



February Wellness Newsletter

Corporate Cup Logo Contest

RULES

- 🚲 Create a logo for the Cereal City Corporate Cup
- 🚲 **MUST** include the County Logo in your creation
- 🚲 **CAPTURE** community health, fitness and spirit in your design
- 🚲 Email your creation to Marie at mstamand@calhouncoutymi.gov
- 🚲 Must email creation by April 30th, 2016
- 🚲 Voting will be held from Wednesday, June 8th through Friday, June 10th
- 🚲 Winner of the contest will have their logo on the Calhoun County Team shirt
- 🚲 A drawing amongst all the participants will decide the winner of a Fitbit
- 🚲 All participants get a point on their fit ticket.



BIGGEST LOSER CHALLENGE IS BACK

Dust off the old exercise equipment, find your exercising shoes and get your old friend "the scale" out of the closet. This will be a challenging six weeks that should be rewarding for all.

- 🦶 **Create a team of three with a team name (members of a team will be anonymous to other teams)**
- 🦶 **Challenge will start the week of February 15th**
- 🦶 **Challenge will end Friday, March 25th**
- 🦶 **First weigh in will be reported on February 15th as a group total (Your individual weight will be kept secret in the confines of your own group)**
- 🦶 **Weigh in will be reported as a group total every Friday thereafter**
- 🦶 **Weigh in will be reported to Marie via email at mstamand@calhouncountymi.gov**
- 🦶 **Marie will be sending a weekly report to all participants so you can tell how your team is doing compared to the other teams**
- 🦶 **March 25th will be the last weigh in**
- 🦶 **Every participant gets a fit ticket point**
- 🦶 **The biggest loser team will get prizes!!**



The biggest loser of the team that loses the most weight will receive a \$50.00 gift certificate from Dunham's. The other two will each receive a \$25.00 gift certificate from Dunham's.

**Weight
Watchers
Comes to
Calhoun County**

COME JOIN US

EVERY WEDNESDAY AT NOON
HEALTH DEPT. WIC CONF. ROOM
TOELLER BUILDING

SEVERAL TOELLER BUILDING AND JUSTICE CENTER EMPLOYEES
CURRENTLY ATTEND THE WEEKLY MEETING (WEIGH-INS ARE
PRIVATE). SINCE AUGUST 2015,
THIS GROUP HAS LOST OVER

360LBS.

ARE YOU READY TO....

GET HEALTHY AND FIT FOR A LIFETIME?

FEEL BETTER, HAVE MORE ENERGY, AND BE HAPPIER?

BUT STILL EAT WHAT YOU LOVE?

NOW YOU CAN, JUST SMARTER.

*Weight Watchers' new approach focuses on you,
not just a number on the scale.*

*"The Beyond the Scale program starts with a personal assessment
to better understand your lifestyle, challenges, and goals.*

*Our most personalized approach ever fits your life and is
backed by real-time support."*

LOOKING FOR INSPIRATION?

Weight Watchers **'Inspire Me'** Party

Come meet us, hear our inspirational stories, learn our tips, and
feel free to ask us questions!

Open Meeting: February 10, 2016

Health Department WIC Conference Room, Toeller Building

Have questions? Contact

Vivian Holdcraft (269-969-6378/vholdcraft@calhouncountymi.gov)



National Wear Red Day® – Friday, February 5, 2016



Why go Red?

Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day®** Friday, February 5, 2016. Encourage others to do the same and schedule a Well-Woman Visit, a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses.

Health Heart Starts at Home

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits. Here are some tips and guidelines to get you started.

Be a good role model - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.

Keep things positive - Kids don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.

Get the whole family moving - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.

Be realistic - Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

Limit TV, video game and computer time - These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease. Limit screen time to 2 hours per day.

Encourage physical activities that they'll really enjoy - Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it.

Pick truly rewarding rewards - Don't reward children with television, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.

