

EMPLOYEE WELLNESS

Volume 6, Issue 10

Inland Northwest Wellness Coalition (509) 232-8142

October 2007

Aim for Health




IMPROVING YOUR CIRCULATION

Improving your vascular health can help you not only avoid cold hands and feet, varicose veins, and swollen ankles - but it can also help you lower your blood pressure and cholesterol, help you lose weight, control diabetes, and lower your risk of heart disease.

Tips to get your blood flowing:

- Don't smoke.** Smoking is a leading risk factor for peripheral arterial disease – a narrowing of arteries which leads to poor blood flow to arms and legs.
- Eat a diet low in cholesterol and saturated fat** to reduce your risk of atherosclerosis – a buildup of plaque in your arteries.
- Stay at a healthy weight.** For every pound of fat, your heart must pump blood through an extra mile of blood vessels.
- Exercise and get your muscles moving.** Walking, swimming, aerobics, etc. – exercise improves the circulation to your arms and legs and promotes growth of new blood vessels.
- Stretch.** Stretching throughout the day greatly improves circulation – particularly if you sit or stand for long periods of time.
- Try massage.** Massage has been shown to not only improve circulation, but it also improves flexibility and range of motion and reduces pain.

YOUR COMPANY'S NAME

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

Your Safety

PROTECT YOURSELF FROM CARBON MONOXIDE POISONING

You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned.

Hundreds of people die accidentally every year from CO poisoning caused by malfunctioning or improperly used fuel-burning appliances. Even more die from idling cars.

Practice the DO's and DON'Ts of carbon monoxide.

DO have your fuel-burning appliances -- including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves -- inspected by a trained professional at the beginning of every heating season. Make certain that the flues and chimneys are connected, in good condition, and not blocked.

DO choose appliances that vent their fumes to the outside whenever possible, have them properly installed, and maintain them according to manufacturers' instructions.

DO read and follow all of the instructions that accompany any fuel-burning device. If you cannot avoid using an unvented gas or kerosene space heater, carefully follow the cautions that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel-burning.

DON'T idle the car in a garage -- even if the garage door to the outside is open. Fumes can build up very quickly in the garage and living area of your home.

DON'T ever use a gas oven to heat your home.

DON'T ever use a charcoal grill indoors -- even in a fireplace.

DON'T sleep in any room with an unvented gas or kerosene space heater.

DON'T use any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, small engines or generators) in enclosed spaces.

DON'T ignore symptoms (headaches, dizziness, nausea, shortness of breath, faintness); particularly if more than one person is feeling them. You could lose consciousness and die if you do nothing.

For more information on this topic and carbon monoxide detectors: www.epa.gov/iaq/pubs/coftsht.html



VOLUNTEERING PROVIDES BENEFITS AS WE AGE

Older adult volunteers live longer than non-volunteers. Studies report that engaging in regular volunteer work increases life expectancy because social interaction improves quality of life.

- Helping to better situations for others contributes to healthy communities. Older adult volunteers feel a sense of community inclusion which has a positive impact on their health and overall well being.
- Volunteer activities help older adults improve self confidence and self esteem, which helps reduce blood pressure and improves immune function.
- Volunteer activities help older adults form interpersonal ties and develop social networks. Like family and friends, these networks act as a buffer against stress and illness.

www.getinvolved.gov



EAT MORE WHOLE FOODS & LESS PROCESSED FOODS

Whole foods are foods that are as close to their natural state as possible - unprocessed and unrefined – or as minimally processed as possible. Whole foods contain all the vitamins, minerals, and nutrients that researchers have shown lead to overall good health.

Processed foods, on the other hand, often contain everything researchers have found we need to avoid in our diets: Too much salt, partially-hydrogenated or trans fats, artificial colors and preservatives, artificial sweeteners, refined sugar and corn syrup, refined flours, and many ingredients which contribute to food allergies and intolerances.

What to look for when shopping?

Fruits and vegetables: A whole apple is better for you than applesauce or apple juice. Look for brands without added sugar. When purchasing fruits and vegetables – fresh and frozen are always best. Canned fruits and vegetables have lost many of their nutrients. Canned beans are a good choice – always choose low-sodium or salt-free brands.

Meats: Choose fresh fish, seafood, poultry, and lean cuts of meat –organic if you can. Avoid processed meats such as ham, bacon, lunchmeats and deli meats, hot dogs, etc.

Dairy: choose low-fat milk and cheese. Read labels on cheese, cottage cheese and yogurt. Many brands are very high in added salts, sugars, and additives – particularly if marketed to children.

Grains: experiment with whole grains. Try oatmeal, cornmeal, brown rice, barley, bulgur, and quinoa.

In all products – read the labels. Don't know what some of the ingredients are? Visit the following website for information on food additives and what they are used for:

www.cspinet.org/reports/chemcuisine.htm



Calendar of Events

APPLE FESTIVAL IN GREENBLUFF

September 8 – October 28 – every weekend
Fun events for the whole family every weekend! Fresh produce, hay rides, corn mazes, pumpkin patches and much more... (509) 238-6438 or www.greenbluffgrowers.com

5TH ANNUAL RIVER CLEAN UP

October 6, 9am-3pm, at High Bridge Park
Presented by Friends of the Falls with event sponsors Kendall Yards, Avista Utilities and Washington Trust Bank. Team leaders and volunteers needed. Register at www.gonzaga.edu/river-rsvp

25TH ANNUAL FALLEN LEAF RUN

October 7, 9am – Mirabeau Point Park
A 5K timed, non-competitive family walk/run to benefit Sudden Infant Death Syndrome. Registration begins at 8am. Cost: \$20/early entry fee, \$25/after October 1st. -includes a long-sleeved shirt. More information: (509) 456-0505 www.theSIDSFoundation.org

SKI SWAP

October 27-29 – Interstate Fairgrounds
The region's largest winter sports equipment and clothing event. Benefits the Mt. Spokane Ski Patrol for operations, purchase of medical and first aid supplies, rescue equipment and training materials. (509) 926-3944
Website: <http://www.mssp.org/>