Garlic, and Shallots

Serves 6 (serving size: about 2/3 cup)

### Ingredients

- 6 slices center-cut bacon, chopped
- 1/2 cup sliced shallot (about 1 large)
- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 6 garlic cloves, thinly sliced
- 3/4 cup fat-free, lower-sodium chicken broth
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

### Preparation

1. Heat a large nonstick skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Remove pan from heat. Remove the bacon from pan with a slotted spoon, reserving 1 tablespoon drippings in pan (discard the remaining drippings).

2. Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; sauté 4 minutes. Add garlic, and sauté for 4 minutes or until garlic begins to brown, stirring frequently. Add the chicken broth, and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally. Remove from heat; stir in salt and pepper.

### Nutritional Information

#### Amount per serving

Calories 90  
 Fat 2.4 g  
 Saturated Fat 1.1 g  
 Monounsaturated Fat 0.6 g  
 Polyunsaturated Fat 0.3 g  
 Protein 6.7 g  
 Carbohydrate 13.5 g  
 Fiber 4.5 g  
 Cholesterol 8 mg  
 Iron 2 mg  
 Sodium 263 mg  
 Calcium 60 mg



## Intellectual Wellness

Intellectual wellness means you have a curiosity and desire to learn. Maintaining an active mind is as important as a healthy body. An intellectually healthy individual explores issues related to problem solving, creativity and learning. Take the following assessment to see where you are with your intellectual wellness!

Almost Always = **2 points**      Sometimes/Occasionally = **1 point**      Seldom = **0 points**

- I am interested in learning new things. \_\_\_\_\_
- I try to keep abreast of current affairs-locally, nationally and internationally. \_\_\_\_\_
- I enjoy attending lectures, plays, musical performances, museums, or libraries. \_\_\_\_\_
- I carefully select movies and television programs. \_\_\_\_\_
- I enjoy creative and stimulating mental activities/games. \_\_\_\_\_
- I am happy with the amount and variety that I read. \_\_\_\_\_
- I make an effort to improve my verbal and written skills. \_\_\_\_\_
- A continuing education program is/will be important to me in my career. \_\_\_\_\_
- I am able to analyze, synthesize and see more than one side of an issue. \_\_\_\_\_
- I enjoy engaging in intellectual discussions. \_\_\_\_\_

\_\_\_\_\_ **Total Score**

**15-20 points:** Excellent strength in this dimension.

**9-14 points:** There is room for improvement. Look at your 1's and 0's to see what you can change.

**0-8 points:** This dimension needs a lot of work. Look again and challenge yourself to begin making small step toward improvement.



## Social Wellness

Have you ever needed a little extra “push” or encouragement to lose weight? Have you ever considered joining a social media workout group/page? Social media can be your biggest supporter and you may not even realize it. Many of the groups out on the internet are private, and only members of that specific group can see your posts.

“I have recently joined a Facebook group and I can vouch when saying it truly pushes you to do better. The group members and I post recipes, pictures of every workout, reminders, and before and after pictures of our weight loss, which is of course optional. Seeing a member post a picture of their workout pushes you and motivates you to get off the couch and get your work out in. I have come to the point where if I see everyone else posting I feel guilty with myself for not working out. I started a little game with myself to try to be the first person to post a workout picture for the day. It takes time, nothing comes easy without hard work but with my social support group I know I will meet my goal.”

Social media also helps promote wellness and healthy living to others that could possibly be a complete stranger to you. Knowing your hard work is helping a stranger only pushes you more. If you can do it, so can they.



## Emotional Wellness

Test Your Emotional Intelligence (EQ)

**Question:** Negative emotions are more powerful than positive ones.

True or False

**Answer:** False. While some research supports the assertion that negative emotions can outweigh positive emotions at times, that is contradicted by a number of studies. Positive memories about negative events, tend to be stronger than negative feelings in the mornings compared to evenings and positive emotions tend to increase with age.

**Question:** Which pair of chemicals is NOT used by the body to feel good?

- A. Endorphins and tryptophan
- B. Serotonin and dopamine
- C. Cortisol and prolactin
- D. Oxytocin and vasopressin

**Answer:** C. Cortisol and prolactin- Endorphins, the body's own opiate, are released during exercise and help elevate mood and decrease pain. Tryptophan is an endorphin that contributes to relaxation and sleep and is found in food sources rather than being made by the body itself.