Make dinnertime a family time - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

Make a game of reading food labels - The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime. Learn more about reading nutrition labels.

Stay involved - Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370
Battle Creek, Michigan 49014 Fax: (269) 969-6470
www.calhouncountymi.gov/publichealth

"Working to enhance our community's total well-being"



Winter-Related Injuries

As the winter season arrives, children are planning outdoor activities and winter sports. According to the National Pediatric Trauma Registry, almost 1/2 of winter sports result in head-related injuries. Traumatic brain injuries are the leading cause of death and disability in children and young adults.

The Calhoun County School Wellness Program and staff wish to remind you that one of the most important steps you can take to prevent head-related injuries is wearing the correct protective gear.

HELMETS SAVE LIVES!

Here are some additional steps you can take to help prevent winter-related injuries:

Ice Skating

- Always check the ice before children venture out onto any lakes, ponds, or rivers.
- Ice that forms on moving waters such as rivers and creeks is never safe for skating or play.
- Skaters should never skate alone or near open water and should skate in the same direction as the crowd.

Sledding

- Keep sleds away from motor vehicles.
- Children should be supervised while sledding.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.
- Children shouldn't play on snow banks formed by snowplows. Oncoming plows and/or other traffic might not see them.

Snow Skiing and Snowboarding

- Never ski or snowboard alone.
- Young children should always be supervised by an adult.
- The American Academy of Pediatrics (AAP) recommends that children under age 7 not snowboard.
- Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year.
- Snowboarders should wear gloves with built-in wrist guards.
- Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- Avoid skiing in areas with trees and other obstacles.
- Avoid "jumps" that send a slider airborne (the higher they fly, the harder they fall).



Snowmobiling

- The AAP recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.
- Do not use a snowmobile to pull a sled or skiers.
- Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
- Travel at safe speeds.
- Never use alcohol or other drugs before or during snowmobiling.
- Never snowmobile alone or at night.
- Stay on marked trails, away from roads, water, railroads, and pedestrians.

For more information, visit www.thejohnnyo.org

Kim DeVito, BS, RN

Back to the Basics

From boot camps to SoulCycle to early morning dance parties, there's no shortage of fitness trends with a devoted, young, fit following. But when it comes to exercises that even the oldest and most out of shape can (and should) add to their workout repertoires, most fitness professionals advise keeping it simple. Here are their votes for the 10 best exercises you can start doing today – and stop doing, well, never.

Walking:

The votes are in, and the consensus is clear: Nothing quite beats walking. The exercise is functional (you can do it to get places), accessible (no gym needed) and “suitable for all ages and abilities,” says Michelle Walters-Edwards, chair of the Department of Health and Human Performance at Marymount University. Best of all? Walking can reduce your risk of premature death, diseases like hypertension and symptoms of depression, says Adam Wright, an athletic and personal performance consultant based in New York City.

Running:

Want to take walking up a notch? Break into a run. The activity strengthens the legs and core, keeps knees and hips healthy, boosts heart health and spurs your body to burn more calories even at rest, says Joe English, a running coach in Portland, Oregon, and contributor to the U.S. News Eat+Run blog. “As we age, we may need to slow down,” he says, “but running keeps aging bodies active and fit, yielding great benefits for us all.”

Squats:

If squats leave your legs as wobbly as “a newborn baby deer,” you need to do them more, says Christopher Stepien, a sports therapy and chronic pain specialist at Barefoot Rehabilitation Clinic in Parsippany, New Jersey. The move helps prevent lower back, hip, knee and ankle injuries; boosts flexibility and balance; enhances communication between the brain and muscles; and even promotes bathroom regularity by “improving your body’s fluid and nutrition distribution to all your tissues, organs and glands down in the nether regions,” Stepien says.

