

EMPLOYEE WELLNESS

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Aim for Health

MAKE SCREEN TIME ACTIVE TIME

Most Americans aren't very physically active. We sit a lot and spend hours in front of TVs, video games, and computers. Even worse, studies show that people often eat when they are in front of a screen, a double whammy for a person's weight—very little energy OUT to burn off all that energy IN.

Every day, on average, 8 to 18-year-olds spend:

- Nearly 4 hours watching TV, videos, DVDs, and prerecorded shows
- Just over an hour on the computer
- About 50 minutes playing video games

Tips:

- Get the TVs out of children's bedrooms. Kids who have TVs in their rooms watch almost 1½ hours more a day than kids who don't.
- If you do watch TV, stretch, do yoga, or even lift weights at the same time.
- See who can do the most push-ups or jumping jacks during a commercial break.
- Pop in your favorite aerobics exercise tape or DVD to get by our heart pumping!

www.nhlbi.nih.gov

YOUR COMPANY'S NAME

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

Your Safety

HALLOWEEN SAFETY CHECKLIST

- When purchasing costumes, look for flame-resistant fabrics and avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.
- Purchase or make costumes that are light, bright and clearly visible to motorists.
- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks also should be light-colored or decorated with reflective tape.
- Children should carry flashlights.
- Children should wear well-fitting, sturdy shoes. Oversized high heels are not a good idea.
- Tie hats and scarves to prevent them from slipping over children's eyes and obstructing vision.
- If your child wears a mask, make sure it fits securely, provides adequate ventilation, and has eye holes large enough to allow full vision.
- Swords, knives and similar costume accessories should be made of soft, flexible materials.
- Supervise pumpkin carvings to avoid lacerations.
- Keep candles and Jack O' Lanterns away from landings and doorsteps where costumes could brush against the flame.
- Indoors, keep candles and Jack O' Lanterns away from curtains, decorations and other combustibles that could catch fire. Do not leave burning candles unattended.
- Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.
- Indoors or outdoors, use only lights that have been tested for safety by a recognized testing laboratory, such as UL. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets.
- Don't overload extension cords.



www.cpsc.gov

IS ACUPUNCTURE FOR YOU?

According to a 2007 National Health Interview Survey, an estimated 3.1 million U.S. adults and 150,000 children had used acupuncture in the previous year. People often use acupuncture for various types of pain. Back pain is the most commonly reported use, followed by joint pain, neck pain, and headache.

Acupuncture has been practiced in China and other Asian countries for thousands of years. Acupuncture needles are metallic, solid, and hair-thin. People experience acupuncture differently, but most feel no or minimal pain as the needles are inserted. Some people feel energized by treatment, while others feel relaxed. Treatment may take place over a period of several weeks or more.

Relatively few complications have been reported from the use of acupuncture. However, improper needle placement, movement of the patient, or a defect in the needle can cause soreness and pain during treatment. This is why it is important to seek treatment from a qualified acupuncture practitioner.

<http://nccam.nih.gov/health/acupuncture>



PROTEIN – HOW MUCH DO YOU NEED?

Most people eat more protein than they need without harmful effects. However, protein contributes to calorie intake, so if you eat more protein than you need, your overall calorie intake may contribute to weight gain. Besides that, animal sources of protein can be sources of saturated fat which has been linked to elevated low-density lipoprotein (LDL) cholesterol, a risk factor for heart disease. In addition, for people with certain kidney diseases, a lower-protein diet may be recommended to help prevent impairment in kidney function.

Recommended Daily Protein:

Children ages 1–3	13 grams
Children ages 4–8	19 grams
Children ages 9–13	34 grams
Girls ages 14–18	46 grams
Boys ages 14–18	52 grams
Women ages 19–70+	46 grams
Men ages 19–70+	56 grams

Here are examples of amounts of protein in food:

1 cup of milk	8 grams of protein
3-ounce of meat	21 grams of protein
1 cup of dry beans	16 grams of protein
8-ounce yogurt	11 grams of protein

Calendar of Events

GREEN BLUFF HARVEST FESTIVAL

Every weekend through Oct. 25
Enjoy pumpkins, apples and other fall harvest veggies, along with great family fun: mazes, music, food, and much more. www.greenbluffgrowers.com

FALLEN LEAF RUN

October 3, to benefit Sudden Infant Death Syndrome Beautiful, relatively easy 5K course along the Spokane River and Centennial Trail. Register on-line at Active.com or download the registration form at: www.nisa-sids.org

HOME IDEA SHOW

October 9-11; Spokane Fair & Expo Center
Find ways to save money and conserve energy. View displays of kitchens, baths, windows, doors, appliances, furnishings, spas, pools, fireplaces, sunrooms, and so much more. www.homeideashow.com

MONSTER DASH 5K & KIDS FUN RUN

October 25, 9:00 am; Manito Park
There will be a costume contest, prizes, age group awards, food and fun! Registration form and more information can be found at: www.spokaneswifts.com/monsterdash

BLACK-EYED CHICKEN

- 16 oz can black-eyed peas, rinsed and drained
- 2 cups cooked chicken breast, chopped
- 1 cup diced celery
- 1 cup red bell pepper
- 1 cup green bell pepper
- 1/2 cup sliced green onion
- 1/2 cup fresh cilantro
- 3 Tbsp fat-free Italian salad dressing
- 2 Tbsp Dijon mustard
- 6 cups lettuce leaves



Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves.

Serves 6 – Nutrition per serving:

Calories 170, Fat 3g, Cholesterol 40mg, Sodium 430mg, Carbohydrates 17g, Fiber 5g, Sugar 3g, Protein 20g, Vitamin A 90%, Vitamin C 140%, Calcium 6%, Iron 10%