

EMPLOYEE WELLNESS

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Aim for Health

STRENGTHEN YOUR CORE THROUGH PILATES

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, pilates increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse" (torso). People who do pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

There are two ways to exercise in pilates. Most people focus on mat exercises which require only a floor mat and training. These exercises are designed so that your body uses its own weight as resistance. The other method uses machines to tone and strengthen the body, again using resistance.

The great thing about pilates is that just about everyone - from couch potatoes to fitness buffs - can do it. Because pilates has gained lots of attention recently, there are lots of classes available. Many fitness centers and YMCAs offer classes, mostly in mat work. If your health club makes pilates machines available to members, make sure there's a qualified pilates instructor on duty to teach and supervise you during the exercises.

YOUR COMPANY'S NAME

- ☛ Your Company's Info
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Your Safety

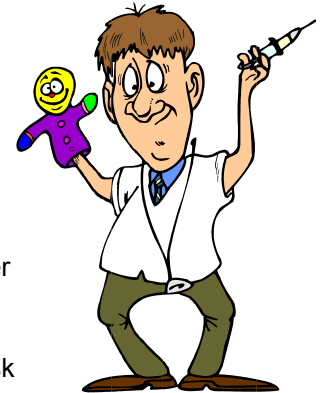
AVOID THE FLU THIS SEASON

Flu shot recommendations have changed this year. The Centers for Disease Control (CDC) and Prevention are urging parents to get all their children vaccinated. It's estimated that each year in the U.S. more than 20,000 children under age 5 are hospitalized due to flu. And sadly, last flu season, 72 children died due to flu-related causes.

To protect their health, all children –aged 6 months up to their 19th birthday– should be vaccinated against the flu each year. But they aren't the only ones.

Who else needs a flu shot?:

- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu
- And, anyone who wants to reduce their chances of getting the flu



Other good health habits to prevent the flu:

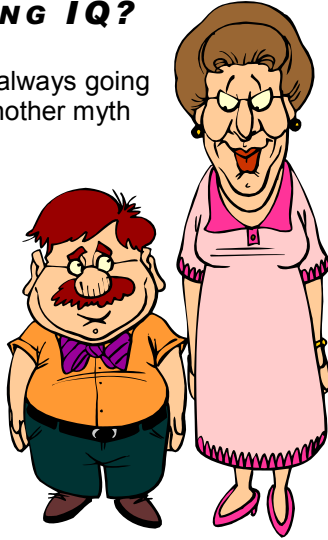
- Avoid close contact with people who are sick.
- Stay home from work, school, and errands when you are sick.
- Don't cough or sneeze into your hands. Use a tissue – then throw it away and wash your hands. If you don't have a tissue cough into your sleeve/elbow.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.

Learn more: www.cdc.gov/flu

WHAT'S YOUR AGING IQ?

It seems like older people are always going to the doctor. Or, is that just another myth about the aging population?

Do you need less calories the older you get, less sleep, more sleep? Is it true people over 65 use the most prescription medicines? Do people start to lose interest in sex at age 50? Do people always get grumpy as they age? Are urinary accidents a fact of life?



The National Institute on Aging has a great online interactive quiz to test your knowledge of many aging myths...

Go to: www.niapublications.org/tipsheets/agingiq.asp (or download the PDF).

Calendar of Events

FALLEN LEAF RUN FOR SIDS

October 5; 9:00 am; Early registration \$20
Children 12 and under are FREE. Beautiful, relatively easy 5K course along the Spokane River and Centennial Trail. Register on line at www.active.com; 456-0505

HOME IDEA SHOW

October 10-12; Fairgrounds
Spokane's annual fall home show focuses on environmentally-friendly and energy saving products. Experts offer lots of advice on how to save cash, and lower energy costs. Call 939-8017, or www.homeideashow.com

SPOKANE IS READING

October 16; Enjoy two special appearances of nationally-acclaimed author Sherman Alexie and his latest award-winning novel *The Absolutely True Diary of a Part-Time Indian*. The Service Station - 9315 N. Nevada @ 1:00, and Spokane Masonic Center -1108 W. Riverside @ 7:00 pm

APPLE FESTIVAL AT GREENBLUFF

Weekends through October
Large variety of apples, fresh pressed cider and pumpkins. Live music, food, craft booths, antiques, farm mazes and animals. More information and map of farms at: www.greenbluffgrowers.com

WHAT YOU DIDN'T KNOW ABOUT SWEET POTATOES

Sweet potatoes are a Native American plant that was the main source of nourishment for early homesteaders and for soldiers during the Revolutionary War. These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C.

Sweet potatoes are often confused with yams, which are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds. Nutritionally, sweet potatoes greatly outweigh yams. Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when cooked.

Although sweet potatoes are harvested in August through October, they are available in supermarkets all year. There are two varieties of sweet potatoes; the pale yellow with a dry flesh and the dark orange with a moist flesh. The dark orange variety is plumper in shape and somewhat sweeter than the yellow variety.

Sweet potatoes spoil rapidly. Store them in a dry, cool (55-60°) place such a cellar, pantry, or garage. Do not store them in the refrigerator, where they will develop a hard core and an "off" taste. If stored properly, sweet potatoes will keep for a month or more. At room temperature, they should be used within a week of purchase. Brush off excess dirt before storing, but don't wash them until you are ready to cook them. The moisture from washing increases their spoilage.

SWEET POTATO PANCAKES

6 cups peeled and finely shredded sweet potatoes
1 cup finely shredded onions
1 tsp salt-free herb seasoning
1-2/3 cup unbleached flour
1/3 cup chopped fresh flat-leaf parsley
2 cups finely shredded zucchini
1/4 cup lemon juice
1-1/2 cups egg substitute
6 tsp canola oil, divided



In a large bowl, mix the sweet potatoes, onions, herb seasoning, flour, parsley, zucchini, lemon juice and egg substitute. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes. Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used.

Makes 8 servings Calories: 250, Cholesterol 0mg, Sodium 100mg, Carbohydrates 27g, Fiber 10g, Total Fat 5g, Saturated Fat 1g, Fiber 4g, Sugars 6g, Protein 10g, Vitamin A 300%, Vitamin C 60%, Calcium 6%, Iron 15%