

EMPLOYEE WELLNESS

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AIM for Health

COUCH POTATOES BEWARE!

Every hour of television watched per day may increase the risk of dying earlier from cardiovascular disease, according to research reported in *Circulation: Journal of the American Heart Association*.

A study found that every hour spent in front of the television per day brings with it an 11 percent greater risk of premature death from all causes, and an 18 percent greater risk of dying from cardiovascular disease (CVD).




Compared with people who watched less than two hours of TV daily, those who watched more than four hours a day had a 46% higher risk of death from all causes and an 80% increased risk for CVD-related death. This association held regardless of other risk factors, including smoking, high blood pressure, high blood cholesterol, unhealthy diet, excessive waist circumference, and leisure-time exercises.

While the study focused specifically on television watching, the findings suggest that any prolonged sedentary behavior, such as sitting at a desk or in front of a computer, may pose a risk to one's health.

Moral: Get up and get moving!

[Learn more](#)

YOUR COMPANY'S NAME

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

Your Safety

PUT IT DOWN!

CELL PHONES & DISTRACTED DRIVING

A new website, www.Distracted.gov, is working to raise awareness about this increasing problem with some startling statistics:

- Using a cell phone while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.
- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent.
- 80 percent of all crashes and 65 percent of near crashes involve some type of distraction.
- Nearly 6,000 people died in 2008 in crashes involving a distracted or inattentive driver, and more than half a million were injured.
- The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age.
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.

Other distracting activities include:

- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD, or Mp3 player.



PLAQUE: WHAT IT IS AND HOW TO GET RID OF IT

Plaque is made up of invisible masses of harmful germs that live in the mouth and stick to the teeth. Some types of plaque cause tooth decay, other types cause gum disease.

Red, puffy or bleeding gums can be the first signs of gum disease. If gum disease is not treated, the tissues holding the teeth in place are destroyed and the teeth are eventually lost.

Dental plaque is difficult to see unless it's stained. You can stain plaque by chewing red disclosing tablets found at grocery and drug stores. The color left on the teeth shows you where there is still plaque—and where you have to brush again to remove it.

Remember: Food residues, especially sweets, provide nutrients for the germs that cause tooth decay, as well as those that cause gum disease. That's why it is important to remove all food residues, as well as plaque, from teeth. Remove plaque at least once a day—twice a day is better. If you brush and floss once daily, do it before going to bed.

www.nidcr.nih.gov

Calendar of Events

AG EXPO AND FARM FORUM

Feb. 2-4; Spokane Convention Center
Come see the latest in farm equipment and practices at the Ag Expo! Includes three days of Farm Forum Seminars
www.greaterspokane.org/ag-expo.html

GO RED FOR WOMEN LUNCHEON

Feb. 10, 9:30am–2pm; Spokane Convention Center
Keynote speaker is Sherri McMillan, International Personal Trainer of the Year. Guests may attend two of four educational sessions prior to the luncheon. Silent auction items include golf, dining, and spa packages.
www.americanheart.org/presenter.jhtml?identifier=3069549

VALENTINE'S SWING DANCE

Feb. 13; 8-11pm
Spokane Dance Company – 902 W. Indiana
Presented by the MasterClass Jazz Orchestra & Spokane Dance C. \$10/adults, \$8/seniors & students, \$1 off with canned food donation - Free dance instruction from 7-8pm. Come swing with your sweetie!
922-4787

FUEL UP EACH MORNING

We've all heard that breakfast is the most important meal of the day. Studies have shown that those who eat breakfast are more successful at losing weight and keeping it off. Other studies have shown that regular breakfast eaters tend to also exercise more and have a lower daily fat intake. Studies with school-age children also show better health results as well as better grades.

Ideas for healthy breakfasts:

- Oatmeal. Avoid the instant varieties with added flavors, sugar and preservatives. Instead go for the old-fashioned oats and add any of the following: a handful of your favorite frozen berries, sliced bananas, a tablespoon of chopped walnuts or flax, raisins, dates, and cinnamon.
- Milk. Choose non-fat milk, soy milk, rice milk, or even almond milk.
- Whole wheat toast or whole-grain English muffin with a tablespoon of peanut butter
- Whole grain cereals. Choose cereals that are low in sugar and high in fiber.
- Fresh fruit and 100% fruit juices
- Scrambled eggs with veggies: add your choice of peppers, onions, tomatoes, mushrooms, etc.
- Yogurt. Beware though – just like breakfast cereals there are healthy and not-so-healthy options. Read the labels and look for high sugar content.
- Smoothies. Look for recipes online or create your own – combine fruits, juice, milk, yogurt, and ice.
- Breakfast wrap. Wrap scrambled eggs, veggies, and low-fat cheese in a whole-wheat tortilla.

BANANA RAISIN MUFFINS

1/2 cup sugar
1 teaspoon baking soda
1/4 teaspoon salt
3/4 cup flour
3/4 cup whole wheat flour
1/4 cup vegetable oil
1/4 cup skim milk
2 medium bananas, mashed (1 cup)
1 teaspoon vanilla
1/3 cup raisins (optional)



Preheat oven to 375°. Combine sugar, baking soda, salt and flour. Add oil, milk, bananas and vanilla. Mix just until flour is moistened. Fold in raisins. Fill greased or lined muffin cups 2/3 full. Bake 15-20 minutes or until golden brown. Remove from pan right away.

Makes 6 muffins – Nutrition per muffin:

Calories 315, Fat 10g, Cholesterol 0mg, Sodium 321mg, Carbohydrates 55g, Fiber 4g, Sugar 16g, Protein 5g, Vitamin C 8%, Calcium 4%, Iron 10%