

EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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Aim for Health

ENERGY BALANCE IN REAL LIFE

Eating just 150 calories more a day than you burn can lead to an extra 5 pounds over 6 months. That's a gain of 10 pounds a year. To avoid this weight gain you can either reduce your ENERGY IN or increase your ENERGY OUT. Doing both is the best way to achieve and maintain a healthy body weight.

Some ways to cut 150 calories (ENERGY IN):

- Drink water instead of a 12-ounce regular soda
- Order a small serving of French fries instead of a medium, or better yet, order a salad with dressing on the side
- Eat an egg-white omelet (with three eggs), instead of whole eggs
- Use tuna canned in water instead of oil

Some ways to burn 150 calories (ENERGY OUT), in just 30 minutes (for a 150 pound person):

- Shoot hoops
- Walk two miles
- Rake leaves, shovel snow
- Go for a bike ride
- Dance

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm



YOUR COMPANY'S NAME

- ☛ Your Company's Info
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Your Safety

BUYING TOYS FOR GIFTS? NEW REGULATIONS & TIPS:

New federal safety rules are in place for toys that will give American consumers greater confidence when they go shopping this holiday season.

- Federal limits for lead in paint on children's toys dropped to 90 parts per million, which is among the lowest in the world; Toys for children 12 and younger must now be tested and certified that they meet the new lead in paint limits;
- Children's toys cannot be made or sold with more than 300 parts per million of total lead;
- Children's toys cannot be made or sold with more than 0.1% of six prohibited phthalates;
- And most children's toys now fall under mandatory standards, instead of voluntary ones.

Tips from the Consumer Product Safety Commission:

Scooters and other Riding Toys – Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be worn at all times and be sized to fit.

Small Balls and other Toys with Small Parts – For children younger than age three, avoid toys with small parts, which can cause choking.

Balloons - Children can choke or suffocate on un-inflated or broken balloons. Keep un-inflated balloons away from children younger than eight years old. Discard broken balloons at once.

Magnets – For children under age six, avoid building or play sets with small magnets. If magnets or pieces with magnets are swallowed, serious injuries and/or death can occur.

Also: Immediately discard plastic wrappings or other packaging on toys before they become dangerous play things. Keep toys appropriate for older children away from younger siblings. Charging batteries can pose thermal burn hazards to young children. Some chargers also lack any device to prevent overcharging.

More at: www.cpsc.gov

YOUR CHECK-UP CHECKLIST

Before your next check-up, make sure you do these four things.

1. **Review your family health history.** Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your health care provider know.
2. **Find out if you are due for any general screenings or vaccinations.** For example, it might be time for you to get a Pap test, mammogram, prostate or colon cancer screening, sexually transmitted disease screening, blood pressure check, tetanus shot, eye check, or other screening.
3. **Write down a list of issues and questions to take with you.** Have you noticed any body changes, including lumps or skin changes? Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes? Have your eating habits changed? Are you experiencing depression, anxiety, trauma, distress, or sleeping problems?
4. **Consider your future.** Are you thinking about having infertility treatment, losing weight, taking a hazardous job, or quitting smoking? Discuss any issues with your provider so that you can make better decisions regarding your health and safety.

Calendar of Events

BREAKFAST WITH SANTA

Dec. 5; Center Pointe – 1408 N. Washington; 325-5451
9am-Noon; Menu includes pancakes, bacon, eggs, fruit and juice. Rummage sale from 9 am-2 pm and a craft sale from 9 am-noon. Proceeds benefit people with disabilities.

HORSE & CARRIAGE RIDES

Nov. 27-Dec.20; Downtown: Wall & Main - Riders will receive free candy canes and coupons for coffee and hot chocolate specials at participating Downtown coffeehouses.

WINTER ARTS VILLAGE

December 11-13; STA Transit, 701 W. Riverside Ave. arts and crafts, music and dance performances, as well as children's art activities. Friday, noon-9 p.m.; Saturday, noon-8 p.m. and Sunday, noon-6 pm; <http://spokanetransit.com/>

FIRST NIGHT SPOKANE

December 31; Downtown Spokane, Riverfront Park. Ring in the new year with musicians, theater performances, artists, food and fireworks; something for all ages. 3pm-midnight
www.firstnightspokane.org

SENSIBLE HOLIDAY TIPS CONTINUED... KEEP AN EYE ON BEVERAGE CALORIES

Besides fruitcake, candies, gingerbread, and all that delicious gravy, don't forget to count your beverage calories when calculating how many minutes of exercise you're going to need to keep trim this holiday season.

Beverage	Calories
Champagne, 4 oz.	96
Spiced apple cider, 8 oz.	117
Wine, white, 5 oz.	121
Wine, red, 5 oz.	125
Mulled red wine, 5 oz.	125
Hot cocoa with whole milk, 8 oz.	192
Hot buttered rum, 8 oz.	292
Eggnog, nonalcoholic, 8 oz.	343
Eggnog, alcoholic, 8 oz.	391
Irish cream liqueur, 4 oz.	407

Here are some delicious and healthy options with fewer calories and additional vitamins to help boost your immune system this winter:

PEAR NOG

- 1 pear, peeled, cored, cut in chunks
- 1/2 cup skim milk
- 1/4 cup egg substitute
- 1 tsp brown sugar
- Large pinch cinnamon
- 2 ice cubes, cracked

Place all ingredients in blender. Blend at high speed for 15 seconds.

Serves 1 – Nutrition per serving:

Calories 190, Fat 5g, Cholesterol 0mg, Sodium 180mg, Carbohydrates 38g, Fiber 5g, Protein 11g, Vitamin A 10%, Vitamin C 10%, Calcium 20%, Iron 10%



MULLED CIDER

- 6 cups apple cider
- 6 cups cranberry juice
- 6 strips orange zest
- 1 cinnamon stick

Place all ingredients in saucepan and bring to a simmer. Simmer 20 minutes; serve warm.

Serves 12 – Nutrition per serving:

Calories 128, Fat 0g, Cholesterol 0mg, Sodium 3mg, Carbohydrates 32g