

EMPLOYEE WELLNESS

Volume 5, Issue 1

Inland Northwest Wellness Coalition (509) 232-8142

January 2006

Aim for Health

CHOOSING A PERSONAL TRAINER

Certification is the number one thing to look for. Find a personal trainer certified by a nationally recognized certifying organization like ACE, the largest not-for-profit fitness certifying organization in the world.

Ask for references. Ask the trainer for the names and numbers of other clients with goals that are similar to yours. Call to see how satisfied they were with their workouts, if their needs were met, and if the trainer was prepared and punctual.

Make sure the trainer has liability insurance and provides business policies in writing. Many personal trainers are independent contractors that aren't employees of a fitness center. Ask the trainer if he/she carries liability insurance. Ask for cancellation and billing policies/procedures in writing.




Look for a trainer who is able to assist your individual needs. You should fill out a health history to assess your needs and limitations. Past injuries and medical conditions should be considered. If under a doctor's care have your trainer meet with your doctor to further discuss any concerns.

Find out what your trainer charges. Rates vary depending on the trainer's experience, and the length and location of your workout session. A trainer who works at a gym might cost less than one who comes to your home or office.

Is this somebody that you can work with? Can they accommodate your workout needs and schedule? Do you feel comfortable with them? Do they motivate you with positive, not negative reinforcement? Are they genuinely interested in helping you reach your fitness goals?

www.acefitness.org

YOUR COMPANY'S NAME

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

Your Safety

WINTER DRIVING TIPS

Winter is a beautiful time of the year, especially when a fresh layer of new snow covers everything. Winter can also be very dangerous. If you plan on traveling during the winter, it pays to be prepared for the unexpected. Following a few simple driving habits like planning ahead, driving at a safe and legal speed, driving alert and sober and buckling up could ensure that you safely make it to your destination.

- Clear snow and ice from all windows and lights – even the hood and roof – before driving.
- Pay attention. Don't try to out-drive the conditions. Remember the posted speed limits are for dry pavement.
- Leave plenty of room for stopping.
- Leave room for maintenance vehicles and plows – stay back at least 200 feet and don't pass on the right.
- Know the current road conditions. Call 1-800-695-ROAD or 511** for traveler information.
- Use brakes carefully. Brake early. Don't stomp on the brakes. It takes more time to stop in adverse conditions.
- Watch for slippery bridge decks, even when the rest of the pavement is in good condition. Bridge decks will ice up sooner than the adjacent pavement.
- Don't use your cruise control in wintry conditions. Roads that may appear clear can have sudden slippery spots and a touch of your brakes to deactivate cruise control can cause you to lose control of your vehicle.
- Don't get overconfident in your 4x4 vehicle. Remember that your four-wheel drive vehicle may help you get going quicker than other vehicles but it won't help you stop any faster. Your 4x4 can lose traction as quickly as a two-wheel drive vehicle.
- If your car has anti-lock brakes, do not pump brakes in attempting to stop. The right way is to "stomp and steer".
- Look farther ahead in traffic than you normally do. Pay attention to the actions of cars and trucks to help alert you quicker to problems - giving you extra time to safely react.
- Remember that trucks are heavier than cars. Trucks take longer to respond and stop, so avoid cutting quickly in front of them.

www.wsdot.wa.gov



THIS NEW YEAR, BE REALISTIC – WITH YOURSELF

For 2006, do yourself a favor and make your resolutions realistic. Resolve to do something you really can carry out.

Don't resolve to completely give up certain foods that you enjoy or vow to achieve unrealistic levels of exercise. If you fall short of unreasonable goals, you'll feel like you've failed when that's not actually the case.

Resolve to develop an eating and exercise plan that you can follow. Assess your eating habits, including what and how much you eat. Check your list against the Food Guide Pyramid to determine where you need to make changes.

Then, make a plan that involves one small change per week: Switch from whole milk to 2 percent or add one serving of fruit or vegetables to your diet each day, gradually working up to at least five a day.

Plan and make achievable changes in your eating plan and levels of physical activity, and you'll have a much better chance of keeping your resolutions.

www.eatright.org



TUSCAN BEAN AND VEGETABLE SOUP WITH FLOATING BRUSCHETTA



Soup:

- ½ pound lean ground beef
- 1 cup chopped yellow onion
- 1 cup chopped carrot
- 2 cloves garlic, finely chopped or pressed
- 2 tablespoons chopped fresh rosemary or 2 teaspoons crumbled dried rosemary leaves
- 1 can (28-ounce) diced tomatoes, un-drained
- 1 can (15-ounce) cannellini, Great Northern, or other white beans, rinsed, and drained
- 1 can (14-ounce) sodium-reduced chicken broth
- 1 ½ cups sliced zucchini
- 1 ¼ cups sliced (1-inch) green beans or 1 ½ cups frozen cut green beans
- 1 cup water
- Salt and ground black pepper (optional)
- ¼ cup grated fresh Parmesan or Romano cheese
- 2 tablespoons chopped fresh parsley, oregano, or sage

Bruschetta:

- 1/3 to ½ loaf (6 ounces) Italian or French bread
- 1 clove garlic (optional)
- ¾ cup (3 ounces) shredded Fontina, Provolone, Jack, or Cheddar cheese

1. For soup heat large heavy soup pot over medium-high heat. Add beef, onion, carrot, garlic, and rosemary. Cook, stirring occasionally, until beef is browned. Add tomatoes with liquid, cannellini beans, broth, zucchini, green beans, and water. Cover, bring to a boil, then reduce heat and simmer 20 minutes.
2. For bruschetta, preheat oven to 350*. Cut bread into thin (1/4) inch slices. Place on baking sheet. Bake 5-10 minutes, turning once, to crisp. Remove from oven. Rub each slice with garlic clove, if desired; sprinkle with cheese. Return to oven until cheese melts, about 3 minutes.
3. Season soup with salt and pepper, if desired. Serve in large shallow bowls. Garnish each with teaspoons Parmesan cheese and fresh parsley. Float bruschetta in soup or serve on the side.

Makes: 6 servings

Nutrients per serving:

Calories: 370, Protein: 25 g, Total Fat: 13 g, (Saturated Fat 6 g), Carbohydrate: 39 g, Calcium: 251 mg, Cholesterol: 54 mg, Fiber: 8 g, Sodium: 854 mg

Recipe from *Naturally Nutritious: Everyday Family Meals*, Washington State Dairy Council, www.eatright.org

Calendar of Events

NATIONAL BOAT SHOW
Spokane County Fair and Expo Center
404 N. Havana Road
1/27/06-2/5/06, More info: 747-4604

FAMILY CONCERT
Coeur d'Alene Symphony
North Idaho College, Coeur d'Alene, ID
1/28/06, Time: 7:30 pm,
More info: (509) 325-7328 or 1-800-325-7328
Website: www.ticketswest.com

NATIONAL VOLUNTEER BLOOD DONOR MONTH
www.aabb.org