

EMPLOYEE WELLNESS

Volume 8, Issue 2

Spokane Regional Health District • 509.324.1500

February 2009

Aim for Health

TAKE THE ADULT FITNESS TEST

Want a great fitness goal to aim for this year?

Take the Adult Fitness Test at:

www.adultfitnesstest.org/

The activities featured on the adult fitness test are provided as a way for you to get an estimate of your level of aerobic fitness, muscular strength and endurance, flexibility and your body composition.




The results on each test provide you with a measure from which you can track your progress in each area as you become more physically active.

By entering your test results on-line you will receive your test results, and be able to track your progress. Each test offers suggestions on how to improve your scores and become stronger, more flexible, and improve your overall health.

The test is provided by the President's Council on Physical Fitness & Sports and is free.



YOUR COMPANY'S NAME

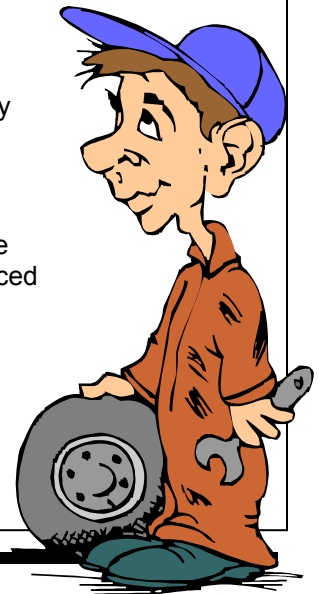
-  Your Company's Info
-  Your Company's Info
-  Your Company's Info

Your Safety

TIRE SAFETY

Paying attention to your vehicle's tires not only improves your fuel economy, the life of your tires, and your vehicle handling... it also makes you and your passengers much safer. Avoid breakdowns, tread separations, blow-outs, and flat tires by following these safety tips:

1. **Find your tire information label and know your numbers.** The label will tell you the recommended size of tire for your car, the recommended "psi" or tire pressure, and the maximum weight you should have in your vehicle. These labels are most often found labels are permanently attached to the vehicle door edge, door post, glove-box door, or inside of the trunk lid.
2. **Check your tire pressure at least once per month.** Use an accurate tire gauge. Measure when the tires are "cold" – haven't been driven for at least 3 hours.
3. **Rotate your tires** from front to back and from side to side to reduce irregular wear. For maximum mileage, rotate your tires every 5000 miles – or check your owner's manual.
4. **Check your tread.** Tires are not safe and should be replaced when the tread is worn down to 1/16 of an inch. Another method for checking tread depth is to place a penny in the tread with Lincoln's head upside down and facing you. If you can see the top of Lincoln's head, you are ready for new tires.
5. **Tire balance and wheel alignment** – check with a qualified technician to ensure your tires are properly balanced and aligned.



RECOMMENDED TOOTHBRUSH CARE

- Do not share toothbrushes, a particularly important consideration for people with compromised immune systems or infectious diseases.
- After brushing, rinse your toothbrush thoroughly with tap water to remove toothpaste and debris, allow it to air-dry, and store it in an upright position. If multiple brushes are stored in the same holder, do not allow them to contact each other.
- It is not necessary to soak toothbrushes in disinfecting solutions or mouthwash. This practice actually may lead to cross-contamination of toothbrushes if the same disinfectant solution is used over a period of time or by multiple users.
- It is also unnecessary to use dishwashers, microwaves, or ultraviolet devices to disinfect toothbrushes. These measures may damage the toothbrush.
- Do not routinely cover toothbrushes or store them in closed containers. Such conditions (a humid environment) are more conducive to bacterial growth than the open air.
- Replace your toothbrush every 3-4 months or sooner if the bristles appear worn or splayed.

Calendar of Events

GO RED FOR WOMEN LUNCHEON

February 1; Spokane Convention Center; Cost \$100
Event to educate & empower women about heart disease
536-1500 or www.spokanegored.com

LOVE OUR SENIORS

February 13; 2-8:30; Steam Plant Grill
Event to benefit Meals on Wheels - featuring award winning wines from Lake Crest Winery, hors d'oeuvres, music, and Five Gallery of Thum' artists
\$75; www.steamplantgrill.com/

COMMUNITY ROOTS WINTER MARKET

February 15; 2015 N. Division
Farmers, musicians, artisans and crafter s. Held second Sunday of each month. Presented by PEACH (People for Environmental Action and Community Health) dedicated to connecting local foods and goods with local people
<http://freshabundance.com>

ANNUAL HOME & YARD SHOW

February 26 – March 1; Fair and Expo Center
\$6/adults, free/ages 12 and younger, good all weekend
(509) 924-0588; www.custershows.com

EXPERIMENT WITH A VARIETY OF WHOLE GRAINS

The Dietary Guidelines for Americans recommend that you make at least half of your daily grain choices as whole grains. Whole grains are a good source of fiber and nutrients. Whole grains refer to grains that have all of the parts of the grain seed (sometimes called the kernel). These parts of the kernel are called the bran, the germ, and the endosperm.

If the whole grain has been cracked, crushed, or flaked (as in cracked whole grain bread or flake cereal), then the whole grain must still have about the same proportions of bran, germ, and endosperm to be called a whole grain.

Try these less-familiar grains:

Bulgur - A staple of Middle Eastern dishes, bulgur wheat consists of kernels that have been steamed, dried, and crushed. It has a tender and chewy texture.

Millet - A staple grain in parts of Africa and Asia; millet comes in several varieties and has a bland flavor that is a good background to other seasonings.

Quinoa - A grain that has been traditionally used in South American cuisine – its texture has been compared to that of couscous.

Triticale - A hybrid of wheat and rye – it comes in several varieties including whole berry, flakes, and flour.



GARBANZO

TABBOULEH

- 1 cup bulgur (cracked wheat)
- 1 cup boiling water
- 2 cups diced tomatoes
- 1 can (15 oz) can garbanzo beans, drained
- 1 cup diced cucumber, peeled and seeded
- ¾ cup chopped fresh parsley
- ½ cup diced yellow bell pepper
- ½ cup sliced green onions
- 2 Tbsp chopped fresh mint
- ½ tsp salt
- 1/3 cup fresh lemon juice
- 1 ½ Tbsp olive oil

Combine bulgur and boiling water in a large bowl; stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients; toss gently. Serve at room temperature.

Servings: 8 – Nutrition per serving:
Calories 150, Fat 4g, Cholesterol 0mg, Sodium 160mg,
Carbohydrates 26g, Fiber 7g, Sugars 4g, Protein 6g, Vitamin A 20%,
Vitamin C 60%, Calcium 4%, Iron 10%