

# EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

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## Aim for Health

### INCREASE YOUR FLEXIBILITY WITH YOGA

Yoga has been around for more than 5,000 years. No matter what other activities you participate in, yoga can strengthen your abilities by increasing flexibility, endurance, and your ability to focus.




Lots of physical activities build your muscles and strength, but many times other parts of your body are left out. Because yoga is a full body workout, it can help to check any imbalance in your muscles. Yoga strengthens, tones, and stretches your muscles, helping to increase your flexibility. If your body is flexible you will be less likely to get injured.

Most yoga practices focus on physical postures called "asanas," breathing exercises called "pranayama," and meditation to bring your body and mind together through slow, careful movements.

Find a class that you feel comfortable in, and has an experienced teacher. Not all yoga classes are the same. Check out your local YMCA, community colleges, community centers, and fitness clubs. Also, don't forget about your local library—you can find more information on yoga itself, as well as magazines or books that may have a listing of classes in your area.



## YOUR COMPANY'S NAME

-  Your Company's Info
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## Your Safety

### THE SMARTEST DRIVERS JUST DRIVE

Driver inattention is the leading factor in most crashes and near-crashes, according to research by the National Highway Traffic Safety Administration and the Virginia Tech Transportation Institute.

Nearly 80 percent of crashes and 65 percent of near-crashes involved some form of driver inattention within three seconds before the event. Primary causes of driver inattention are distracting activities, such as cell phone use, and drowsiness.

Key findings include:

- Drowsiness is a significant problem that increases a driver's risk of a crash or near-crash by at least a factor of four. But drowsy driving may be significantly under-reported in police crash investigations.
- The most common distraction for drivers is the use of cell phones. However, the number of crashes and near-crashes attributable to dialing is nearly identical to the number associated with talking or listening. Dialing is more dangerous but occurs less often than talking or listening.
- Reaching for a moving object increased the risk of a crash or near-crash by 9 times; looking at an external object by 3.7 times; reading by 3 times; applying makeup by 3 times; dialing a hand-held device (typically a cell phone) by almost 3 times; and talking or listening on a hand-held device by 1.3 times.
- Drivers who engage frequently in distracting activities are more likely to be involved in an inattention-related crash or near-crash. However, drivers are often unable to predict when it is safe to look away from the road to multi-task because the situation can change abruptly leaving the driver no time to react even when looking away from the forward roadway for only a brief time.

The background and results of both studies are available on NHTSA's website under Research and Development at <http://www-nrd.nhtsa.dot.gov/departments/nrd-13/newDriverDistraction.html>



## HOBBIES IMPROVE YOUR HEALTH

Hobbies can offer an enormous variety of health benefits. All hobbies can significantly reduce stress by giving you a healthy distraction from everyday worries. Other benefits:

- Doing anything that challenges your mind—playing cards or board games, doing crossword puzzles, reading, or other problem-solving activities can minimize age-related memory loss and help prevent Alzheimer’s disease and other types of dementia
- Physical hobbies, like hiking, gardening, rowing, or participating in sports, can easily provide you with the recommended 30 minutes of activity you need each day.
- Crocheting, knitting, or anything requiring repetitive motion, elicits a relaxation response, a feeling of overall serenity, marked by lowered blood pressure.
- Hobbies, such as woodworking, painting, or playing a musical instrument, can provide a calming sense of control, and research suggests this strengthens immunity.
- Hobbies can help you feel connected. Whether it’s a fellow coin collector, a bridge group, or an art class - connecting with others who share the same hobby can be both mentally and socially rewarding.

## Calendar of Events

### SPokane Highland Games

August 4, 9am–9pm; County Fair and Expo Center  
Includes competitions, vendors, historical demonstrations, heavy athletics, Highland dancing, children’s games, sheepdog exhibitions, live music, food, and much more

### TRAILFEST 2007

August 12, 9:30am - 1:00pm; Mirabeau Meadows & the Centennial Trail. Sign up for the skate marathon, or bike, run, walk, or just hang out and listen to live music!  
509-624-7188 or [www.spokanecentennialtrail.org](http://www.spokanecentennialtrail.org)

### UNITY IN THE COMMUNITY

August 18, 10am–4pm; Riverfront Park  
Entertainment from difference cultures, cultural village displays, games, arts, crafts, and a job and health fair.

### INDIAN ENCAMPMENT/POW WOW

August 24–26, 10am-10pm; Riverfront Park Lilac Bowl  
Inland Northwest Tribes gather to celebrate their heritage with dancing, drumming, and handicrafts  
Free, 535-0886 or [www.spokaneriverfrontpark.com](http://www.spokaneriverfrontpark.com)

### BROWNE’S ADDITION CONCERT

August 30, 6pm; Under the trees in Coeur d’Alene Park  
Great local musicians, Big Red Barn and David’s Pizza serving slices. Bring blankets and picnic; no alcoholic beverages. Free, Donation accepted, call 747-2853

### PIG OUT IN THE PARK

August 29–Sept. 3; 10am-10pm daily ; Riverfront Park

## VITAMINS & MINERALS – DO YOU NEED TO TAKE A SUPPLEMENT?

Because many products are marketed as dietary supplements, it is important to remember that supplements include vitamins and minerals, as well as herbs, botanicals and other substances.

Some supplements may help ensure that you get adequate amounts of essential nutrients or help promote optimal health and performance if you do not consume a variety of foods, as recommended in the [My Pyramid](#) and Dietary Guidelines for Americans.

However, dietary supplements are not intended to treat, diagnose, mitigate, prevent, or cure disease. In some cases, dietary supplements may have unwanted effects, especially if taken before surgery or with other dietary supplements or medicines, or if you have certain health conditions.

Do not self diagnose any health condition. Work with your health care provider to determine how best to achieve optimal health and always check with your health care provider before taking a supplement, especially when combining or substituting them with other foods or medicine.

More information is available at the Office of Dietary Supplements: <http://ods.od.nih.gov>

## SIMPLE FISH TACOS

- 1/2 cup nonfat sour cream
- 1/4 cup fat-free mayonnaise
- 1/2 cup chopped fresh cilantro
- 1/2 package low sodium taco seasoning, divided
- 1 lb (4 total) cod or white fish fillets, cut into 1-inch pieces
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 cups shredded red & green cabbage
- 2 cups diced tomato
- 12 6-inch warmed corn tortillas
- Lime wedges for serving



### Directions:

In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.

In medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until cod flakes easily when tested with a fork.

Fill taco shells with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

### Makes 6 servings / Nutrition per Serving:

Calories 270; Calories from fat 50; Cholesterol 35mg; Sodium 400 mg; Carbohydrates 38g; Fiber 4g; Protein 16g; Vitamin A 30%; Vitamin C 50%; Calcium 10%; Iron 8%

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)