

EMPLOYEE WELLNESS

Volume 7, Issue 9

Spokane Regional Health District • 509.324.1500

September 2008

Aim for Health

GO FOR STEPTEMBER...

Individuals, families, worksites, schools and communities can make September STEPTember by joining the STEPTember Challenge. From now through September 30, millions of Americans can make small changes to a healthier way of life. Signing up for any America on the Move (AOM) program, including STEPTember, is free.




By clicking on the link below, you can get more info on this great physical activity challenge, the grand prize (valued at \$2,500), events across the US, a toolkit and more.

All challenges are six weeks in duration. If you are already involved in AOM as an individual or as a group, you just need to start a new challenge with a start date in between before September 30 to be a STEPTember participant and be eligible for the grand prize.

www.americaonthemove.org



YOUR COMPANY'S NAME

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

Your Safety

ARE YOU PREPARED?

1. Have an emergency plan and practice it

If there was a long power outage in winter, a fire, or a disease outbreak - what would your family do? The websites listed below can help you create a written plan for your family. Practice your plan 2-4 times a year.

2. Store water, food, and other necessities

Your family may be on their own for hours, even days, after a disaster strikes. You should be prepared to take care of yourself and your family for at least three days. However, in some emergencies, you may need to prepare for a week or more. See the resources below for checklists that include food, water, and emergency supplies.

3. Have a first aid kit and learn CPR

4. Keep working smoke alarms, carbon monoxide detectors, and fire extinguishers in your home.

5. Teach your kids how to avoid germs & stay healthy

- Teach them to wash their hands often and thoroughly. Always wash before eating or preparing food, after using the bathroom, after petting animals, handling garbage, etc.
- Cough into your sleeve instead of your hands. Sneeze into a tissue - then throw it away and wash your hands.
- Stay home when you are sick.



WA State Department of Health •

www.doh.wa.gov/phepr/pheprgeninfo.htm

American Red Cross • www.redcross.org

Homeland Security • www.ready.gov

A DEFENSE AGAINST CANCER CAN BE COOKED UP IN YOUR KITCHEN

Follow these modifications in your daily diet to reduce chances of getting cancer.

1. Maintain a desirable body weight.
2. Cut down on total fat intake.
3. Eat more high fiber foods such as dry beans and other legumes, fruits, vegetables and whole grains.
4. Include a variety of both vegetables and fruits in the daily diet.
5. Limit consumption of alcoholic beverages, if you drink at all.
6. Limit consumption of salt-cured, smoked, and nitrite-preserved foods.
7. Eat a varied diet.

Remember, no one food will prevent cancer or any other disease.

For more information and free recipes call:
1-800-ACS-2345

Calendar of Events

FREEDOM WALK

September 11; 3-7:00 pm
Waterfront Park, Medical Lake
232-0824 or www.freedomwalkspokane.org

WALK TO DEFEAT ALS

September 13; 10 am
Mirabeau Park, Spokane Valley
1-866-786-7257 or www.alsa-ec.org

THE HUMAN RACE

September 13; 8:30 am
Gonzaga Law School
5K charity run/walk to benefit Partners in Health. Email GUHumanRace@gmail.com to register or learn more 995-9284 or www.pih.org

VALLEYFEST

September 19-21; Free
Parade, loggingfest, hot air balloon launches, music and live entertainment, outdoor movie, artfaire, classic car show, quick draw, art auction, pancake breakfast, fishing derby, kid's fun zone, literacy campaign, senior activities and dogfest.
322-3299 or www.valleyfest.org

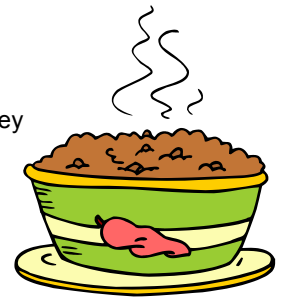
EXTRAORDINARY HEALTH BENEFITS OF BEANS

Beans may help you reach your goal of developing eating habits for cancer risk reduction and overall good health.

- Beans are rich in fiber and low in fat.
- Beans contain many kinds of nutrients, such as protein, carbohydrates, vitamins and minerals.
- Beans contain no cholesterol and have very little sodium.
- Beans can be served as main dishes, side dishes, salads, vegetable dip, stuffing, and even as a topping on pizza.
- You can easily substitute one kind of bean for another in most recipes
- Garlic, onion, peppers, tomatoes, oregano, cumin, parsley, bay leaves, coriander, and thyme all add zest to bean recipes.
- To avoid gas and bloating, increase the amount of beans you eat slowly. Give yourself about three to four weeks for your body to adjust to the higher bean intake. Another way to help is by soaking beans in hot water before cooking and then draining the soak water. This reduces the gas forming sugars found in beans without losing large amounts of important nutrients.

EASY CHILI

- 1 pound extra-lean ground beef or turkey
- ½ cup chopped onion
- 2 large tomatoes (or 2 cups canned)
- 4 cups canned kidney beans,
rinsed and drained
- 1 cup chopped celery
- 1 teaspoon sugar
- 1 ½ tablespoons chili powder or to taste
- Water, as desired
- 2 tablespoons cornmeal
- Jalapeno peppers, seeded and chopped, as desired



In a soup pot, add the ground beef and onion. Over medium heat sauté until the meat is browned and the onion is translucent. Drain well.

Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.

Ladle into warmed bowls and garnish with jalapeno peppers, if desired. Serve immediately.

Makes 8 servings Calories: 254, Cholesterol 40mg, Protein 20g, Sodium 348mg, Carbohydrates 27g, Fiber 10g, Total Fat 8g, Saturated Fat 3g, Monounsaturated Fat 3g, Potassium 378 mg, Calcium 74mg