

# EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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## Aim for Health

### GETTING THE RIGHT MIX

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness.

**Warm Up** - 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations.

**Muscular Strength** - minimum of two 20-minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

**Muscular Endurance** - at least three 30-minute sessions each week that include exercises such as calisthenics, pushups, sit ups, pull ups, and weight training for all the major muscle groups.

**Cardio-respiratory Endurance** - at least three 20-minute bouts of continuous aerobic exercise each week: brisk walking, jogging, swimming, cycling, rope-jumping, rowing, racquetball and tennis.

**Flexibility** - 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down.

**Cool Down** - a minimum of 5-10 minutes of slow walking, low-level exercise, combined with stretching.

[www.fitness.gov/fitness.htm](http://www.fitness.gov/fitness.htm)

## YOUR COMPANY'S NAME

☛ Your Company's Info

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## Your Safety

### GREAT GARDENING SAFETY TIPS:

Below are some tips to help keep you safe and healthy so that you can enjoy the beauty and bounty gardening can bring.

- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Make sure equipment is working properly. Sharpen tools carefully.
- Keep harmful chemicals, tools, and equipment out of children's reach.
- Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
- Protect your hearing when using machinery.
- Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants.
- Protect yourself from diseases caused by mosquitoes and ticks. Use insect repellent –read label instructions carefully.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with SPF 15 or higher.
- Drink plenty of water throughout the day to replace lost fluids.
- Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.
- Before you start gardening this season, make sure your tetanus/diphtheria (Td) vaccination is up to date.



[www.cdc.gov/family/gardening/index.htm](http://www.cdc.gov/family/gardening/index.htm)

## GO ONLINE BEFORE YOU DINE

You may be very surprised to find out how many calories are in your favorite restaurant meals. And though few restaurants show calories on their menus, many have nutritional information posted on the internet. Here are a few examples:

**Pizza Hut – 3 slices Meat Lover’s Stuffed Crust**  
1560 calories; 87 grams of fat

**Denny’s French Toast Platter**  
1261 calories; 79 grams of fat

**P.F. Chang’s Double Pan-Fried Noodle Combo**  
1384 calories; 68 grams of fat

**Carl’s Jr. – Western Bacon Six-Dollar Burger**  
1130 calories; 66 grams of fat

The good news is healthier options are popping up everywhere and most restaurants are happy to customize your order – just ask!

## Calendar of Events

### ARTFEST

May 30–June 1

The Park in historic Browne’s Addition  
Artist booths, food booths, beer garden, live music  
and art projects for kids. [www.northwestmuseum.org](http://www.northwestmuseum.org)

### EASTER SEALS WALK WITH ME

June 7; 11:00 am–Riverfront Park

Today 20% of Spokane’s residents have a disability  
and 13% live in poverty. Join us a 5K walk raising  
awareness and funds for programs assisting people  
with disabilities and families in need!

326-8292 or [www.walkwithme.org](http://www.walkwithme.org)

### IRONMAN COEUR D’ALENE

June 22; 7am–midnight

208-664-3194 or 877-782-9232

[www.ironmancda.com](http://www.ironmancda.com)

### HOOPFEST

June 28–29

The world’s largest 3-on-3 basketball tournament in  
the streets of downtown Spokane.

624-2414 or [www.spokanehoopfest.net](http://www.spokanehoopfest.net)

## DRYING FOR HEALTHY SNACKS

Drying is the oldest method of preserving food. Drying eliminates moisture from the food resulting in a longer food life. The methods of drying food, particularly fruits and vegetables, have become more sophisticated over time. The three most common methods used today are briefly described below:

- Solar: requires 3 to 5 consecutive days of 95 degrees or above and low humidity. This climate is found only in limited areas in the United States.
- Oven: can be expensive as many hours are normally required to dry food. Oven dried foods are often times darker and more brittle.
- Dehydrator: produces the highest quality product. An electric dehydrator may be purchased and various sizes and levels of quality are generally available.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorie dense. The recommended serving size for dried fruits and vegetables is half that of fresh.

Vitamin C is one nutrient that is destroyed by heat. Pre-treating food with citrus juice can help increase the vitamin C content of the dried food.

For drying at home, select ripe fruits and vegetables for drying. Bruised fruit may be used if those areas are removed before drying. Do not use any food with mold on it for drying. Peel and slice food into 1/8 to 1/2 inch slices. The higher the water content, the larger the slice should be because the more it will shrink in drying.

## SCANDINAVIAN FRUIT SOUP

- 1 cup dried apricots
- 1 cup dried sliced apples
- 1 cup dried pitted prunes
- 1 cup dried cranberries
- 1 cup canned pitted red cherries
- ½ cup quick cooking tapioca
- 1 cup grape juice
- 3 cups water
- ½ cup orange juice
- ¼ cup lemon juice
- 1 Tbsp orange peel, grated
- ½ cup brown sugar



Combine all dried fruits, tapioca, grape juice, and water in slow cooker. Cover and cook on low for 8 hours. Before serving, stir in orange and lemon juices, orange peel, and brown sugar. Serve warm as soup or dessert. Serve chilled with frozen vanilla yogurt.

**Makes 12 servings** Calories: 210, Fat: 0g, Cholesterol: 0g, Sodium: 95mg, Carbohydrates: 54g, Fiber: 4g, Sugar: 34g, Protein: 1g, Calcium: 2%, Iron: 6%, Vitamin A: 15%, Vitamin C: 15%