

EMPLOYEE WELLNESS

Volume 7, Issue 11

Spokane Regional Health District • 509.324.1500

November 2008

Aim for Health

BE ACTIVE YOUR WAY: NEW PHYSICAL ACTIVITY GUIDE & RECOMMENDATIONS

- Wondering about how much activity you need each week?
- Want to get physically active but not sure where to begin?
- Already started a program and would like tips on how to keep it up or step it up?

The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amounts of physical activity that offer substantial health benefits to Americans. *Be Active Your Way: A Guide for Adults Aged 18 to 64 Years*—shows how you can fit physical activity into your life—your way.

The free online guide is based on the 2008 Physical Activity Guidelines for Americans and can help you decide the number of days, types of activities, and times that fit your schedule. It also provides examples to help you get started. The more you do, the greater the health benefits and the better you'll feel.

www.health.gov/paguidelines/adultguide/default.aspx

YOUR COMPANY'S NAME

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

Your Safety

PROTECT YOURSELF & LOVED ONES FROM SECONDHAND SMOKE

Secondhand smoke contains over 4,000 chemical compounds—more than 50 of which are known to cause cancer. Here's a few:



- Formaldehyde – Used to embalm dead bodies
- Benzene – Used in gasoline
- Hydrogen Cyanide – Used in chemical weapons
- Cadmium – Used in making batteries
- Arsenic – Used in pesticides

Here's what you can do:

- Make your home and car smoke-free.** Smoking inside a home or car is more dangerous because smoke gets trapped inside—even fans and open windows don't help.
- Family, friends, and visitors should never smoke inside.** Breathing smoke from someone else's cigarette, pipe, or cigar can make you and your children sick.
- If you smoke, smoke only outside.** Children who live in homes where people smoke get sick more often with coughs, breathing problems such as asthma, and ear infections.
- If you or someone you know needs help to quit...** Call the Washington State quit line for free support, free quit kits and nicotine patches or gum, if appropriate. Medicaid clients are also eligible for free prescription medications, if appropriate. **Call 1-800-QUIT-NOW**

JOB STRESS AND YOUR HEALTH

Research shows that job stress can lead to: cardiovascular disease, musculoskeletal disorders, psychological disorders, workplace injury, suicide, cancer, ulcers, and impaired immune function.

How to change your organization to prevent job stress:

- Ensure that the workload is in line with workers' capabilities and resources.
- Design jobs to provide meaning, stimulation, and opportunities for workers to use their skills.
- Clearly define workers' roles and responsibilities.
- Give workers opportunities to participate in decisions and actions affecting their jobs.
- Improve communications-reduce uncertainty about career development and future employment prospects.
- Provide opportunities for social interaction among workers.
- Establish work schedules that are compatible with demands and responsibilities outside the job.

www.cdc.gov/niosh/stresswk.html

Calendar of Events

FALL FOLK FESTIVAL

November 8-9; Spokane Community College Lair
Traditional and ethnic dance and music, workshops, crafts and meals for purchase - Saturday, 11 am-10 pm. and Sunday, noon-5 pm - www.spokanefolklore.org

"TOASTING & TASTING"

November 15, 7-9:30 pm
St. Stephen's Episcopal Church, 5720 S. Perry
Twelve local vintners will talk about their wine and answer questions. Enjoy hors d'oeuvres, chocolate and lively music. Proceeds benefit local community outreach through silent and live auctions. www.teamjewitthomes.com

HUNGER & HOMELESS

AWARENESS WEEK

November 17 – Winter Wear Drive – 11am-3pm

Homeless Resource Center, 520 S. Walnut

November 18 – Toiletry Drive – 7am-10pm

Global Credit Union, 1520 W. 3rd

November 19 – Conference – 8:30am-1pm

SCC Lair, Main Lobby

November 20 – Awareness Walk – 5:30pm

Spokane Regional Health District, 1101 W. College

November 21 – Memorial Service – Noon-1pm

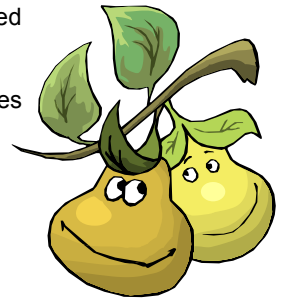
Westminster Congregational UCC

10 WAYS TO GET YOUR KIDS (AND YOURSELF) TO EAT MORE FRUITS & VEGETABLES

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees and soups. Top cereal with fruits or add to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks.
5. Challenge family members to reach their daily fruit and vegetable goal and reward the winner.
6. Ask that fruits and veggies be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to add them to their favorite meals.
8. Dress up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.

PEAR & CRANBERRY CRISP

- 1 cup all purpose flour
- 2/3 cup light brown sugar, firmly packed
- 1/2 cup old fashioned oats
- 1/4 tsp. salt
- 8 Tbs. margarine, chilled/cut into pieces
- 7 large pears, peeled, cored, and cut length-wise into eight slices
- 1 cup cranberries, fresh or frozen
- 1/2 cup sugar
- 2 Tbs. all-purpose flour
- 1/2 tsp. cinnamon, ground
- 1/4 tsp. ginger, ground



1. Preheat oven to 350 degrees. Grease an 8-inch square baking dish with 2-inch sides.
2. In a medium bowl, mix together the flour, brown sugar, oats, and salt. With a pastry blender or two knives used scissor-fashion, cut in the butter until the mixture resembles coarse meal.
3. Toss together the pears and next 5 ingredients until well mixed and spoon into the prepared dish. Sprinkle the topping evenly over the filling. Set the dish on a baking sheet to catch any drips.
4. Bake for about 1 hour, or until the topping is golden and the filling thickens and bubbles. Cool at least 20 minutes. Serve with vanilla frozen yogurt, if desired.

Compliments of Spokane Regional Health District. Produced by Cheri Kaatz, Public Information Office. The information presented is not intended to provide medical advice, which should be obtained from a qualified health professional. Past issues may be reproduced and reformatted for use by employers. Go to: www.srhd.org/health/activity/employeehealth.asp