

EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

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Aim for Health

GET STRONG!

Strength training will help you burn extra calories, build strong muscles, bones, and joints, and improve your physical functioning. Experts recommend strength training 2 to 3 days each week, with 1 full day of rest between workouts to allow your muscles to recover.

If you are new to strength training or physical activity in general, consider hiring a certified personal trainer who can plan an individualized program to help you work out safely and effectively. A personal trainer who has a degree in exercise physiology or is certified through a national certification program, such as the American College of Sports Medicine or National Strength and Conditioning Association, may be able to help you reach your physical activity goals.

Build strong muscles and bones with the following strengthening exercises:



- Lift free weights or use weight machines.
- Use resistance bands.
- Use stability or medicine balls.
- Do push-ups and abdominal crunches.

Weight Control Information Network
<http://win.niddk.nih.gov/publications/physical.htm>

YOUR COMPANY'S NAME

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

Your Safety

THE SUN & YOUR SKIN

Summer is a great time to have fun outdoors. It's also a time to take precautions to avoid sunburns, which can increase your risk of skin cancer.

Skin cancer is the most common form of cancer in the U.S. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater. Most forms of skin cancer can be cured. However, the best way to avoid skin cancer is to protect your skin from the sun.

Help prevent skin cancer while still having fun outdoors:

- **Seek shade**, especially during midday hours (10 a.m. – 4 p.m.), when UV rays are strongest and do most damage.
- **Grab shades** that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Cover up** with clothing to protect exposed skin.
- **Get a hat** with a wide brim to shade the face, head, ears, and neck.
- **Rub on sunscreen** with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.



It's always wise to choose more than one way to cover up when you're in the sun. Use sunscreen, and put on a T-shirt... Seek shade, and grab your sunglasses... Wear a hat, but rub on sunscreen too.

UV rays reach you on cloudy and hazy days, as well as bright and sunny days. UV rays will also reflect off any surface like water, cement, sand, and snow. Additionally, UV rays from artificial sources of light, like tanning beds, cause skin cancer and should be avoided.

Protecting Children from the Sun

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful UV rays whenever they're outdoors. Parents, help your children play it safe in the sun and protect your own skin as well. You're an important role model.

www.cdc.gov/cancer/skin/

SETTING HEALTHY GOALS

To make a positive, lasting change in your life, it helps to spend some time thinking about motivation. What are your reasons? What are your personal goals? What obstacles do you anticipate and how might you overcome them? It's a good idea to visualize your success and consider how you might celebrate your achievements.

- ✓ **Be specific.** Instead of saying you want to save money, set a specific goal to save \$20 per week.
- ✓ **Put it in writing.** Write down exactly what you want to achieve and post it where you will see it every day.
- ✓ **Set realistic goals.** Be mindful of your finances, schedule, and other personal affairs.
- ✓ **Develop an action plan.** Create a timeline with steps toward your goal. Set deadlines for each step.
- ✓ **Believe in yourself.** To quote Henry Ford, "If you think you can or you can't, you're right."
- ✓ **Be flexible.** Don't get discouraged and give up. Try again!
- ✓ **Ask for help.** You might be surprised what kind of support people offer.
- ✓ **Reward yourself.** Acknowledge your achievements, even the small ones.

Calendar of Events

NEIGHBOR DAY

July 4 – Riverfront Park, 11a.m. – 10 p.m.
Family activities, food, crafts, and fireworks
509-242-2505 or www.SpokaneRiverfrontPark.com

CENTENNIAL TRAIL WALK

July 15 – 8:00 a.m.
Meet at West Central Community Center. Walk is 7 miles along the Centennial Trail. Bring a lunch or snack and some water to enjoy on the walk. Call Steve - 448-9204; or Marilyn 535-3770 for more information.

CHERRY PICKERS TROT

July 19, 7:00 p.m., Greenbluff
The Cherry Pickers' Trot and Pit Spit pairs great food with a family friendly fun run for all ages! Registration & entry fee required for fun run. Call 238-6438 or 238-4709 or 238-2489 or go to: www.greenbluffgrowers.com

ROYAL FIREWORKS & CONCERT

Allegro presents the Royal Fireworks Festival & Concert, July 28-29 in Riverfront Park. This is a free baroque-period arts festival with a concert featuring Handel's Royal Fireworks music and fireworks display. Info at: 455-6865, or www.allegrobaroque.org

TREAT YOURSELF – GET OUT TO YOUR LOCAL FARMERS MARKET

Who benefits from farmers markets?

- Small farm operators: Those with less than \$250,000 in annual receipts who work and manage their own operations meet this definition (94 percent of all farms).
- Farmers and consumers: Farmers have direct access to markets to supplement farm income. Consumers have access to locally grown, farm-fresh produce and the opportunity to personally interact with the farmer who grows the produce.
- The Community: Many urban communities where fresh, nutritious foods are scarce gain easy access to food. Farmers markets also help to promote nutrition education, wholesome eating habits, and better food preparation, as well as boosting the community's economy.



www.ams.usda.gov/farmersmarkets/

GARDEN FRITTATA

- 2 teaspoons vegetable oil
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 medium tomato, chopped
- ½ teaspoon Italian seasoning
- ⅛ teaspoon black pepper
- ¼ teaspoon salt
- 3 eggs, lightly beaten
- 3 cups fresh spinach
- ¼ cup sharp cheddar cheese, grated (optional)

Heat oil in skillet. Add onion, garlic and tomato and sauté until soft. While onion is cooking, steam spinach in a pan with a small amount of water. Cook until spinach is wilted, drain. Add Italian seasonings, pepper and salt to the beaten eggs. Add eggs to the onion mixture. Stir in the spinach and cheese. Cover with a tight fitting lid and turn heat to low. Cook for 15 minutes and check for firmness when done.

Options:

- To reduce fat and cholesterol, use an egg substitute or 6 egg whites.
- Use canned tomatoes if fresh tomatoes are unavailable or too expensive.
- Try using other herbs such as basil or thyme.
- Substitute broccoli in place of spinach.

Makes 6 servings / Nutrition per Serving:

Calories 152; Calories from fat 92; Cholesterol 197mg; Sodium 347 mg; Carbohydrates 6g; Fiber 2g; Protein 10g; Vitamin A 85%; Vitamin C 35%; Calcium 15%; Iron 10%