

EMPLOYEE WELLNESS

Volume 9, Issue 10

Spokane Regional Health District • 509.324.1500

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AIM for Health

AN OUNCE OF PREVENTION

Warm Up: This is the number one tenet of injury prevention, consisting of 3-5 minutes of low-level activity followed by a few minutes of stretching.

Stay Flexible: Stretching during the warm-up and cool down phases will help prevent muscle pulls and strains, as well as the general aches and pains that can occur after exercising.

Build Gradually: Start out slowly and build up gradually. Weekend athletes are famous for trying to do too much, too soon. Don't fall into this trap.

Be Prepared: Use the right equipment for your sport, whether it's a good pair of running shoes, or knee pads for rollerblading. Be sure it's in good condition and is appropriate for your skill level.




Rehydrate: Water is best - drink plenty of it before, during and after exercise especially in warm weather.

Avoid Extremes: Try not to exercise outdoors in extreme hot or cold weather, but, if you do, be sure to dress properly. Use caution against heat exhaustion or, at the other extreme, frostbite.

Cool Down: Gradually decrease the intensity of your activity to restore a normal heart rate.

www.fitness.gov/nolanryan.htm

YOUR COMPANY'S NAME

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

Your Safety

ARE YOU AN AGGRESSIVE DRIVER?

Do you:

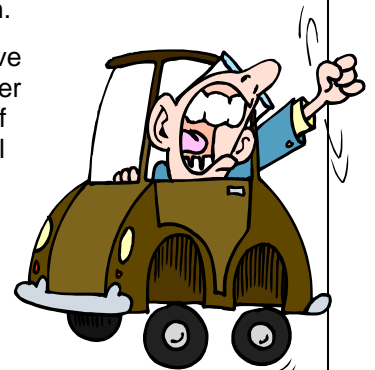
- Express Frustration. Taking out your frustrations on your fellow motorists can lead to violence or a crash.
- Fail to Pay Attention when Driving. Reading, eating, drinking or talking on the phone, can be a major cause of roadway crashes.
- Tailgate. This is a major cause of crashes that can result in serious deaths or injuries.
- Make Frequent Lane Changes. If you whip in and out of lanes to advance ahead, you can be a danger to other motorists.
- Run Red Lights. Do not enter an intersection on a yellow light. Remember flashing red lights should be treated as a stop sign.
- Speed. Going faster than the posted speed limit, being a "road racer" and going too fast for conditions are some examples of speeding.

When Confronted by Aggressive Drivers

- Get Out of the Way. First and foremost make every attempt to get out of their way.
- Put Your Pride Aside. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane.
- Avoid Eye Contact. Eye contact can sometimes enrage an aggressive driver.
- Gestures. Ignore gestures and refuse to return them.
- Report Serious Aggressive Driving. You or a passenger may call the police. But, if you use a cell phone, pull over to a safe location.

More at:

www.nhtsa.gov/Aggressive



SKIN AND HAIR: CLUES TO OVERALL HEALTH

Healthy skin and hair are signs of good overall health. Some skin and hair changes can signal a health problem. For instance, a “butterfly” rash on your face can be a sign of lupus. Distinct rashes appear with some viruses, such as the measles and chicken pox. An allergic reaction can cause hives, redness, and itching. Diabetes and thyroid disease can cause hair loss. Knowing how your skin and hair normally look and feel will help you notice changes to ask your doctor about.

Good skin and hair care involves:

- eating a variety of healthy foods rich in vitamins and nutrients
- keeping physically active
- managing stress
- practicing sun safety
- limiting alcohol
- not using tobacco and other recreational drugs
- drinking plenty of water



www.womenshealth.gov

Calendar of Events

GREEN BLUFF APPLE FESTIVAL

Each weekend through October 31
Apple picking, fresh cider, live music, great food, craft booths, corn and straw mazes, animals, and much more.
www.greenbluffgrowers.com/

JAM FOR BREAD

Oct. 10, 3pm, 411 S. Washington
Musicians to benefit Spokane's Crosswalk.
More information: (509) 624-1366

GREEN CLEANING

Oct. 13, 6-8pm, 1124 W. Sinto, Cost \$14
Find out how you can save money and live better with minimal effort. Pre-registration is required. Call 625-6200

HAUNTED POOL

Oct. 22-23, 7:30-10:30pm
\$3/person or \$2 with a can of food.
Discover what is lurking in our locker rooms and what is waiting to petrify you on the pool deck. Geared for ages 12 and older, but welcome to all with parent/guardian. All canned food donations go to Spokane Valley Partners.
www.spokanevalley.org/

GO FOR THE WHOLE

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

Whole grains include:

Brown rice and wild rice
Buckwheat and Bulgur (cracked wheat)
Oatmeal
Popcorn
Ready-to-eat breakfast cereals
Whole grain barley, cornmeal and rye
Whole wheat bread, crackers, pasta and tortillas

Less common whole grains:

Amaranth, Millet, Quinoa, Sorghum and Triticale

MUSHROOM LASAGNA

1 lb low-fat cottage cheese
½ lb low-fat or part-skim ricotta cheese
2 egg whites
2 Tbsp grated Parmesan cheese
1 Tbsp each fresh minced chives and parsley
¼ tsp freshly ground black pepper
8 oz whole wheat lasagna noodles, uncooked
1 cup onion (1 large), minced
¼ cup dry red wine
1-½ lbs sliced mushrooms
1 cup chopped zucchini
4 cups low sodium red sauce of your choice

Puree cottage cheese, ricotta, egg whites and Parmesan. Blend in chives, parsley and pepper by hand. In a large pot of lightly salted boiling water, cook lasagna noodles until just tender, about 10 minutes. Remove noodles with a slotted spoon, dip into cold water and lay out flat on clean kitchen towels (not paper towel). In covered skillet, simmer onions in wine for about 5 minutes until very soft. Stir frequently, but keep pot covered between stirrings. Add mushrooms and zucchini and cook until soft and half their original volume, about 5 minutes. Drain the vegetables. Preheat oven to 375°F. Combine cheese mixture and all but ¼ cup of the mushroom mixture. Spread 2 cups red sauce in the bottom of a 9-by-14 baking pan. Alternate layers of noodles and cheese mixture ending with a final layer of noodles. Cover with remaining sauce. Distribute reserved mushrooms over top. Bake covered for 1 hour. Uncover and bake for 5 minutes longer. Remove from oven and let sit for 10 minutes before cutting.

Makes 9 servings – Nutrition per serving:

Calories 240, Fat 5g, Cholesterol 10mg, Sodium 360mg, Carbohydrates 31g, Fiber 6g, Sugar 8g, Protein 17g, Vitamin A 10%, Vitamin C 15%, Calcium 15%, Iron 20%