

EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

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Aim for Health

SHOP WISELY FOR YOUR EXERCISE RESOLUTIONS

- If you are considering buying a device that "guarantees" weight loss with little or no effort, check with the [Federal Trade Commission](http://www.ftc.gov) to see if it is really effective and safe.
- If you purchase exercise equipment at a consignment shop or yard sale, check with the [Consumer Product Safety Commission](http://www.cpsc.gov) to make sure the item has not been recalled.
- If you work in an office building or live in an apartment complex, check to see if there is a workout room on the premises. If not, ask your supervisor or your apartment building's rental office if use of a nearby gym could be arranged.

www.pueblo.gsa.gov



YOUR COMPANY'S NAME

- ☛ Your Company's Info
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Your Safety

STORE YOUR FOOD SAFELY

Scientists have been studying bacteria and other tiny organisms (like viruses) that cause food-related illness for a long time. They have learned these important facts:

- Bacteria are a part of all living things and are found on all raw agricultural products;
- Harmful bacteria can be transferred from food to people, people onto food, or from food to food;
- Bacteria can grow rapidly at room temperature;
- Growth of harmful bacteria in food can be slowed or stopped by refrigerating or freezing;
- Food-related illness can produce symptoms from mild to very serious. Illness can occur from 30 minutes to two weeks after eating food containing harmful bacteria;

People who are most likely to become sick from food-related illness are infants and young children, senior citizens and people with weakened immune systems.

Follow these tips:

Refrigerate or freeze perishables right away. The refrigerator temperature should be 40 degrees, and the freezer should be zero degrees.

Poultry and meat can be stored as purchased in the plastic wrap for a day or two. Make sure juices can't escape to contaminate other foods.

Don't crowd the refrigerator or freezer so tightly that air can't circulate.

Check the leftovers in covered dishes and storage bags daily for spoilage. Anything that looks or smells suspicious should be thrown out.

Always check the labels on cans or jars to determine how the contents should be stored. If you've neglected to refrigerate items, it's usually best to throw them out.

Don't store foods near household cleaning products and chemicals.

www.cfsan.fda.gov

GETTING ENOUGH SLEEP

Sleep is not a luxury—it is a necessity—and should be thought of as a “vital sign” of good health. Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression. It is also responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia.

How much sleep do you need?

Sleep needs vary from person to person, and they change throughout the lifecycle. Most adults need 7–8 hours of sleep each night. Newborns sleep 16–18 hours a day, and children in preschool sleep 10–12 hours a day. School-aged children and teens need at least 9 hours of sleep a night.



Calendar of Events

RIVERFRONT PARK ICE PALACE

Strap on your ice skates! Skating is open daily. \$4.25/adults and teens; \$3.25/children, seniors and military; \$2.75/skate rental, \$34.99, plus tax for season pass. 625-6600 or www.spokaneriverfrontpark.com

HORSE AND CARRIAGE RIDES

Fridays, 3-8:00 p.m., Saturdays and Sundays, 12-5:00 p.m. through December 24. Downtown Spokane - at the Corner of Main and Wall
Free! 344-2231 or www.stcu.org

JINGLE BELL RUN/WALK FOR ARTHRITIS

December 8 • Riverfront Park
Be there with bells on! 5K run/walk and a 1k children's run with the elves. Cost is \$10-\$25 per person (206) 547-2707
www.spokanejinglebellrun.kintera.org

FIRST NIGHT SPOKANE

New Year's Eve • Downtown Spokane
This family-friendly event attracts over 27,000 people. Over forty different downtown locations will present more than 100 different artistic presentations.
(509) 252-5027 • www.firstnightspokane.org

CAFFEINE: GOOD OR BAD?

Caffeine is found in coffee, tea, soft drinks, chocolate, some nuts and certain medicines. It has many effects on the body's metabolism, including stimulating the central nervous system.

For most people, the amount of caffeine in two to four cups of coffee a day is not harmful. However, too much caffeine can make you restless, anxious and irritable. It may also keep you from sleeping well and cause headaches, abnormal heart rhythms or other problems. If you stop using caffeine, you could get withdrawal symptoms.

Some people are more sensitive to the effects of caffeine than others and should limit their use. Certain drugs and supplements may interact with caffeine. If you have questions about whether caffeine is safe for you, talk with your health care provider.

Product	Caffeine (mg)
Plain brewed coffee (8 oz)	95
Decaffeinated coffee (8 oz)	2
Starbucks Latte (16 oz)	150
Starbucks Coffee Grande (16 oz)	330
Black or green tea (8oz)	30-50
Colas	20-50
Red Bull (8.3 oz)	76
Extra-strength Excedrin (2 tabs)	130
Hershey's chocolate bar (1.55 oz)	9

MANDARIN STIR-FRY BEEF

- 8 oz top sirloin or top round steak, cut into bite-sized strips
- Juice from 1 to 2 tangerines (¼ cup)
- 2 Tbsp Hoisin or oyster sauce
- 1 Tbsp lite soy sauce
- 2 cloves garlic, minced
- ½ cup low sodium chicken or beef broth
- 1½ cup broccoli flowerets
- 1/3 cup sliced green onion
- 4 cups sliced Chinese or Napa cabbage
- 1 can (8 oz) sliced water chestnuts, drained
- 2 tangerines, peeled, segmented
- Hot cooked rice



Remove any excess fat from steak strips; place in shallow non-metal dish. In small bowl stir together tangerine juice, Hoisin sauce, soy sauce, and garlic. Pour mixture over meat; toss to coat. Cover and chill 30 minutes to several hours. Drain meat, reserving marinade. In a wok or large skillet over high heat, place 3 Tbsp broth. Stir-fry broccoli 3 minutes. Remove from wok. Add more broth if needed; stir-fry onion and cabbage for 2 minutes. Remove from wok. Add more broth if needed; stir-fry water chestnuts and tangerines for 1 minute. Add meat and cooked vegetables back to wok, along with reserved marinade. Toss well; cover and heat 1 minute. Serve with hot rice, cooked in unsalted water.

Serves 4; Nutrition: Calories: 370, Total fat: 6g, Saturated fat: 2g, Cholesterol: 35mg, Sodium: 280mg, Fiber: 7g; Sugars: 8g, Protein: 24g, Carbohydrate: 55g, Vitamin A: 45%, Vitamin C 110%, Calcium 10%, Iron: 15%