

EMPLOYEE WELLNESS

Volume 6, Issue 4

Inland Northwest Wellness Coalition (509) 232-8142

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Aim for Health

A HEALTHY WEEK AT-A-GLANCE

An easy and fun way to keep your family active and eating right is to create a weekly calendar of healthy lifestyle activities. Use some of the ideas below to get yourself started on building a healthy life that works for your family and your schedule.

Monday

Start a daily log of what your family eats and how they keep active; review it with them at the end of each week.

Tuesday

Go to your local community center and find out what physical activity or sports programs are available.

Wednesday

Make frozen juice pops instead of buying popsicles. They're healthier and cheaper!

Thursday

Encourage your family to use safe and accessible stairs as an active alternative to elevators and escalators.

Friday

Involve your kids in cooking and take a walk after dinner.

Saturday

Take your children food shopping and let them pick out a new fruit or vegetable to try.

Sunday

Review the coming week's school lunch menu with your kids, and talk about making healthy meal choices.



Your Safety

FUN & SAFETY IN & AROUND THE WATER

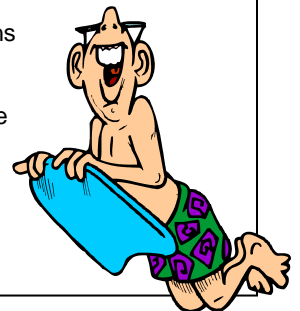
- Make sure an adult is constantly watching children swimming or playing in or around the water. Do not read, play cards, talk on the phone, mow the lawn, or engage in any other distracting activity while supervising children.
- Never swim alone or in unsupervised places and always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
- Avoid drinking alcohol before or during swimming, boating, or water skiing. Avoid drinking alcohol while supervising children around water.
- Learn to swim. Enroll yourself and your children in swimming classes.
- Learn CPR. Because of the time it might take for paramedics to arrive, your CPR skills can make a difference in someone's life.
- Do not use air-filled or foam toys, such as "water wings," "noodles," or inner-tubes, in place of life jackets. These are toys and are not designed to keep swimmers safe.

If you have a swimming pool at your home:

- Install a four-sided, isolation pool-fence. The fence should be >4 feet high and should completely separate the pool from the house and play area of the yard. Use self-closing and self-latching gates in the fence with the latches out of children's reach. Consider additional barriers such as automatic door locks and door alarms to prevent access by small children to the yard or pool.
- Toys should be removed from the pool immediately after use. Floats, balls, and other toys might encourage children to enter the pool on their own or to lean over the pool and potentially fall in.

Tips for recreation in natural bodies of water:

- Know the local weather conditions and forecast before swimming or boating. Strong winds and thunderstorms with lightning are dangerous to swimmers and boaters.
- Use U.S. Coast Guard-approved life jackets when boating, regardless of distance to be traveled, size of boat, or swimming ability of boaters.
- Heed colored beach warning flags. Watch for dangerous waves and signs of rip currents (e.g., water that is discolored and unusually choppy, foamy, or filled with debris). If you are caught in a rip current, swim parallel to the shore. Once out of the current, swim toward the shore.



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DRUG ABUSE PREVENTION & TREATMENT FOR EMPLOYEES

Employed drug abusers cost their employers about twice as much in medical and worker compensation claims as their drug-free coworkers. The vast majority of drug users are employed, and when they arrive for work, they don't leave their problems at the door. The good news is that monthly drug use rates among workers decreased from nearly 17 percent in 1985 to 7 percent in 1992 and have remained at that lower level.

A comprehensive drug-free workforce approach includes five components—a policy, supervisor training, employee education, employee assistance, and drug testing. Such programs, especially when drug testing is included, must be reasonable and take into consideration employee rights to privacy.

Employers can get information on creating and implementing a prevention and treatment program for employees, by calling the Center for Substance Abuse Prevention's Workplace Helpline at 1-800-843-4971.

More information is available at:
<http://www.dol.gov/workingpartners/>

Calendar of Events

ANNUAL EASTER EGG HUNT

April 7th, Noon
Riverfront Park
Free activity for children age 10 and under. Four age groups are: 0-2, 3-5, 6-7, 8-10. Please arrive early to the Clock Tower to receive instructions and collecting bags. 242-2400

AMERICA'S KIDS RUN

April 21st, Noon
Joe Albi Stadium
The world's largest children's running event for ages 5-12. Races are grouped by age. All participants must pick up their race packets at the trade show at the Spokane Convention Center on Friday, April 20, from 3-8 p.m. Arrive 45 minutes prior to your race time. Entry deadline is April 14. 710-8301, or www.americaskidsrun.org

DANCEFEST

April 28th, 10am-8pm
Spokane Community College
Features all forms of dance on main stage, free dance classes will be offered all day, a health fair with lectures on nutrition and the body, arts and crafts, an art gallery, a children's area, vendor booths with items for sale, nonprofit organizations sharing information, and a silent auction. There will also be a spaghetti feed for everyone and a free performance by Spokane Ballet will begin at 6:15 p.m. 927-0972, or www.indaspokane.org

MAKING FRUITS AND VEGETABLES PART OF YOUR WEIGHT MANAGEMENT PLAN

Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

Canned or frozen fruits and vegetables are good options when fresh produce is not available.

However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.

Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit.

It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.

Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.

A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.



CHICKEN & FRUIT SALAD

1 lb roasted chicken breast
1 medium-size bunch spinach
2 medium-size pink or white grapefruit
2 medium-size red delicious apples
3/4 lb seedless green grapes
1/3 cup fat-free Dijon salad dressing

Remove and discard skin from chicken; tear chicken into bite-size pieces. Chop 1 cup loosely packed spinach leaves; set remaining leaves aside. Cut peel from grapefruit; remove sections with knife. Cut unpeeled apples into 3/4-inch chunks. In large bowl, combine chicken, chopped spinach, fruit, and salad dressing; toss to coat. To serve, arrange remaining spinach leaves on platter; spoon chicken salad over spinach leaves.

Serves 4 / Nutrition per serving: Calories 380, Fat 5g, Saturated fat 2g, Cholesterol 95g, Sodium 380 mg, Carbohydrates 45g, Fiber 6g, Protein 40g, Vitamin A 190%, Vitamin C 130%, Calcium 15%, Iron 20%

<http://apps.nccd.cdc.gov>