Turkish get-ups:

Never heard of this funky-sounding exercise? Listen up. The activity, which involves holding a kettlebell above your head as you move from lying to standing and back down again, “is the most practical full-body exercise,” says Kelly Coffey, a personal trainer at Strong Coffey Personal Training in Northampton, Massachusetts. Even if you only complete one part or perform it kettlebell-free, the move can still improve strength, coordination and balance, she says.

Swimming:

Break out the goggles and start splashing. Swimming is the perfect exercise for all ages, says Kevin B. White, a personal trainer in Bethesda, Maryland, and author of “School Yourself Into Shape.” Not only is swimming a great cardiovascular workout, but “the water provides resistance to strengthen the muscles,

while also protecting the joints,” he says.

Pushups:

You may think of a pushup as an arm exercise, but it's truly “a whole body exercise” that works the upper body, legs and core, says Arwen Fuller, assistant professor in the University of Utah's Department of Exercise and Sport Science. Want a challenge? Push up with your feet on a bench, or build power by pushing up as hard and fast as you can and catching some air on your way up. Need a break? Push up on your knees or against a wall while standing, Fuller suggests.

Plank:

While the plank is often touted as an ab-toner, it's so much more, says Heather Worthy, regional director of wellness innovation at the YMCA Anthony Bowen in the District of Columbia. The exercise builds core, arm, shoulder and back strength; improves balance and posture; strengthens your lower body; and helps reduce back pain. To make it harder, raise one leg – and then the other – a few inches off the floor or plank on a decline. To give yourself a break, try it on an incline, Worthy suggests.

Pull ups:

You may have retired the pull ups after elementary school gym class, but there's every reason to do it at any age, Worthy believes. “This exercise builds strength in your trunk, arms, shoulders, abdominal muscles, pelvic floor, hands and forearms by pulling up one's body weight,” she explains. Depending on available equipment, you can adjust the pull ups difficulty by, say, adding a weighted belt (for a challenge) or using an assisted pull up machine (for a boost).

Stretching:

Speaking of elementary school gym class, no need to get much fancier than the stretches it taught you (such as toe touches or side lunges), says Shane Allen, a personal trainer and sports nutritionist in Dallas. You'll still reap the benefits. “Stretching keeps your body flexible and your muscles healthy,” he says. It's meant to help prevent injury – not cause it – so be sure to ease up if stretching gets painful, Allen says.

Healthy Diet:

Competitive eating aside, dining isn't exactly exercise. But food is “the most important part of any fitness routine,” says Allen, who works for the meal delivery program Personal Trainer Food. “Working out is secondary.” Maintaining a balanced diet of fruits, vegetables, lean protein, whole grains and healthy fats will support any exercise routine and give you results. And when it comes to the best (actual) exercise? “The single best exercise,” Fuller says, “is the one you will do.”

20 Tips for a Positive New Year

- ☺ Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
- ☺ Take a morning walk of gratitude. I call it a "Thank You Walk." It will create a fertile mind ready for success.
- ☺ Make your first meal the biggest and your last meal the smallest. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- ☺ Remember that outside circumstances and events have no power over you. You create your world from the inside-out.
- ☺ Talk to yourself instead of listening to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with words of truth and encouragement you need to keep moving forward.
- ☺ Post a sign that says "No Energy Vampires Allowed". Gandhi said, "I will not let anyone walk through my mind with their dirty feet."
- ☺ Don't chase dollars or success. Decide to make a difference and build meaningful relationships and success will find you.
- ☺ Get more sleep. You can't replace sleep with a double latte.
- ☺ Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in your purpose, people and the positive present moment.
- ☺ You don't have to be great to serve but you have to serve to be great. Look for opportunities to Love. Serve. Care.
- ☺ Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.
- ☺ There's no such thing as an overnight success. Anything worthwhile takes time to build.
- ☺ Trust that everything happens for a reason and expect good things to come out of challenging experiences.
- ☺ Implement the No Complaining Rule. If you are complaining, you're not leading.
- ☺ Read more books than you did in 2015. I happen to know of a few good ones. :)
- ☺ Don't seek happiness. Instead decide to live with passion and purpose and happiness will find you.
- ☺ Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
- ☺ The next time you "fail" remember that you aren't failing, you are becoming. You aren't failing, you are growing.
- ☺ Smile and laugh more. They are natural anti-depressants.
- ☺ Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

