

EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

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Aim for Health

KEEP YOUR BACK HEALTHY

Exercise and reduce stress

Having strong back and stomach muscles is important. Simple back-toning exercises not only strengthen your back but also reduce stress and improve your appearance. Check with your doctor to get the best exercises for you.

Lose excess weight

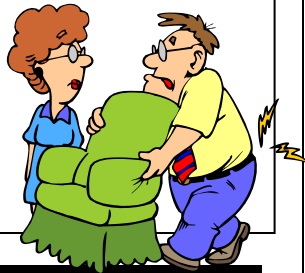
Pot bellies and excess weight exert extra force on back and stomach muscles, causing strain on the lower back muscles. Check with your doctor for the most sensible diet plan for you.

Maintain good posture

- When you sit, don't slouch. Sit straight, with your back against the back of the chair, feet flat on the floor and knees slightly higher than your hips.
- When standing, stand tall with your head up and shoulders back.
- Sleep on a firm mattress. Sleep on your side with your knees bent or on your back with a pillow under your knees for support.
- Drive with your back straight against the seat and close enough to the wheel so your knees are bent and are slightly higher than your hips.

Learn proper lifting techniques

Visit Washington State Dept. of Labor & Industries factsheet: "Four Steps to Proper Lifting," www.lni.wa.gov/IPUB/FSP0-918-000.pdf



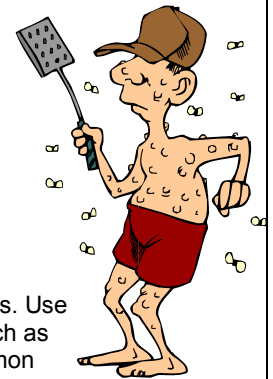
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Your Safety

PROTECT YOURSELF FROM MOSQUITO BITES AND WEST NILE VIRUS

WEST NILE VIRUS is now in most of the United States, including Washington State. The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.



Use Insect Repellent

on exposed skin when you go outdoors. Use an EPA-registered insect repellent such as those with DEET, picaridin or oil of lemon eucalyptus. Even a short time being outdoors can be long enough to get a mosquito bite. For details on when and how to apply repellent, visit the CDC website: [Insect Repellent Use and Safety](http://www.cdc.gov/ncidod/dvbid/westnile/index.htm) or [Using Insect Repellent Safely](http://www.epa.gov/whatsnew/insectrepellent/) from the EPA.

Clothing Can Help Reduce Mosquito Bites

When weather permits, wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing.

Be Aware of Peak Mosquito Hours

The hours from dusk to dawn are peak biting times for many species of mosquitoes. Take *extra* care to use repellent and protective clothing during evening and early morning -- or consider avoiding outdoor activities during these times.

Drain Standing Water

Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water.

Install or Repair Screens

Some mosquitoes like to come indoors. Keep them outside by having well-fitting screens on both windows and doors. Offer to help neighbors whose screens might be in bad shape.

More information about West Nile virus at: www.cdc.gov/ncidod/dvbid/westnile/index.htm

THE BENEFITS OF GARDENING

Gardening can be a great way to get physical activity, beautify the community, and grow nutritious fruits and vegetables. Whether you are a beginner or expert gardener, health and safety are important. Here are tips to get the most out of this most beneficial hobby:

- Vary your gardening activities to keep your interest and to broaden the range of benefits.
- If you have arthritis, use tools that are easy to grasp and that fit your ability.
- Monitor your activities and time in the sun to lower your risk for heat-related illness. Drink plenty of water.
- Limit distractions, use chemicals and equipment properly, and be aware of hazards to lower your risk for injury.
- Before you start gardening this season, make sure your tetanus/diphtheria (Td) vaccination is up to date.



Calendar of Events

RELAY FOR LIFE

June 1-2 – 6pm Friday until 10am Saturday
Spokane Falls Community College • Track field
Join friends and family to celebrate survivors and raise money for your American Cancer Society. Walk, jog, or run in this all-night relay event.

www.acsevents.org/relay/wa/spokane

ARTFEST

June 1-3, 2007 • CdA Park in Browne's Addition
Enjoy fine arts and crafts with more than 130 juried artists. Live music, beer and wine garden, good and Make it Art for kids are all part of this annual event.

www.spokaneartschool.org and
www.northwestmuseum.org

LOREEN MILLER BIKE RIDE

June 2-3, 2007 • MT. Spokane High School
Join Cancer Patient Care on a bike ride for National Cancer Survivors Day! Special guest for this event includes World Champion Triathlete Siri Lindley.
456-0446, www.cancerpatientcare.org

STRAWBERRY FESTIVAL

June 23 – July 1 • Green Bluff Farms
Strawberry festival happens on the weekends with activities, food & fun. Purchase or pick strawberries and other items daily . 238-6438, www.greenbluffgrowers.com

HOOPFEST

June 30 – July 1 • Downtown Spokane
509-624-2414 or 888-880-4667 or
www.spokanehoopfest.net

Clean out that Pantry...

WHAT YOU NEED TO KNOW

ABOUT TRANS FATS

Researchers at the National Heart Lung & Blood Institute have learned that consumption of trans fat causes an excess accumulation of abdominal fat, now considered a major risk factor for diabetes and cardiovascular disease, when compared with monounsaturated fat.

Investigators fed one of two controlled diets to monkeys. Both diets contained the same number of calories. In one diet about one-fourth of the total fat calories were from trans fat and the remainder were from monounsaturated fat. The second diet contained no trans fat, only monounsaturated fat.

The monkeys that got the trans fat diet had a 7% weight increase compared with slightly less than 2% weight gain for those that received the diet containing only monounsaturated fat. Additionally, the trans fat diet monkeys deposited 30% more fat in their abdomen, some of which was redistributed from other parts of their bodies.

Trans fatty acids are manufactured fats created during a process called hydrogenation, which is aimed at stabilizing polyunsaturated oils to prevent them from becoming rancid and to keep them solid at room temperature. They may be particularly dangerous for the heart and may pose a risk for certain cancers. Hydrogenated fats are used in stick margarine, fast foods, commercial baked goods (donuts, cookies, and crackers), processed foods, and fried foods.

HOMEMADE SNACKING

Bagel chips

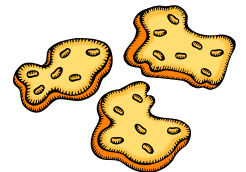
Slice cold bagels into very thin rounds and place them on a baking sheet. Brush lightly with olive oil, season with garlic powder, or other herbs or spices. Bake in a 350° oven until crisp and golden.

Tortilla chips

Cut your favorite tortillas into 4 wedges. Brush both sides very lightly with olive oil. Place them on a broiler pan, and broil on both sides until they are lightly brown and crisp. Season as desired, and enjoy with dips or salsas.

Whole grain crackers

1¾ cups whole wheat flour
1½ cups all-purpose flour
½ teaspoon salt
1/3 cup vegetable oil
1 cup water



Mix flours and salt in medium bowl. Pour in oil and water, mix until just blended (2-3 teaspoons of herbs or flax seeds may also be added). Roll out dough on lightly floured surface – to 1/8 inch. Place dough on an ungreased baking sheet. Mark squares with a knife, but don't cut through. Make indents with a fork in each cracker and sprinkle with salt.

Bake at 350 degrees for 15–20 minutes, or until light brown. Remove from baking sheet when they have cooled, and separate crackers.