

EMPLOYEE WELLNESS

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Aim for Health

GET YOUR FAMILY MOVING

Energy balance means that you and your family need to balance ENERGY IN with ENERGY OUT. The calories we eat and drink (ENERGY IN) provide fuel for our bodies to use for every day activities and physical activities (ENERGY OUT). The goal is to stay in energy balance.




Whether the goal for you and your family is to maintain a healthy weight, or to lose weight, it is important to keep energy balance in mind.

Health experts recommend that you think of ways to rev up the ENERGY OUT in two important ways: things you can do together as a family that are [fun and physically active](#), and things each of you can do in your everyday routines to increase your level of physical activity.

Encourage every member of your family to increase daily physical activity. Think of ways to have fun and be physically active at the same time. Here are some [everyday ideas to rev up activity](#).

More at "We Can!"...
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm

YOUR COMPANY'S NAME

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

Your Safety

PUT SAFETY FIRST DURING WINTER FUN

Winter sports provide kids and families with great exercise and fun, but proper safety measures are needed to prevent injuries, say pediatric trauma experts.

- Everyone should always wear a helmet when snowboarding, sledding, snowmobiling and skiing.
- Dress to keep warm and safe. Wear layers of clothing and top it off with coats that are wind- and water-resistant. When snowmobiling, make sure that scarves and any loose fabrics are tucked in.
- Parents should always supervise young children and keep them in sight. Older children should always have at least one companion.
- Don't play on ice, which poses a serious fall risk. When skating, use ice only in areas designated for skating, and check for cracks and debris on the ice.
- When skiing, snowboarding or sledding, always make sure the path is clear of people and other obstacles.
- Only take part in winter sports in areas well-lit by sunlight or artificial light.
- No matter what the winter activity, always think about safety. For example, never pull your child in a sled behind a snowmobile or other motorized vehicle.

www.nlm.nih.gov/medlineplus



PLAQUE: WHAT IT IS AND HOW TO GET RID OF IT

Plaque is made up of invisible masses of harmful germs that live in the mouth and stick to the teeth.

- Some types of plaque cause tooth decay.
- Other types of plaque cause gum disease.

Red, puffy or bleeding gums can be the first signs of gum disease. If gum disease is not treated, the tissues holding the teeth in place are destroyed and the teeth are eventually lost.



Dental plaque is difficult to see unless it's stained. You can stain plaque by chewing red "disclosing tablets," found at grocery stores and drug stores. The color left on the teeth will show you where there is still plaque—and where you have to brush again to remove it. Stain and examine your teeth regularly to make sure you are removing all plaque.

Don't forget: Brush your teeth twice daily with fluoride toothpaste, floss daily, visit your dentist regularly and avoid sugary snacks and beverages – especially between meals.

Calendar of Events

TRAVEL AND ADVENTURE EXPO

February 2; 10am–6pm at Northern Quest Casino
See the latest destinations, products and services for the traveler. \$6 General Admission
800-840-2280 or www.travelandadventureexpo.com

3RD ANNUAL "SOUPER" BOWL

February 3 at Mt. Spokane Selkirk Lodge; 8:30am-1pm
X-country ski race, guided ski and snowshoe tours followed by tasty soup and bread. Minimum suggested donation \$25.
Benefits Women's and Children's Free Restaurant
Registration and more information: www.selkirknordic.org/.

VIVA VINO 2008

February 8, 7pm – Ridpath Hotel 515 W Sprague Avenue
Wine Tasting, Silent Auction, Jazz, & Chocolate Affair to raise money to award hispanic students excelling in academics with scholarships to further their education.
\$50.00; 509-879-2232

HOME & YARD SHOW

Feb. 28-March 2; Thurs. Noon-9pm; Fri.Noon-9pm; Sat. 10am-8pm; Sun 10am-5pm; Fair & Expo Center
Hundreds of displays & demonstrations offering the latest in home & yard related products. Adults \$6.00; Children 12 and under Free; www.custershows.com

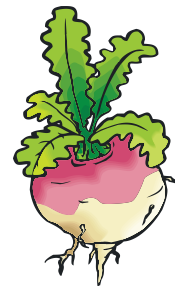
REDUCE SODIUM FOR A HEALTHIER DIET

A key to healthy eating is choosing foods lower in salt and sodium. Most Americans consume more salt than they need. The current recommendation is less than 2.4 grams (2,400 milligrams) of sodium a day. That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams include ALL salt and sodium consumed, including that used in cooking and at the table. For those with high blood pressure, recent research has shown that consuming diets of 1,500 mg of sodium had even better blood pressure lowering benefits. Tips:

- Buy fresh, frozen, or canned "with no salt added" vegetables.
- Rinse other canned foods, such as tuna, to remove some sodium.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Read labels and cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings — these often have a lot of sodium.

ROASTED ROOT VEGETABLES

1 sweet potato
2 parsnips
2 carrots
2 turnips or 1 large rutabaga
1 daikon radish (or your favorite squash)
Olive oil
Salt and pepper
Herbs: rosemary, thyme or sage



1. Pre-heat oven to 375 degrees.
2. Wash and chop all vegetables into large bite-sized pieces.
3. Place in a large baking dish with sides.
4. Drizzle with olive oil; mix well to coat each vegetable lightly with oil.
5. Sprinkle with salt, pepper and herbs.
6. Bake uncovered for 25-35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

Note: Any combination of vegetables will work.