

# EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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## Aim for Health

### GET FAMILY ACTIVITY TIPS, RECIPES AND MORE – ONLINE

#### Muddy Dog Kids Running/Walking Log

A free downloadable log designed to encourage kids to run and walk.

[www.carolgoodrow.com/running.htm](http://www.carolgoodrow.com/running.htm)

#### MyFamilyHealthSpot.org

Create and maintain a family health record and receive personalized wellness information.

[www.myfamilyhealthspot.org/](http://www.myfamilyhealthspot.org/)

#### SmallStep.gov

Get nutrition and fitness tips, track activity, sign up for newsletters and more.

[www.smallstep.gov/index.html](http://www.smallstep.gov/index.html)

<http://smallstep.gov/kids/flash/index.html>

#### AHA BetterU 12-week Program

A free 12-week online nutrition and fitness program that can makeover your heart

[www.goredforwomen.org/BetterU/index.aspx](http://www.goredforwomen.org/BetterU/index.aspx)



## Your Safety

### SAFETY TIPS FOR PEDESTRIANS

**Walk on sidewalks.** If sidewalks are not available, walk on the edge of the road or on the left shoulder of the road, facing the traffic flow. Use pedestrian bridges when they are available.

#### Cross at marked crosswalks or intersections.

Pedestrians are most often hit by cars when they cross the road at places other than intersections.

**Look left, right, and left for traffic.** Stop at the curb and look left, right, and left again for traffic. Stopping at the curb signals drivers that you intend to cross. Always obey traffic signals.

**See and be seen.** Drivers need to see you to avoid you.

- Stay out of the driver's blind spot.
- Make eye contact with drivers when crossing busy streets.
- Wear bright colors or reflective clothing if you are walking near traffic at night.
- Carry a flashlight when walking in the dark.
- Do not let kids play near traffic or cross the street by themselves.
- In bad weather, take care that your umbrella or raincoat does not prevent approaching vehicles from seeing you.

**Watch your kids.** Small children should not cross streets by themselves or be allowed to play or walk near traffic. Kids cannot accurately judge vehicle distances and speeds and may make unpredictable movements.

**Drinking and walking?** Alcohol can impair the judgment and motor skills of pedestrians just as it does for drivers. Don't take alcohol risks with walking, just as you would not with driving. Take the bus, take a cab, or have a friend drive you home. Beware of the effects of prescription and non-prescription medications and drugs, too.

**Obey traffic signals.** At intersections where traffic is controlled by signals or a traffic officer, pedestrians must obey the signal and not cross against the stop signal unless specifically directed to go by a traffic officer.

More at: [www.wsdot.wa.gov/walk/safety.htm](http://www.wsdot.wa.gov/walk/safety.htm)

## YOUR COMPANY'S NAME

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**SEPTEMBER IS ALCOHOL & ADDICTION RECOVERY MONTH**

Of the 20.4 million adults (aged 18 or older) classified with dependence or abuse in 2007, 12.3 million (60.4 percent) were employed full time. Employers often play a critical role in an individual's successful recovery from substance use disorders. It is important that employers promote healthy work environments while allowing individuals to get the support and treatment they need.

Find out more: [www.recoverymonth.gov/](http://www.recoverymonth.gov/)

**Calendar of Events**

**CANOE FAMILY FUN**

September 9, 1-5pm  
Celebrate fall with your family while enjoying a float down the Little Spokane River! Registration available on the [Spokane Parks & Rec website](http://Spokane Parks & Rec website). Ages 8 and over.

**SPOKEFEST 2009**

September 13, 9:30 am – Riverfront Park  
Something for every rider, from the racer to the folks dusting off bikes for the first time this year! A 21-mile loop or a 1-mile ride. [www.spokefest.org/](http://www.spokefest.org/)

**“EQUIPMENT” FIRESIDE CHAT**

September 25, Mirabeau Point Park  
lessons and demonstrations on the topic of "Equipment" used when hiking, camping or enjoying the outdoors. Although this event is free, registration is required. All ages welcome! [www.spokaneparks.org](http://www.spokaneparks.org) Call 625-6200

**VALLEYFEST**

September 25-27  
“Hearts of Gold” parade, hot air balloon launches, a 5k run, the annual pancake breakfast, three stages of bands, live entertainment reflecting our cultural diversity, a classic car show, loggingfest, kids zone, fishing at the falls and responsible dog ownership. [www.valleyfest.org/](http://www.valleyfest.org/)

**OH JOY! EAT YOUR SOY**

Soy, a plant in the pea family, has been common in Asian diets for thousands of years. It is found in modern American diets as a food or food additive. Soybeans, or edamame, the high-protein seeds of the soy plant, contain isoflavones—compounds similar to the female hormone estrogen.

People have historically used soy products to prevent or treat a variety of health conditions, including high cholesterol levels, menopausal symptoms such as hot flashes, osteoporosis, memory problems, high blood pressure, breast cancer, and prostate cancer. Research suggests that daily intake of soy protein may slightly lower levels of LDL (“bad”) cholesterol. Some studies also suggest that soy isoflavone supplements may reduce hot flashes in women after menopause, however the results have been inconsistent.

Soybeans can be cooked and eaten or used to make tofu, soy milk, and other foods. Soy is also used as an additive in various processed foods, including baked goods, cheese, and pasta.

**SOBA PEANUT NOODLES WITH SHRIMP**

- 8 ounces soba noodles or Whole-wheat spaghetti
- ¼ cup natural crunchy peanut butter
- 4 cups shredded cabbage
- 2 cups shredded carrots
- 1 cup edamame, shelled and thawed
- 1 Tbsp grated fresh ginger
- 2 garlic cloves, minced
- ½ cup chicken broth
- 1 pound of shrimp, peeled and uncooked
- 2 Tbsp Hoisin sauce
- 2 tsp chili sauce or 1 tsp red chili paste
- ¼ cup chopped cilantro (optional)
- Non-stick cooking spray



Cook noodles. Drain and rinse. Set aside in large mixing bowl. In a small saucepan, combine garlic, ginger, chicken broth, peanut butter, hoisin sauce, and chili sauce. Cook on low heat stirring until peanut butter is blended. Spray non-stick spray in large frying pan. Add cabbage, carrots, and edamame. Cook for about 5 minutes. Add shrimp and sauce mixture and cook until shrimp turn pink, about 5 minutes. Pour mixture over noodles and mix until noodles are well coated. Top with fresh cilantro (optional) and serve.

**Serves 6 – Nutrition per serving:**  
Calories 360, Fat 8g, Cholesterol 115mg, Sodium 460mg, Carbohydrates 46g, Fiber 6g, Sugar 6g, Protein 29g, Vitamin A 130%, Vitamin C 40%, Calcium 10%, Iron 20%

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