

# EMPLOYEE WELLNESS

Volume 6, Issue 11

Inland Northwest Wellness Coalition (509) 232-8142

November 2007

## Aim for Health

### THE ULTIMATE FALL WORKOUT

Not enough time to exercise or get all your fall chores done? Combine the two. Whether raking leaves into piles, cleaning out those gutters or pruning bushes before the winter snow, a weekend of yard work can prove to be quite a workout.

#### Approximate calories/hour burned:

- General gardening: 330
- Painting the fence or trim: 320
- Raking & bagging leaves: 300
- Trimming shrubs & trees: : 320
- Pulling weeds: 320
- Playing with the dog: 200



### YOUR COMPANY'S NAME

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

## Your Safety

*It's That Time of Year...*

### CHECK YOUR BATTERIES & RESTOCK YOUR FIRST AID KIT

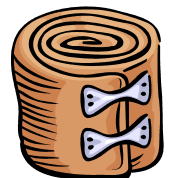
If your smoke alarms are battery operated, replace the batteries at least once a year to make sure they will work when needed. At least one smoke alarm should be placed on every level of the home. A smoke alarm should also be placed inside every bedroom. At the same time you replace your smoke alarm batteries, replace the batteries in your Carbon Monoxide (CO) alarm.

Now is also a good time to also re-stock your first aid kits. The Red Cross recommends the following items:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approx. 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Also keep a bottle of ipecac syrup in case of poisoning and the Poison Control phone #: 1-800-222-1222.

More info at: [www.redcross.org](http://www.redcross.org)



## RELAXATION EXERCISES

Relaxation exercises are effective techniques for reducing stress. They can help you to feel less tense and more relaxed. The result is a greater sense of physical and emotional well-being. A brief relaxation activity requires 60 to 90 seconds, so it can be done easily and quickly on the job, in the car, or in a few minutes of free time at home. Practice relaxation 2-3 times per day. There are dozens of relaxation techniques; here are two to try:

### Focus on Breathing:

Find a comfortable position. Free your mind from thoughts and focus on your breathing. Breathe in for the count of 3, hold for the count of 3, exhale for the count of 3 and hold for the count of 3. Don't worry if your mind wanders – just bring your attention back to your breathing.

### Guided Imagery:

Get comfortable and close your eyes. Imagine yourself in a very peaceful place - a beach, a meadow, a favorite childhood spot, etc. What is the temperature like? What do you smell? What do you feel? Is there a gentle breeze? Can you hear birds or waves? Can you feel sun on your face? Feel yourself relax. Return to this place when needed.

## Calendar of Events

### GIRLS DAY OUT

November 9-10

Merchants and restaurants in the Garland, Hillyard, South Perry & East Spokane (Sprague) Business Centers are catering to and pampering female customers for a two day shopping event! For maps and to learn more visit our website at: [www.girlsdayoutspokane.com](http://www.girlsdayoutspokane.com)

### GREAT AMERICAN SMOKEOUT

November 15. Call 1-800-QUIT-NOW for free help.

### QUIT & WIN

Sign up on November 17; from 9am–noon

Sign up for this great opportunity to quit smoking and win great prizes! Registration will take place on one day only - and only for the first 80 people who register.

More info at 324-1530 or [www.srhd.org/health/tobacco/](http://www.srhd.org/health/tobacco/)

### ANNUAL ARTS & CRAFTS SHOW

November 16-18 • Spokane County Fair & Expo Center  
924-0588, [www.custershows.com](http://www.custershows.com)

### POST STREET PROMENADE

November 24, 4:30 p.m.

Downtown Spokane at Post and Main

Join us for this annual community kick-off to the holiday season in a brand new location. Complete with caroling, hot drinks, Santa Claus and fireworks. A fun event for the whole family! 456-0580 or [www.downtownspokane.net](http://www.downtownspokane.net)

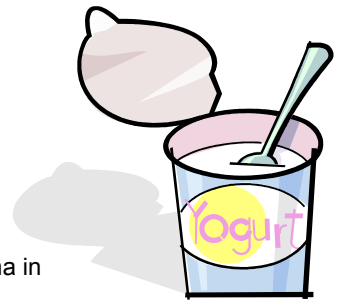
## PROBIOTICS AND BENEFICIAL BACTERIA

If you go to the supermarket, or look at a health magazine or commercial Web site, chances are you will find products with "probiotics"--certain types of bacteria that are also called "friendly bacteria" or "good bacteria." While some probiotic foods date back to ancient times (fermented foods and cultured milk products), recently interest in probiotics in general has been growing.

Some conventional foods containing probiotics are yogurt, miso, tempeh, and some juices and soy beverages. Most often, they come from two groups of bacteria, *Lactobacillus* or *Bifidobacterium*.

Research on the benefits of probiotics is currently limited, but many studies are being conducted. Some uses for which there is some encouraging evidence are:

- To treat diarrhea (this is the strongest area of evidence, especially for diarrhea from rotavirus)
- To prevent and treat infections of the urinary or reproductive systems
- To treat irritable bowel syndrome
- To reduce recurrence of bladder cancer
- To shorten how long an intestinal infection that is caused by a bacterium called *Clostridium difficile* lasts
- To prevent and manage eczema in children



<http://nccam.nih.gov/health/probiotics/>

## CARROT RAISIN BREAD

1½ cups flour	½ cup water
½ cup sugar	2 Tbsp vegetable oil
1 tsp baking powder	½ tsp vanilla
¼ tsp salt	1 ½ cups shredded carrots
1 ½ tsp cinnamon	¼ cup chopped pecans
¼ tsp allspice	¼ cup golden raisins
1 egg, beaten	

Preheat oven to 350° F. Lightly oil a 9x5x3-inch loaf pan. Stir together dry ingredients in large mixing bowl. Make a well in center of dry mixture. In separate bowl, mix together remaining ingredients; add this mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.

Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan. Remove from pan and complete cooling on a wire rack before slicing.

Nutrition per ½ inch slice: Calories: 99, Total fat: 3g, Saturated fat: less than 1g, Cholesterol: 12mg, Sodium: 97mg, Fiber: 1g, Protein: 2g, Carbohydrate: 17g, Potassium: 69mg