

# EMPLOYEE WELLNESS

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## Aim for Health

### How's Your FLEXIBILITY?

Flexibility is the ability to move joints and use muscles as much as possible. The sit-and-reach your toes test is a good measure of flexibility of the lower back and backs of the upper legs. Being flexible can help prevent injuries like pulled muscles. If you force your body to move in a way that you aren't used to, you risk tearing muscles, as well as ligaments and tendons.

Stretching is important before and after exercising, but stretching for a few minutes throughout the day can be very beneficial. Each day try to stretch your back, shoulders and neck, front and back of your thighs (quadriceps and hamstrings), and your calves.

#### Here are some simple stretching tips:

- Always warm up a bit before stretching. Take a quick 5-minute walk or walk in place.
- Breathe slowly while stretching.
- Stretch gently – never to the point of pain.
- Hold each stretch – don't bounce.
- Keep good posture while stretching.
- Find opportunities to stretch – while on the phone or reading e-mails, while waiting in lines, or watching TV.



## Your Safety

### HOLIDAY DECORATING – IMPORTANT SAFETY REMINDERS

#### Candles

- Never use lighted candles on a tree or near other evergreens.
- Always use non-flammable holders.
- Keep candles away from other decorations and wrapping paper.

- Place candles where they cannot be knocked down or blown over.

#### Trimming

- Use only non-combustible or flame-resistant materials.
- Wear gloves while decorating with spun glass "angel hair" to avoid irritation to eyes and skin.
- Check decorations for lead. Lead is hazardous if ingested by children.
- Around children - avoid decorations that are sharp, breakable, have small removable parts, or resemble food.

#### Lights

- Use only lights that have been tested for safety with an independent testing laboratory label.
- Check each set of lights for broken sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.
- Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind.
- Use no more than three standard-size sets of lights per single extension cord.
- Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.
- Never use electric lights on a metallic tree.
- Keep "bubbling" lights away from children.

#### Trees

- Many artificial trees are fire resistant. If you buy one, look for a statement specifying this protection.
- If you buy a fresh tree, keep it from drying out to prevent a fire hazard. Place tree away from fireplaces, radiators and other heat sources – and water frequently.

More at: [www.cpsc.gov](http://www.cpsc.gov)

## YOUR COMPANY'S NAME

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## **FIGHT WINTER DOLDRUMS...**

Stress of the holidays, financial worries, shorter days... Winter months can take a toll on our mental health, and the resulting stress can affect our physical health.

**Fit the following into your schedule to ensure a stress-free winter:**

- Plan ahead. Procrastinating and running around last minute lead to stress and over-spending.
- Exercise. Nothing is better to relieve stress, burn off extra calories, and help you sleep better.
- Take a catnap if you need it.
- Listen to some uplifting music.
- Talk to someone. Share your burdens and frustrations – and be there to listen to others.
- Take a time-out. Find a quiet spot, close your eyes, and focus on deep breathing for 10-15 minutes.
- Focus on the positive. Spend time doing things you enjoy. It's OK to say "no" – don't try to do everything.

## **Calendar of Events**

### **CHRISTMAS TREE ELEGANCE**

December 5-13; Davenport Hotel  
Benefits Spokane Symphony Orchestra – a variety of events, including a tree lighting ceremony, Mobius kids santa breakfast; gala dinner dance; red hat luncheon, and raffle drawing in lobby of trees.  
(509) 458-TREE; [www.spokanesymphonyassoc.org](http://www.spokanesymphonyassoc.org)

### **HOLIDAY LIGHTS AT GAISER CONSERVATORY**

December 12-21; Manito Park  
Manito Park's conservatory will be decorated with poinsettias, mums and more, with over 40,000 lights. 8 a.m.-7:30 p.m. Best viewing is after 4 p.m. Open house Dec. 13-14 from 4-7:30 p.m.  
(509) 456-8038

### **JINGLE BELL RUN & WALK**

December 13; Riverfront Park  
A 5k run, 5k walk and 1k children's run with the elves. This annual fundraiser benefits the Arthritis Foundation.  
Call (509) 547-2707 to register.

### **FIRST NIGHT SPOKANE**

Downtown & Riverfront Park New Year's Eve Celebration  
[www.firstnightspokane.org](http://www.firstnightspokane.org)

## **OMEGA-3 FATTY ACIDS & YOUR HEALTH**

Fish and shellfish contain a type of "good" fat called omega-3 (oh-MAY-guh) fatty acids. Research suggests that eating omega-3 fatty acids lowers your chances of dying from heart disease. Symptoms of omega-3 fatty acid deficiency may include extreme tiredness (fatigue), poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

Omega-3 fatty acids are considered essential fatty acids. They are essential to human health but cannot be manufactured by the body. For this reason, omega-3 fatty acids must be obtained from food.

Fish that naturally contain more oil (such as salmon, trout, herring, mackerel, anchovies, and sardines) have more omega-3 fatty acids than lean fish (such as cod, haddock, and catfish). Be careful, though, about eating too much shellfish. Shrimp is a type of shellfish that has a lot of cholesterol.

You can also get omega-3 fatty acids from plant sources, such as:

- canola and soybean oil
- walnuts
- ground flaxseed (linseed) and flaxseed oil

## **SPINACH STUFFED SOLE**

Nonstick cooking spray  
1 tsp olive oil  
½ lb fresh mushrooms, sliced  
½ lb fresh spinach, chopped  
¼ tsp oregano leaves, crushed  
1 clove garlic, minced  
1½ lb sole fillets or other white fish  
2 Tbsp sherry  
1 C part-skim mozzarella cheese, grated

Preheat oven to 400° F. Spray a 10x6-inch baking dish with nonstick cooking spray.  
Heat oil in skillet; saute mushrooms about 3 minutes or until tender. Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish. Add oregano and garlic to drained sauteed vegetables; stir to mix ingredients.  
Divide vegetable mixture evenly among fillets, placing filling in center of each fillet. Roll fillet around mixture and place seam-side down in prepared baking dish. Sprinkle with sherry, then grated mozzarella cheese. Bake 15-20 minutes or until fish flakes easily. Lift out with a slotted spoon.

**4 servings - Each serving provides:**

Calories: 262; Total fat: 8 g; Saturated fat: 4 g; Cholesterol: 95 mg; Sodium: 312 mg

