

# EMPLOYEE WELLNESS

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## EXERCISE AND IMMUNITY

Battling another cough or cold? Feeling tired all the time? Taking a daily walk or following a simple exercise routine a few times a week may help you feel better. We don't know exactly how exercise increases your immunity to certain illnesses, but there are several theories.

- Physical activity may help by flushing bacteria out from the lungs and may flush out cancer-causing cells by increasing output of wastes, such as urine and sweat.
- Exercise sends antibodies and white blood cells through the body at a quicker rate, which may also trigger the release of hormones that "warn" immune cells of intruding bacteria or viruses.
- The temporary rise in body temperature may prevent bacterial growth, allowing the body to fight the infection more effectively.
- Exercise slows down the release of stress-related hormones. Stress increases the chance of illness.

However, be careful not to "overdo" it. Heavy, long-term exercise (such as marathon running and intense gym training) could actually decrease the amount of white blood cells circulating through the body and increase the presence of stress-related hormones.

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

## YOUR COMPANY'S NAME

- ☛ Your Company's Info
- ☛ Your Company's Info
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## WHAT'S YOUR FLU IQ?

### True or False

1. The flu vaccine can't give you the flu.
2. The "stomach flu" and influenza are the same thing.
3. Getting a flu vaccine in December or later is not too late.
4. Flu viruses change constantly which requires a new vaccine to be produced each year.
5. Washing your hands is the best thing you can do to protect against the flu.
6. The flu vaccine protects against 3 strains of flu.
7. The flu is typically spread through coughs and/or sneezes.
8. The flu is not a serious illness.
9. The flu vaccine is available as a shot or nasal spray.
10. You can spread the flu to others before you have symptoms.



### Answers:

1. T
2. F
3. T (but, you should still get your flu vaccine as soon as possible)
4. T
5. F (hand washing is very important, but the best thing you can do is get a flu shot)
6. T
7. T
8. F
9. T
10. T

Learn more: <http://www.flu.gov/>

## FORGETFULNESS OR MEMORY LOSS?

Does it take you longer to learn new things, remember certain words, or find your glasses? These changes are often signs of mild forgetfulness, not serious memory problems. Serious memory problems make it hard to do everyday things.

Signs of serious memory problems may include asking the same questions over and over again, getting lost in places you know well, not being able to follow directions, becoming more confused about time, people, and places, or not taking care of yourself—eating poorly, not bathing, or being unsafe. See your doctor if you are having any of these problems or have other concerns about memory loss.

### Ways to help your memory:

- Learn a new skill
- Volunteer in your community
- Spend time with friends and family
- Use memory tools such as big calendars, to-do lists, and notes to yourself
- Put your wallet or purse, keys, and glasses in the same place each day
- Get lots of rest
- Exercise and eat well
- Don't drink a lot of alcohol

[www.nia.nih.gov](http://www.nia.nih.gov)



## ROUGH UP YOUR DIET

**Fiber**—you know it's good for you. But if you're like many Americans, you don't get enough. In fact, most of us get less than half the recommended amount of fiber each day. Experts suggest that men get about 38 grams of fiber a day, and women about 25 grams. Unfortunately, in the United States we take in an average of only 14 grams of fiber each day.

Dietary fiber is found in the plants you eat, including fruits, vegetables and whole grains. You've probably heard that it can help with digestion. So it may seem odd that fiber is a substance that your body can't digest. It passes through your digestive system practically unchanged. Fiber can relieve constipation and normalize your bowel movements. Some studies suggest it helps with weight loss and reduces the risk for cardiovascular disease, diabetes and cancer.

Soluble fiber may help to lower blood sugar and cholesterol. It's found in oat bran, beans, peas and most fruits. Insoluble fiber is often used to treat or prevent constipation and diverticular disease, which affects the large intestine, or colon. Insoluble fiber is found in wheat bran and some vegetables.

Learn more:

<http://newsinhealth.nih.gov/issue/Aug2010/Feature1>

## RED BEANS & RICE

- 1 Tbsp olive oil
- 1 C onion, cut into ½-inch pieces
- 1 C green bell pepper, rinsed and diced
- 1 Tbsp garlic, minced or pressed (about 2–3 cloves)
- 1½ tsp ground cumin
- 1½ tsp dried oregano
- 1 can (14½ oz) low-sodium chicken or veggie broth
- ½ C instant brown rice, uncooked
- 2 cans (15oz each) low-sodium red kidney beans, rinsed & drained

Heat oil over medium heat. Add onion and cook for 5 minutes, stirring occasionally until pieces begin to soften, but not brown. Add green pepper, cover and cook for 5 minutes stirring occasionally. Add garlic, cumin, and oregano - cook and stir for 1 minute. Add broth and rice, stir well, cover, and simmer for 10 minutes. Add beans, stir well, cover and simmer for 5 minutes to heat beans and blend flavors.

**Makes 4 servings; 2 cups each – Nutrition per serving:**

Calories: 344	Carbohydrates: 57g
Total Fat: 5g	Dietary Fiber: 9g
Sodium: 331mg	Protein: 18g

## Calendar of Events

### APPLE FESTIVAL

Thru Oct 31, Green Bluff • [www.greenbluffgrowers.com](http://www.greenbluffgrowers.com)

### HOME IDEA SHOW

Oct. 7, Fair & Expo Center • [www.homeideashow.com/](http://www.homeideashow.com/)

### OCTOBREWFEST

Oct. 15, Fair & Expo Center; Benefits Multiple Sclerosis  
509-482-2022; [www.ticketswest.com](http://www.ticketswest.com)

### HARVEST FESTIVAL

Oct. 15; PEACH Community Farm  
Potluck, farm tours, kids games, pumpkins, concert.  
509-216-9272; [www.peachlocal.com](http://www.peachlocal.com)

### PROPER TREE PLANTING

Oct. 22, 9:30am-11:30am, Finch Arboretum  
<http://spokaneurbanforestry.org/index.php/Parks/page/1132/>