

# EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

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## Aim for Health

### HOW MUCH EXERCISE DO YOU NEED?

An increase in physical activity is an important part of maintaining a healthy lifestyle. The recommended amount of physical activity is a minimum of 30 minutes a day 5 days a week. Children and teenagers should be active 60 minutes a day most every day. This activity doesn't have to be continuous it can be broken down into 10 minute increments, 3 times during the day.




Most weight loss occurs due to a decrease in caloric intake and this can be through a reduction in food intake and also through burning calories with regular physical activity.

To find out more about how much of what to eat, and how much exercise you should be getting, based on your gender, height, weight, and current activity level... log on to the new food guide pyramid information at:

<http://www.mypyramid.gov/>



## YOUR COMPANY'S NAME

-  Your Company's Info
-  Your Company's Info
-  Your Company's Info

## Your Safety

### EXERCISE RIGHT FOR FOOT HEALTH

Wearing inadequate and worn-out shoes is a common mistake for athletes, says James Losito, DPM, team podiatrist for the Miami Heat and professor of podiatric biomechanics at Barry University.

"Running shoes should be discarded after 200-400 miles of use," Losito says. "There should be a thumb-width of length between the longest toe and the end of a shoe. Failure to wear the correct shoe size can result in runner's toe, calluses, ingrown nails, fungal nail infections, and hammertoe deformities."

Purchase the right shoe for the sport. "Many injuries occur because someone is wearing a running shoe while playing basketball," Losito says.

Another common cause of injury is doing too much too soon. "It is important to start out slowly and increase distance, duration, and pace gradually. For runners... no more than a 10% increase per week." Walking or jumping on hard surfaces and failing to stretch and do warm-ups may also cause shin splints, plantar fasciitis, and heel spurs.

The most common pain associated with jogging is runner's knee, which can be caused by rolling in or down on the foot. With aerobics, rising on the toes can cause an inflamed Achilles tendon. Stress fractures can be caused by running and other repetitive strain. Sharp pain, bruising, or swelling after a foot injury warrants medical attention.

[www.nlm.nih.gov/medlineplus/footealth.html](http://www.nlm.nih.gov/medlineplus/footealth.html)

### Top Ten Foot Health Tips

1. Don't ignore foot pain—it's not normal.
2. Inspect your feet regularly. Pay attention to changes in color and temperature of your feet.
3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
4. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides.
5. Make sure that your shoes fit properly.
6. Select and wear the right shoe for the activity.
7. Alternate shoes—don't wear the same pair every day.
8. Avoid walking barefooted—your feet will be more prone to injury and infection. Always use sun block on your feet just as on the rest of your body.
9. Be cautious when using home remedies; self-treatment can often turn a minor problem into a major one.
10. If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

[www.apma.org](http://www.apma.org)

## STRESS & YOUR SKIN

Your skin often responds to events in your life. When you experience stress, the pressure and anxiety you feel often shows on the exterior. Any skin problem is frustrating - especially if you aren't sure of the source. Here are some common reactions to stress that may surface on your skin.

**Hives** - Both stress and allergies can cause hives to appear. Facing a dreaded situation or feeling extreme pressure can encourage them to show up in a matter of minutes. Although hives sometimes occur due to food allergies, this is most often seen in children. Antihistamines, behavioral therapy & assertiveness training can be helpful. Consult a healthcare professional to find out what treatment is right for you.

**Acne** - This irritation can be anything from oiliness to inflammation to infection on the face, chest and back.

**Itching** - Histamines are released when a person is feeling anxiety. Within seconds after being released into the skin, the overly-stressed individual may find herself scratching any part of her body. Needless to say, this is aggravating and uncomfortable. Some lotions may help to stop the itching as well as a little mental relaxation.

Irritating skin problems don't have to be with you forever. They can be defeated through relaxation, de-stressing your life, or consulting your healthcare professional.

[www.umich.edu/~fasap/stresstips](http://www.umich.edu/~fasap/stresstips)

## Calendar of Events

### DO IT FOR HEALTH

Kick-off event at Riverfront Park on April 1st from 11am to 2pm, which includes free activities for all age groups and fitness levels. Then, free activities & classes April 1-29th. Many participating businesses are providing free activities and classes you can try - including skiing, yoga, swimming, tai chi, ice skating, golf, dancing, and much more. Call the Spokane Regional Health District at 324-1555, or CHER at 232-8138 for a list of events and more information.

### 17TH ANNUAL MS WALK FOR MULTIPLE SCLEROSIS

April 2, 2006 - 10am at Riverside State Park. Two to 5½ mile routes. For more information contact (509) 482-2022

### RACE FOR THE CURE

To benefit the Susan G. Komen Breast Cancer Foundation  
Sunday April 30th, 9:00am

Register online at [www.komenspokane.org](http://www.komenspokane.org)

## ALMONDS FOR HEART HEALTH

Almonds are tiny packages of heart healthy nutrients in a tasty, crunchy kernel. The monounsaturated fat in almonds reduces LDL cholesterol and increases the HDL or "good" cholesterol levels. They are also a good source of plant protein and dietary fiber, two nutrients that have been shown to reduce LDL or "bad" cholesterol levels. Almonds are the best nut source of vitamin E, providing the most vitamin E per serving. Just one ounce of almonds, about a handful, contains 7.3 mg of alpha-tocopherol vitamin E, the form of vitamin E the body prefers. This is about half of the Recommended Daily Allowance (15mg). Vitamin E is an important antioxidant that helps protect cells from everyday damage. Almonds are more than just an indulgence with taste and crunch. They can be a part of a hearthealthy, weight-conscious eating plan when eaten in moderate portions. Experts agree that a handful a day of almonds may lower cholesterol levels and heart disease risk. So grab a handful for your heart.



## BARLEY & ALMOND SALAD

2 cups low-sodium vegetable broth  
1 cup quick-cooking pearl barley  
1 (15-ounce) can kidney beans, drained and rinsed  
1 large red bell pepper, diced  
¾ cup diced zucchini  
½ cup slivered almonds, roasted\*  
⅓ cup diced scallions  
2 tablespoons extra-virgin olive oil  
1 tablespoon balsamic vinegar  
Salt and pepper to taste

Bring vegetable broth to a boil in a medium pot. Stir in barley. Cover and reduce heat; simmer 10 to 12 minutes or until tender. Meanwhile, place kidney beans, bell pepper, zucchini, almonds and scallions in a large salad bowl. Transfer cooked barley to colander and rinse with cold water (both to cool it down and keep it from getting sticky). Transfer cooled, drained barley to salad bowl. Add oil, vinegar, and salt and pepper to taste; toss and serve.

Serves 4

**Nutrition per serving:** 464 calories; 18 g protein; 15 g fat; 2 g saturated fat; 10 g monounsaturated fat; 3 g polyunsaturated fat; 0 cholesterol; 68 g carbohydrates; 17 g fiber; 5 mg vitamin E.

**\*To roast slivered, chopped or sliced almonds:** Spread in an ungreased baking pan. Place in 350°F oven and bake 5 to 6 minutes or until golden brown and fragrant; stir once or twice to assure even browning. Note that almonds will continue to roast slightly after removing from oven.

<http://www.eatright.org/ada/files/almonds.pdf>