

# EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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## AIM for Health

### CREATING A CONCRETE CORE




All the other muscles in your body rely on your core muscles being strong and stable. Core muscles are those from your diaphragm to your pelvis. The abdominal muscles and core muscles wrap around the midsection and hold everything inside together. Your core acts like a belt that stabilizes your midsection, back, and spine. It provides stability during motion with your arms and legs in activities you do throughout the day, including exercising and housework.

The same exercises that work the ab muscles can certainly help the core muscles. But you need to do more than just ab work. Exercises that are good for the core include yoga, Pilates and exercises using balance balls. It also helps to always sit up straight and pull in your abs.

Try to perform exercises that strengthen your core about three times a week. As with all exercises, if you work the muscles to the point of fatigue, wait a day between workouts to allow the muscles to recover.



## YOUR COMPANY'S NAME

-  Your Company's Info
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## Your Safety

### 8 STEPS TO PROTECT YOUR COMPUTER FROM SPYWARE

To lower your risk of spyware infections, [www.onguardonline.gov](http://www.onguardonline.gov) suggests that you:

1. Update your operating system and Web browser software. Set your operating system and security software to update automatically to be sure you have the latest protections.
2. Use anti-virus and anti-spyware software, as well as a firewall, and update them all regularly. Look for software that removes or quarantines viruses and that updates automatically on a daily basis.
3. Download free software only from sites you know and trust. It can be appealing to download free games, file-sharing programs, or customized toolbars. Be aware, however, that some of these free software applications bundle other software, including spyware. Make sure your browser security setting is high enough to detect unauthorized downloads, for example, at least the "Medium" setting for Internet Explorer.
4. Don't click on links within pop-ups. If you do, you may install spyware on your computer. Instead, close pop-up windows by clicking on the "X" icon in the title bar.
5. Don't click on links in spam or pop-ups that claim to offer anti-spyware software. In fact, ads that claim to have scanned your computer and detected malware are a tactic scammers have used to spread malware.
6. Install a personal firewall to stop uninvited users from accessing your computer.
7. Back up your data. Whether it's text files or photos that are important to you, back up any data that you'd want to keep in case of a computer crash.
8. If you think your computer might have spyware on it, immediately stop shopping, banking, or doing any other online activity that involves user names, passwords, or other sensitive information. Confirm that your security software is active and current and run it to scan your computer for viruses and spyware, deleting anything the program identifies as a problem.

## GOOD SKIN CARE BEGINS WITH SUN SAFETY

Although nothing can completely undo sun damage, the skin sometimes can repair itself. It's never too late to protect yourself from the harmful effects of the sun.

- Stay out of the sun. Avoid the sun between 10 a.m. and 3 p.m. This is when the sun's harmful ultraviolet (UV) rays are strongest.
- Use sunscreen with an SPF of 15 or higher. Also look for products with a label that says: broad spectrum and water resistant. Reapply the lotion as needed.
- Wear a hat with a wide brim, sunglasses, and loose, lightweight, long-sleeved shirts and long pants or long skirts when in the sun.
- Don't use sunlamps, tanning beds, tanning pills, or tanning makeup.
- Check your skin often. Look for changes in the size, shape, color, or feel of birthmarks, moles, and spots. If you find any changes, see a doctor.

[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

## Calendar of Events

### TASTE SPOKANE

March 5; Northern Quest Casino; 6-10 pm  
Food and beverage tasting event to benefit Wishing Star Foundation, a nonprofit that grants wishes to children ages 3-21 who have life threatening illnesses.  
[www.wishingstar.org/](http://www.wishingstar.org/)

### ST. PATRICK'S DAY PARADE

March 13, Noon; Downtown Spokane  
[www.friendlysonsofstpatrick.com/](http://www.friendlysonsofstpatrick.com/)

### ADVENTURE AUCTION

March 19; 5:30 pm; Northern Quest Casino  
Second annual event presented by Friends of the Centennial Trail to support the completion of the trail.  
[www.spokanecentennialtrail.org/](http://www.spokanecentennialtrail.org/)

### INDOOR FARMERS' MARKET

Community Building, 35 W. Main Ave  
Organic artisan breads and pastries, fruits and vegetables and free-range eggs and beef are sold at the market between 11 a.m. and 3 p.m. There are also local artisans and crafters, with live music each week through April.  
(509) 475-1676

## GINGERROOT

Ginger was used in ancient times as a food preservative. Greeks ate ginger wrapped in bread to treat digestive problems. Eventually ginger was added to the bread dough creating that wonderful treat, gingerbread! Ginger ale stemmed from a ginger beer made by the English and Colonial America as a remedy for diarrhea, nausea and vomiting.

Ginger is available year-round. When selecting, choose robust firm roots with a smooth skin. Gingerroot should not be cracked or withered. It can be stored tightly wrapped in a paper towel or plastic wrap (or put into a plastic bag) in the refrigerator for 2–3 weeks.

Peel skin from the root and gently peel the skin beneath (that closest to the root is the most flavorful). Gingerroot can be sliced or minced. Ginger is popular in Asian cuisine where it is used both fresh and dried. Ginger can also be found crystallized, candied, preserved and pickled. The powdered, dried form of ginger has a spicier, intense flavor and is often used in baking (gingerbread, gingersnaps, ginger cookies).

## VEGETABLE CURRY

2 lbs mixed vegetables (French beans, carrots, peas, potatoes and cauliflower)  
2 onions, chopped  
10 mild red chilies  
10 teaspoons poppy seeds  
7 cloves garlic  
½ teaspoon turmeric  
1 inch fresh ginger root, grated  
1 tablespoon melted butter  
½ teaspoon curry powder  
7 oz plain yogurt  
3 tablespoons whipped cream  
1 teaspoon sugar  
salt to taste



Prepare and cook the mixed vegetables according to their type, cutting large ones into bite sized pieces. Grind the onions, chilies, poppy seeds, garlic, turmeric and ginger to a paste. Melt butter in a heavy based saucepan. Add the paste and cook for 3 to 4 minutes. Stir in the curry powder and cook for a further few minutes. Then add the vegetables and water. Bring to a boil and cook for a few minutes. Stir in the yogurt, cream, sugar and salt, heat gently then serve hot with pita bread.

### Makes 8 servings – Nutrition per serving:

Calories 200, Fat 6g, Cholesterol 5mg, Sodium 85mg, Carbohydrates 33g, Fiber 11g, Sugar 6g, Protein 8g, Vitamin A 180%, Vitamin C 35%, Calcium 15%, Iron 20%