

EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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Aim for Health

USE THE UN-USED & TRY SOMETHING NEW

We all know that feeling of sore muscles the first time we get on our bikes in the spring or after that first day of skiing in the winter. Often people get into a rut with their exercise and many muscles don't get worked fully. Here are some simple ideas to throw into your exercise mix to work some muscles that may not have been used for a while:

- Jumping jacks, sit-ups and push-ups
- Play catch with a softball, football, or Frisbee
- Swim laps at a local gym or beach
- Go for a day hike or bike ride
- Jump rope
- Try yoga or tai chi
- Take a karate or dance class
- Gardening & yard work
- Buy or rent a new aerobics video
- Roller, in-line, or iceskating
- Tennis, badminton, or volleyball



YOUR COMPANY'S NAME

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

WATER-RELATED INJURIES

In 2005, there were 3,582 fatal unintentional drownings in the United States, averaging ten deaths per day. An additional 710 people died, from drowning and other causes, in boating-related incidents. What you can do:

Who is most at risk?

Males: In 2005, males were four times more likely than females to die from unintentional drownings in the United States. However, CDC research has found that men of all ages, races, and educational levels consistently reported greater swimming ability than women.

Children: In 2005, of all children 1–4 years old who died, almost 30% died from drowning. Although drowning rates have slowly declined, fatal drowning remains the second-leading cause of unintentional injury-related death for children ages 1–14 years.

Prevent water-related injuries:

Designate a responsible adult to watch all children swimming or playing in or around water. Adults should not be distracted in any way.

Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.

Avoid drinking alcohol before or during swimming, boating, or water skiing. Never drink alcohol while supervising children.

Learn to swim. Constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes.

Learn cardiopulmonary resuscitation (CPR). In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone's life. CPR performed by bystanders has been shown to improve outcomes in drowning victims.

Do not use air-filled or foam toys, such as water wings, noodles, or inner-tubes, in place of life jackets (personal flotation devices). These toys are not designed to keep swimmers safe.

More at: www.cdc.gov/ncipc/factsheets/drown.htm

WHY PROTECT YOUR EYES FROM HARMFUL UV RAYS?

Overexposure to the sun's UV rays has been linked to a number of eye problems, such as age-related cataracts, pterygium, photokeratitis and corneal degenerative changes. Just as skin is burned by UV radiation, the eye can also suffer damage. Wear protective eyewear any time your eyes are exposed to UV radiation, even on cloudy days and in the winter.

- Purchase quality sunglasses that offer good UV protection. They should block out 99 percent of UV-A and UV-B radiation and screen out 75–90 percent of visible light.
- Make sure sunglass lenses are perfectly matched in color and free of distortions or imperfections.
- Buy gray-colored lenses. They reduce light-intensity without altering the color of objects, providing the most natural color vision.
- Make sure children and teens wear sunglasses. They typically spend more time in the sun than adults.

Calendar of Events

8 LAKES LEG ACHES BIKE RIDE

August 2, Group Health Exhibition Hall
5615 W. Sunset Hwy

Choose from a 30, 50 or 80 mile biking challenge touring scenic landscape between Spokane, Medical Lake and Cheney; benefits Lutheran Community Services.

343-5020, or www.lcsnw.org

INLAND NORTHWEST SKYFEST 2008

August 9-10; Fairchild Airforce Base

Free air show and open house. Come see the Blue Angels, the F-22 Raptor, F-15C Eagle, C-17 Globemaster III, and the KC-135 Stratotanker. The open house will also feature static displays of many contemporary and vintage aircraft. Gates will open Aug. 9 and 10 at 9 a.m., with the air show scheduled from 11 a.m. - 4 p.m.

<http://public.fairchild.amc.af.mil/index.asp>

PIG OUT IN THE PARK

August 27 - September 1, Riverpark Square
10am–10pm

29th Annual Food Festival featuring 42 food booths, 3 music stages with over 75 shows and 3 adult beverage gardens – free admission

921-5579, www.spokanepigout.com

THE GOOD FATS: POLYUNSATURATED FATS AND MONOUNSATURATED FATS

While fats are essential for normal body function, some fats are better for you than others. Most of the fat that you eat should come from unsaturated sources: polyunsaturated fats and monounsaturated fats. In general, nuts, vegetable oils, and fish are sources of unsaturated fats.

Monounsaturated sources: Nuts, vegetable oils, Canola oil, olive oil, high oleic safflower oil, sunflower oil, avocado

Polyunsaturated fats can be broken down into two types:

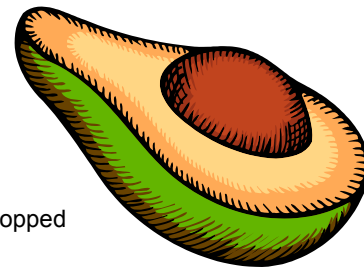
- **Omega-6 polyunsaturated fats** — these fats provide an essential fatty acid that our bodies need, but can't make. Sources: Soybean oil, corn oil, safflower oil
- **Omega-3 polyunsaturated fats** — these fats also provide an essential fatty acid that our bodies need. In addition, omega-3 fatty acids, particularly from fish sources, may have potential health benefits. Sources: Soybean oil, Canola oil, walnuts, flaxseed, some fish (trout, herring, salmon)

AVOCADO TACOS & FRESH SALSA

1 ripe avocado, peeled and seeded
1 medium onion, julienned
2 large green peppers, julienned
2 large red peppers, julienned
1 cup fresh cilantro, finely chopped
1½ cups fresh tomato salsa (see below)
12 flour tortillas
non-stick cooking spray

Fresh Tomato Salsa

1 cup tomatoes, diced
1/3 cup onions, diced
½ clove garlic, minced
2 tsp cilantro
1/3 tsp jalapeño peppers, chopped
½ tsp lime, juiced
pinch of cumin



Spray skillet with cooking spray. Lightly sauté onion and green and red peppers. Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve.

Salsa: Mix together all ingredients and refrigerate in advance.

Makes 12 servings Calories: 170, Fat: 6g, Cholesterol: 3g, Sodium: 167mg