

EMPLOYEE WELLNESS

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Aim for Health

EXERCISE AT YOUR TARGET HEART RATE

For moderate-intensity workouts, your target heart rate should be 50–70% of your maximum heart rate. First, find your maximum heart rate, which is 220 minus your age. For example, for a 50-year-old person, the estimated maximum heart rate would be 220 - 50 years = 170 beats per minute (bpm). The 50% and 70% levels would be:

- 50% level: $170 \times 0.50 = 85$ bpm, and
- 70% level: $170 \times 0.70 = 119$ bpm

Thus, moderate-intensity physical activity for a 50-year-old requires that the heart rate remains between 85 and 119 bpm during physical activity.

For vigorous-intensity workouts, your target heart rate should be 70–85% of your maximum heart rate.

Also try this easy target heart rate calculator online:

www.mayoclinic.com/health/target-heart-rate/SM00083



YOUR COMPANY'S NAME

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

Your Safety

CREATE A SAFE AND COMFORTABLE WORKSTATION

Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD). The following is a checklist of a good working position:

- Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor.
- Head is level or bent slightly forward, forward facing, and balanced. Generally it is in-line with the torso.
- Shoulders are relaxed and upper arms hang normally at the side of the body.
- Elbows stay in close to the body and are bent between 90 and 120 degrees.
- Feet are fully supported by floor or footrest.
- Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- Thighs and hips are supported by a well-padded seat and generally parallel to the floor.
- Knees are about the same height as the hips with the feet slightly forward.

Regardless of how good your working posture is, working in the same posture or sitting still for prolonged periods is not healthy. You should change your working position frequently throughout the day in the following ways:

- Make small adjustments to your chair or backrest.
- Stretch your fingers, hands, arms, and torso.
- Stand up and walk around for a few minutes periodically.

More at the U.S. Dept. of Labor website:

www.osha.gov/SLTC/etools/computerworkstations/index.html

DEPRESSED? GET SCREENED!

Depressive disorders are common: they affect an estimated 9.5% of adult Americans in a given year. The median age of onset is 30 years. Depression (not including bipolar disorder) is the leading cause of disability among men and women of all ages.

The majority of people with depressive disorders improve when they receive appropriate treatment. The first step is a physical examination by a physician to rule out other causes, followed by an evaluation for depression or referral to a mental health professional.

Treatment depends on the patient's diagnosis, severity of symptoms, and preference. A variety of treatments, including medications and short-term "talking" therapies, have proven effective. Severe depressive illnesses may require a combination of treatments for the best outcome. It usually takes a few weeks of treatment before the full therapeutic effect occurs. Once the person is feeling better, treatment may need to be continued for several months—and in some cases, indefinitely—to prevent a relapse.

Calendar of Events

BLOOMSDAY

May 4 • Downtown Spokane
www.Bloomsdayrun.org

STAND UP FOR YOUR HEALTH EVENT

May 7 • 9am–12:30pm • Red Lion Hotel at the Park
Register online: www.aarp.org/wa or 1-877-926-8300.

GARDEN EXPO 2008

May 10 • 9am–5pm • Spokane Community College
Free. Vendors, plant sellers, artists, door prizes, demos, and more - 535-8434 or tieg@comcast.net

JUNIOR LILAC PARADE

May 10 • 10 am • Downtown Spokane
<http://spokanerotaract.org>

BIKE TO WORK WEEK

May 12-16; Events throughout Spokane
Info at: www.biketoworkspokane.org

SPOKANE LILAC FESTIVAL TORCHLIGHT PARADE

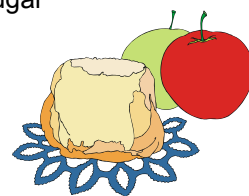
May 17 • 7:45 pm • Downtown Spokane
spokanelilacfestival.org

MICROWAVE SAFETY TIPS:

- Microwave ovens can cook unevenly and leave "cold spots" where harmful bacteria can survive. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Arrange food items evenly in a covered dish and add some liquid if needed. Cover with a lid; vent to let steam escape. The moist heat will help destroy harmful bacteria and ensure uniform cooking.
- Always stir or rotate food midway through the microwaving time.
- Cook foods immediately after defrosting in the microwave.
- Remove food from packaging before defrosting.
- Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
- Plastic storage containers such as margarine tubs should not be used in microwave ovens as harmful chemicals can migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.
- Never use plastic storage bags, grocery bags, newspapers, or aluminum foil in the microwave.

APPLE DUMPLINGS

2 Tbsp firmly packed light brown sugar
1-1/2 tsp cinnamon
1 tsp cornstarch
1 tsp vanilla extract
6 small apples, peeled and cored
6 square 7-inch egg roll wrappers
Non-stick cooking spray



Preheat the oven to 375°F. Spray six muffin cups with non-stick cooking spray. In a large bowl, combine the sugar, cinnamon, cornstarch, vanilla, and 1 Tbsp water. Roll peeled apples in the mixture until coated. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges. Place each dumpling in a muffin cup and lightly spray the tops with non-stick cooking spray. Bake until golden, about 20 minutes. Cool on a rack 15 minutes; serve warm.

Makes 6 servings Calories: 180, Fat: 1g, Cholesterol: 5g, Sodium: 190 mg, Carbohydrates: 39g, Fiber: 3g, Sugar: 16g, Protein: 3g, Calcium: 4%, Iron: 8%, Vitamin A: 2%, Vitamin C: 8%

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