

# EMPLOYEE WELLNESS

Volume 6, Issue 5

Inland Northwest Wellness Coalition (509) 232-8142

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## Aim for Health

### NATIONAL EMPLOYEE HEALTH & FITNESS DAY • MAY 16

Administered annually by the National Association for Health & Fitness, this national health observance was created to promote the benefits of physical activity for individuals through their work site health promotion activities.

#### Benefits for Employers:

Enhanced employee productivity  
Improved health care costs management  
Decreased rates of illness and injuries  
Reduced employee absenteeism  
Develops employee leadership skills

#### Benefits for Employees:

Lower levels of stress  
Improved physical fitness  
Increased stamina  
Potential weight reduction  
Increased well-being, self-image and self-esteem

#### Benefits for the Community:

Your community is more competitive in the global market place

Go to: [America On The Move](#) or the [President's Council Challenge](#). You can register as a group/organization or as an individual for a six week challenge.

<http://www.physicalfitness.org/nehf.html>



## Your Safety

### DOG BITE PREVENTION WEEK

Each year, 800,000 Americans seek medical attention for dog bites; half of these are children. Of those injured, 386,000 require treatment in an emergency department and about a dozen die. Dog bites are a largely preventable public health problem, and adults and children can learn to reduce their chances of being bitten.

#### Things to Consider Before You Get a Dog

- Consult with a professional to learn about suitable breeds of dogs for your household.
- Dogs with histories of aggression are inappropriate in households with children.
- Be sensitive to cues that a child is apprehensive or fearful about a dog and, if so, delay acquiring a dog.
- Spend time with a dog before buying or adopting it. Use caution when bringing a dog into the home of an infant or toddler.
- Spay/neuter virtually all dogs (this frequently reduces aggressive tendencies).
- Never leave infants or children alone with any dog.
- Do not play aggressive games with your dog.
- Properly socialize and train any dog entering the household. Teach the dog submissive behaviors (e.g., rolling over to expose abdomen and relinquishing food without growling).
- Immediately seek professional advice if the dog develops aggressive or undesirable behaviors.

#### Preventing Dog Bites

Teach children these safety rules and review regularly:

- Do not approach an unfamiliar dog.
- Do not run from a dog and scream.
- Remain motionless (e.g., "be still like a tree") when approached by an unfamiliar dog.
- If knocked over by a dog, roll into a ball and lie still (e.g., "be still like a log").
- Do not play with a dog unless supervised by an adult.
- Immediately report stray dogs or dogs displaying unusual behavior to an adult.
- Avoid direct eye contact with a dog.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- Do not pet a dog without allowing it to see and sniff you first.
- If bitten, immediately report the bite to an adult.



[www.cdc.gov/ncipc/duip/biteprevention.htm](http://www.cdc.gov/ncipc/duip/biteprevention.htm)

## YOUR COMPANY'S NAME

- ☛ Your Company's Info
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## RETHINK YOUR DRINK

When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. As you can see in the examples (at right), calories from drinks really add up. But there's good news: you have plenty of options for reducing the calories in what you drink.

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. For example a label on a 20-oz. bottle may list the number of calories in an 8-oz. serving (100) even though the bottle contains 20 oz. or 2.5 servings. You'll need to multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5) - 250 calories. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages.



## BETTER BEVERAGE CHOICES...

| Instead of...   | Calories | Try...  | Calories |
|---|----------|---|----------|
| Medium café latte (16 ounces) made with whole milk            | 265      | Small café latte (12 oz) made with fat-free milk                                | 125      |
| 20-oz. bottle of nondiet cola with your lunch                 | 227      | Bottle of water or diet soda  | 0        |
| Sweetened lemon iced tea from the vending machine (16 ounces) | 180      | Sparkling water with natural lemon flavor (not sweetened)                       | 0        |
| A glass of nondiet ginger ale with your meal (12 ounces)      | 124      | Water with a slice of lemon, or seltzer water with a splash of 100% fruit juice | 0 - 30   |
| Total calories:   | 796      |   | 125-155  |

### High-Calorie Culprits in Unexpected Places

Coffee drinks and blended fruit smoothies sound innocent enough, but the calories may surprise you. Check the web site or in-store nutrition information to find out how many calories are in different menu items.

#### At the coffee shop:

- Request that your drink be made with fat-free or low-fat milk instead of whole milk
- Order the smallest size available.
- Forgo the extra flavoring and whipped cream.
- Get back to basics. Order a plain cup of coffee with fat-free milk and artificial sweetener, or drink it black.

#### At the smoothie stand:

- Order a child's size if available.
- Pick the smoothie with the fewest calories.
- Ask that your smoothie be prepared without added sugar: the fruit is naturally sweet.

## Calendar of Events

### BLOOMSDAY!

May 6, 2007 - 9am • Downtown Spokane  
Now in its fourth decade, the Lilac Bloomsday Run takes over the streets of Spokane.  
More Information: 509-838-1579 • [www.BloomsdayRun.org](http://www.BloomsdayRun.org)

### WOMEN HELPING WOMEN

May 7, 2007 • Spokane Convention Center  
Annual gathering to raise funds for programs serve women and children. This year's program will feature Soledad O'Brien. More Information: 328.8285 • [www.whwfspokane.org](http://www.whwfspokane.org)

### GARDEN EXPO 2007

May 12, 2007 - 9am-5pm  
Spokane Community College • 1810 N Greene Street  
Free seminars, demonstrations, door prizes and nursery plants to purchase  
Free, More Information: 535.8434

### RELAY FOR LIFE

May 18-19, 2007 - 6pm Friday until 10am Saturday  
Eastern Washington University - EWU Track  
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/chenev](http://www.acsevents.org/relay/wa/chenev)

## HEALTHY TRAIL MIX

- 1 c whole-wheat cereal squares
- ½ c dried cranberries
- ½ c raisins
- ½ c dried apricots, chopped
- ½ c chopped walnuts
- ½ c roasted almonds, unsalted
- ¼ c toasted sunflower seeds, unsalted
- ¼ c toasted pumpkin seeds, unsalted



Mix all ingredients together – keep in a sealed bowl in the refrigerator to keep fresh

Recipe makes 16 ¼-cup servings (4 cups total).

Estimated nutrition per serving: Calories 125, Fat 7g, Sodium 30 mg, Carbohydrates 14g, Fiber 2g, Protein 3g,