

EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

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Aim for Health

SURPRISE YOUR MUSCLES – GET VARIETY IN YOUR WORKOUT

Choosing a variety of physical activities can help you meet your goals, prevent boredom, and keep your mind and body challenged.

You may be walking every day – but that's not helping to strengthen your arms or back. You may be biking every weekend – but it may do nothing for your abs.

Take a look at your current routine and ask yourself if it is meeting each of these fitness needs: strength training, flexibility, and endurance building. Does your routine allow for upper and lower body conditioning? Have you reached a plateau?




Here are some tips for mixing up your routine:

Add weights or increase weights. If you're not strength training two days each week, now is a good time to begin. If you already are – look for ways to gradually increase the amount of weight you're using.

Do you walk? If you can, increase to a jog for one block per mile. .. Then increase to twice per mile.

Do you like aerobics? Try a new dance class. Like yoga? Try Tai Chi. Different workouts use completely different muscles. If you find a particular routine has become easy for you – it's time to try something new.

YOUR COMPANY'S NAME

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

Your Safety

WHAT IS SICK BUILDING SYNDROME?

The term "sick building syndrome" (SBS) is used to describe situations in which building occupants experience acute health and comfort effects that appear to be linked to time spent in a building, but no specific illness or cause can be identified. The complaints may be localized in a particular room or zone, or may be widespread throughout the building. In contrast, the term "building related illness" (BRI) is used when symptoms of diagnosable illness are identified and can be attributed directly to airborne building contaminants.

The following have been cited causes of or contributing factors to sick building syndrome:

- **Inadequate ventilation**, which may also occur if heating, ventilating, and air conditioning (HVAC) systems do not effectively distribute air to people in the building, is thought to be an important factor in SBS.
- **Chemical contaminants from indoor sources:** adhesives, carpeting, upholstery, manufactured wood products, copy machines, pesticides, and cleaning agents may emit volatile organic compounds (VOCs), including formaldehyde. Combustion products such as carbon monoxide, nitrogen dioxide, as well as respirable particles, can come from unvented kerosene and gas space heaters, woodstoves, fireplaces and gas stoves.
- **Chemical contaminants from outdoor sources:** pollutants from motor vehicle exhausts; plumbing vents, and building exhausts can enter the building through poorly located air intake vents, windows, and other openings. In addition, combustion products can enter a building from a nearby garage.
- **Biological contaminants:** Bacteria, molds, pollen, and viruses are types of biological contaminants. These contaminants may breed in stagnant water that has accumulated in ducts, humidifiers and drain pans, or where water has collected on ceiling tiles, carpeting, or insulation.



For more information on solutions to sick building syndrome and other indoor air issues:

<http://www.epa.gov/iaq/pubs/sbs.html>

PREVENTIVE SCREENING TESTS AND IMMUNIZATIONS

Your Role in Prevention

Getting regular checkups, preventive screening tests, and immunizations are among the most important things you can do for yourself. Visit the websites listed below to find out when you need to see your doctor or nurse based on your personal health profile. Then, become a partner with your doctor or nurse to decide when you need your screenings and immunizations. Share your family history, speak up, voice your concerns, and always ask questions. For instance, if your doctor or nurse asks you to increase the amount you exercise, ask for examples of exercises that are best for you. If you are confused about how to do a monthly breast self-exam, ask and practice until you understand and feel comfortable doing it. If you are wondering if you need certain screenings, ask your doctor or nurse. You owe it to yourself.

Women: www.womenshealth.gov/screeningcharts/general/

Men: www.womenshealth.gov/screeningcharts/men/

Calendar of Events

PIG OUT IN THE PARK

Aug 29 – Sept 3, 10am–10pm; Riverfront Park
50 food booths, three beverage gardens, and 75 entertainment acts perform on three stages.
921-5579 or www.spokanepigout.com

SPOKANE CO. INTERSTATE FAIR

September 7-16 – Fairgrounds
Entertainment, exhibits, carnival rides and food.
Un"Bee"lievably Fun for Everyone!
www.spokanecounty.org/fair or 477-1766

MS BIKE RIDE

September 8-9, 10am–4pm; Coeur d'Alene Casino
Two-day unforgettable journey through the "Trail of the Coeur d'Alene's." Travel the historical Union Pacific rail beds along lakes, over the 3100' long railroad bridge and throughout ancestral lands of the Coeur d'Alene Nation. Benefits the National Multiple Sclerosis Society.
\$50.00 plus pledges; call 800-FIGHT-MS
nationalmssociety.org/wai

APPLE FESTIVAL IN GREENBLUFF

September 8 – October 28 – every weekend
Fun events for the whole family every weekend! Fresh quality apples, hay rides, mazes, pumpkin patches and so much more. Green Bluff, experience it!
238-6438 or www.greenbluffgrowers.com

SPICE IT UP: CHILI PEPPERS

Chilies are an excellent source of vitamin C if you can withstand their powerful bite. Contrary to popular belief, the hottest part of the chili pepper is not the seeds but where the seed attaches to the white membrane inside the pepper. This area has the highest concentration of capsaicinoids. Capsaicinoids are flavorless, odorless substances that act on pain receptors in the mouth and throat. Capsaicin is the primary capsaicinoid. Capsaicinoids can be found throughout the flesh of chili peppers though their concentration varies in different areas so that one part of a pepper may be hot and another part of the same pepper quite mild.

Chili peppers are available year round and in the United States they are grown in California, New Mexico and Texas. When selecting chilies, look for firm, glossy chilies with taut, unwrinkled skin and fresh green stems. Dried hot peppers should be glossy yet unbroken.

Chilies should be stored unwashed and wrapped in paper towels in the refrigerator for up to three weeks. Dried chilies should be stored in airtight containers at room temperature for a maximum of four months. To keep dried chilies for more than four months, store them in the refrigerator.

Common varieties:

Anaheim – mildly hot
Cayenne – very hot
Habenero – hottest pepper grown commercially
Hungarian – moderately hot
Jalapeno – very hot
Poblano – mild to hot
Serrano – moderate to very hot

www.fruitsandveggiesmatter.gov/month/chili_peppers.html

MEXICAN SQUASH CASSEROLE

4 small yellow squash, sliced
3 medium zucchini, sliced
1 medium yellow onion, sliced
2 cloves garlic, minced
2 tsp olive oil
1 jalapeno, chopped
1 can low-sodium corn kernels
½ cup grated 2% milk cheddar cheese
1- ½ tsp cumin

Heat oil in large skillet. Lightly sauté the squash, zucchini, onion, and garlic until just soft. Toss with the remaining ingredients. Place in a lightly oiled 2-quart casserole dish. Bake at 400 °F for 20 minutes. Serve warm with grilled chicken or pork, if desired.

Serves 6 / Nutrition per serving: Calories 120, Fat 3g, Saturated fat 1g, Cholesterol 0g, Sodium 170 mg, Carbohydrates 21g, Fiber 3g, Protein 7g, Vitamin A 8%, Vitamin C 60%, Calcium 8%, Iron 6%

www.fruitsandveggiesmatter.gov

