

# EMPLOYEE WELLNESS

Volume 10, Issue 9

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## AIM for Health

TRY OUT GO4LIFE



Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential elements of Go4Life.

Go4Life offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. Exercises fall into four basic categories — endurance, strength, balance, and flexibility. Each type is different and doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury.

You will also find nutrition tips, success stories, plus much more.

Go to: <http://go4life.niapublications.org/>

## Your Safety

### FACTS ABOUT CONCUSSIONS

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

### Concussion Signs and Symptoms

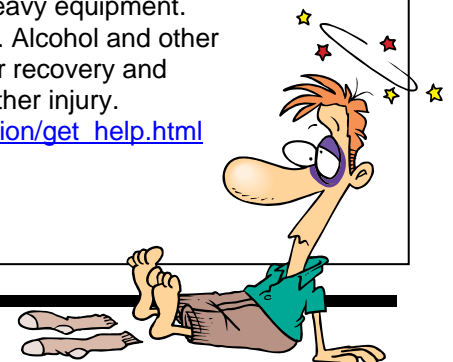
Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion. Symptoms of concussion usually fall into four categories:

- **Thinking/remembering** – difficulty thinking clearly, feeling slowed down, difficulty concentrating or remembering new information
- **Physical** – headache, fuzzy or blurry vision, nausea or vomiting (early on), dizziness, sensitivity to noise or light, balance problems, feeling tired, having no energy
- **Emotional/mood** – irritability, sadness, more emotional, nervousness or anxiety,
- **Sleep** – sleeping more than usual, sleep less than usual, trouble falling asleep

### Tips to help you get better:

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, working-out) or require a lot of concentration (e.g., sustained computer use, video games).
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.

[www.cdc.gov/concussion/get\\_help.html](http://www.cdc.gov/concussion/get_help.html)



## YOUR COMPANY'S NAME

- ☛ Your Company's Info
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## 4 STEPS TO A HEALTHIER AND LONGER LIFE

- 1. Avoid Excessive Alcohol Use:** Drink alcohol in moderation (men should have no more than two drinks per day; and women no more than one drink per day).
- 2. Avoid Tobacco:** If you do not smoke, don't start. If you currently smoke, and want to quit, call 1-800-Quit-Now, a free support service that can help you to stop smoking or using tobacco.
- 3. Improve Nutrition:** Eat more fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood. Eat fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains.
- 4. Engage in Physical Activity:** Participate in moderate intensity physical activity 5 or more days per week (150 minutes), such as brisk walking, or practice vigorous physical activity 3 or more days per week (75 minutes) such as jogging or race walking.

## Calendar of Events

### PIG OUT IN THE PARK

Aug 31 – Sept 5; Riverfront Park;  
48 Food Booths, 225 menu item and 82 free concerts  
[www.spokanepigout.com/](http://www.spokanepigout.com/)

### SPOKANE SYMPHONY FREE CONCERTS

September 3, 6pm, Pavillion Park, Liberty Lake  
September 5, 6pm, Comstock Park, Spokane

### SPOKEFEST

September 11, 9:30am-Noon, Riverfront Park  
[www.spokefest.org/](http://www.spokefest.org/)

### REI FREE CLASSES

1125 N. Monroe • 328-9000; [www.rei.com/spokane](http://www.rei.com/spokane)  
Bike Maintenance Basics – Sept. 8, 7-8:30pm  
Backpacking Washington – Sept. 22, 7-8:30pm

### SPOKANE INTERSTATE FAIR

September 9-18, Spokane Fairgrounds  
[www.spokanecounty.org/fair/sif/](http://www.spokanecounty.org/fair/sif/)

### VALLEYFEST & TRAIL RIDE

September 23-25; Mirabeau Park  
100 local vendors, parade, hot air balloons, pancake breakfast, classic car show, trail ride, 5K-10K run for hunger, food booths, children's activities, a beer and wine garden, and music, dance and entertainment stages.  
[www.valleyfest.org/](http://www.valleyfest.org/)

## HOW MUCH TOTAL DIETARY FAT DO I NEED?

Dietary guidelines recommend that Americans keep their total fat intake within certain limits. This limit is defined as a percentage of your total calorie needs.

Age Group	Total Fat Limits
Children ages 2 to 3	30-35% of total calories
Children ages 4 to 18	25-35% of total calories
Adults	20-35% of total calories

Most of the fat that you eat should come from unsaturated sources: polyunsaturated fats and monounsaturated fats. In general, nuts, vegetable oils, and fish are sources of unsaturated fats.

Avoid saturated fats and trans-fats which are found in meats, dairy products, palm oils, coconut oils, cocoa butter and many processed foods. Diets high in saturated fat have been linked to chronic disease, specifically, coronary heart disease. Dietary guidelines recommend consuming less than 10% of daily calories as saturated fat.

## ASPARAGUS

### WITH SOLE

- 1 lb asparagus
- 1 lb Sole fillets (4 pieces approximately the same size)
- ¼ tsp salt
- ½ tsp grated lemon or lime peel
- 4 Tbsp lemon or lime freshly squeezed juice
- 1/8 tsp Black pepper
- 1 Tbsp finely chopped chives
- 1 tsp mustard



Cut asparagus into 3 inch lengths. Cook in 2-quart saucepan in lightly salted water for 5 minutes, drain. Set aside.

Season the skin side of the sole fillets with salt and lemon or lime peel. Place asparagus spears at one end of each fillet. Roll up fillets with asparagus spears inside and secure with plain round toothpicks. Place in a 2-quart oven-safe casserole dish liberally sprayed with non-stick cooking spray. In a small bowl combine remaining ingredients and pour over fish.

Bake in a 400°F oven for approximately 15 to 20 minutes or until fish flakes easily. Baste fish every 7 minutes.

### Makes 4 servings – Nutrition per serving:

Calories: 130	Carbohydrates: 6g
Total Fat: 2g	Dietary Fiber: 2g
Sodium: 270mg	Protein: 24g
Vitamin A: 25%	Calcium: 4%
Vitamin C: 30%	Iron: 8%