

EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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AIM for Health

6 WAYS TO GET 150 MINUTES

Here are 6 examples of how to get the recommended equivalent of 150 minutes of moderate-intensity aerobic physical activity a week plus muscle-strengthening activities. Use one of these or create your own!

1. Thirty minutes of brisk walking on 5 days, exercising with resistance bands on 2 days
2. Twenty-five minutes of running on 3 days, lifting weights on 2 days
3. Thirty minutes of brisk walking on 2 days, 60 minutes of social dancing on 1 evening, 30 minutes of mowing the lawn on 1 afternoon, heavy gardening on 2 days
4. Thirty minutes of an aerobic dance class on 1 morning, 30 minutes of running on 1 day, 30 minutes of brisk walking on 1 day, calisthenics (such as sit-ups, push-ups) on 3 days
5. Thirty minutes of biking to and from work on 3 days, playing softball for 60 minutes on 1 day, using weight machines on 2 days
6. Forty-five minutes of doubles tennis on 2 days, lifting weights after work on 1 day, hiking vigorously for 30 minutes and rock climbing on 1 day.

YOUR COMPANY'S NAME

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

Your Safety

HOUSEHOLD HAZARDOUS WASTE: WHAT YOU NEED TO KNOW

Leftover household products that contain corrosive, toxic, ignitable, or reactive ingredients are considered to be "household hazardous waste" or "HHW." Products, such as paints, cleaners, oils, batteries, and pesticides that contain potentially hazardous ingredients require special care when you dispose of them.

Improper disposal can include pouring them down the drain, on the ground, into storm sewers, or in some cases putting them out with the trash. The dangers of such disposal methods might not be immediately obvious, but improper disposal of these wastes can pollute the environment and pose a threat to human health. Many communities offer a variety of options for conveniently and safely managing HHW.

- Consider reducing your purchase of products that contain hazardous ingredients.
- Use and store products containing hazardous substances carefully to prevent accidents at home.
- Never store hazardous products in food containers; keep them in their original containers and never remove labels. Corroding containers, however, require special handling. Call your local hazardous materials official or fire department for instructions.
- When leftovers remain, never mix with other products. Incompatible products might react, ignite, or explode, and contaminated HHW might become unrecyclable.
- Remember to follow any instructions for use and disposal provided on product labels.

Source: www.epa.gov

Spokane Regional
Solid Waste System
www.solidwaste.org/



9 TIPS FOR PREVENTING AND MANAGING STRESS

1. Plan your time. Write a to-do list and decide which tasks are the most important. Be realistic about how long each thing will take.
2. Prepare yourself. Prepare ahead of time for stressful events like a job interview or a hard conversation with a loved one.
3. Relax with deep breathing. [Learn how](#)
4. Relax your muscles. Stress causes tension in your muscles. Try stretching or taking a hot shower.
5. Get active.
6. Eat healthy.
7. Drink alcohol only in moderation.
8. Talk to friends and family.
9. Get help if you need it.

If your stress doesn't go away or keeps getting worse, you may need help. Over time, stress can lead to depression, post-traumatic stress disorder (PTSD), or anxiety. [How to find help.](#)

Calendar of Events

BEGINNER BIKE COMMUTING

Sept. 9, REI Community Room, 1125 N. Monroe
Free clinic will cover gear, routes and safety concerns.
Call 3328-9900

SPOKEFEST

Sept. 12, 9am, Downtown Spokane
Route info and registration at: www.spokefest.org

CANCER RESOURCE & WELLNESS FAIR

Sept. 25, 9am-2pm, SCC Lair, 1810 N. Greene
Free. Booth exhibits, free screenings, presentations, resources and more. Call 228-1335

VALLEYFEST

Sept. 24, 25 and 26, Mirabeau Park, Spokane Valley
Hot air balloon launches, pancake breakfast, 5K/10K Run for Hunger, classic car show, kids zone & fishing at the falls. Festival also includes, 3 stages of national and local music with entertainment for all ages, food booths, with market-place and art booths located throughout the park.
www.valleyfest.org/
5K/10K Run info: www.valleyfest.org/event/activity/5k10krun

WEIGHT LOSS NUTRITION MYTHS

Myth: Starches are fattening and should be limited when trying to lose weight.

Fact: Many foods high in starch, like bread, rice, pasta, cereals, beans, fruits, and some vegetables (like potatoes and yams) are low in fat and calories. They become high in fat and calories when eaten in large portion sizes or when covered with high-fat toppings like butter, sour cream, or mayonnaise.

Myth: Eating after 8 p.m. causes weight gain.

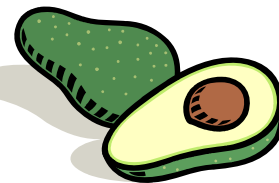
Fact: It does not matter what time of day you eat. It is how much you eat and how much physical activity you do during the day that determines whether you gain, lose, or maintain your weight. No matter when you eat, your body will store extra calories as fat.

Myth: Natural or herbal weight-loss products are safe and effective.

Fact: A weight-loss product that claims to be “natural” or “herbal” is not necessarily safe. These products are not usually scientifically tested to prove that they are safe or that they work. For example, herbal products containing ephedra (now banned by the U.S. Government) have caused serious health problems and even death.

AVOCADO GREEN ONION PARTY DIP

- ½ medium avocado, seeded and peeled
- 1 cup low fat cottage cheese
- ¾ cup plain, non-fat yogurt
- ½ cup sliced green onions
- ¼ cup shredded carrots
- 1 Tbsp fresh lemon juice
- ¼ cup non-fat mayonnaise
- 2 cups broccoli florets
- 1 cup cucumber slices
- 28 melba toast rounds



Dice avocado into small pieces, toss with lemon juice and set aside. In food processor or blender, blend cottage cheese, yogurt and mayonnaise until smooth. Add cottage cheese mixture to avocado, gently stirring in onions and carrots. Cover and chill. Serve with vegetable crudité and melba toast rounds, allowing ½ cup vegetables, 4 melba toast rounds and 8 Tbsp dip per serving.

Makes 7 servings – Nutrition per serving:

Calories 120, Fat 3g, Cholesterol 5mg, Sodium 320mg, Carbohydrates 17g, Fiber 3g, Sugar 4g, Protein 8g, Vitamin A 30%, Vitamin C 40%, Calcium 8%, Iron 6%