Healthy Stir Fry

Spicy Cauliflower

Ingredients:

1 head of cauliflower
2 teaspoons vegetable oil
2 cloves garlic, minced
2 tbsp. reduced sodium soy sauce
1 whole lime (or a splash of rice wine vinegar)
2 green onions, sliced
1 tbsp. Sriracha, or other Asian hot sauce
Lime wedges for serving



Preparation:

Break up the cauliflower into large florets, then, using your hands, break into very small florets.

Heat a large, heavy skillet over medium-high to high heat. Add the oil, then the cauliflower and garlic. Stir the cauliflower around the pan, allowing it to get very brown in some areas. Cook for 3 minutes, then turn heat to low. Add soy sauce, squeeze in the juice of the lime, and add most of the sliced green onion, reserving the rest for serving. Stir and allow to cook for 1 minute, then squeeze the hot sauce over the cauliflower. Stir until the hot sauce has been incorporated. Add a little more hot sauce if you want a deeper color and flavor.

Serve hot in a bowl. Sprinkle extra sliced green onions on top, and serve with a lime wedge.

Savory Vegetable Stir Fry

Ingredients:

8 oz. of soba noodles
1 medium red onion, thinly sliced
1 half a small head of cabbage, cored and thinly sliced
1 8 oz. package of Shitake mushrooms, sliced
1 small red bell pepper, seeded and thinly sliced
2 cups broccoli florets
4 cloves garlic, minced
1/2 inch piece of fresh ginger, minced
1/3 cup reduced sodium soy sauce
1 tsp olive oil
1 tbsp. sesame oil
1 tbsp. rice vinegar
1 tbsp. cornstarch
1 tbsp. reduced fat peanut butter
Pinch of red pepper flakes



Preparation:

Prepares noodles according to package directions and set aside.

Heat olive oil in a large, nonstick skillet over medium high heat. Add in onions and garlic, and cook for about 3 minutes. Add in the broccoli, bell pepper, cabbage, mushrooms and ginger. Continue to cook until the vegetables are tender, but not soft and mushy, about 4-5 minutes.

Meanwhile, in a large bowl, whisk together the soy sauce, vinegar, sesame oil, peanut butter, red pepper flakes, and cornstarch. Mix well.

Pour sauce over vegetables, turn heat to medium, and cook while constantly stirring until sauce thickens, about 3-5 minutes. Toss with prepared noodles and serve.

Shrimp Stir Fry

Ingredients:

About 6 ounces thin dried Asian egg or wheat noodles
1 tablespoon vegetable oil
2 tablespoons minced garlic
2 tablespoons minced fresh ginger
1 pound large shelled and deveined shrimp
8 ounces fresh snow peas
2 tablespoons cornstarch
3/4 cup reduced-sodium chicken broth
3 tablespoons reduced-sodium soy sauce
2 tablespoons chopped green onions
Sriracha hot sauce



Preparation:

Cook noodles according to the package directions. Set aside.

In a large wok or nonstick frying pan, heat the oil over medium-high heat. Add the garlic and ginger and cook, stirring, until fragrant, about 30 seconds. Add the shrimp and stir to coat with the garlic mixture, then cook 1 minute. Mix in the snow peas and cook 1 minute.

Stir in the broth and soy sauce and cook just until simmering. Combine the cornstarch with 2 tablespoons of water, add to the broth, and cook until the mixture boils again and the sauce thickens slightly, about 1 minute. Sprinkle with green onions and toss with the noodles.



Corporate Discount

Calhoun County
Employees and their
family members receive
20% Off
Weight Loss Services*

For our friends at...



Health Savings Account Reimbursement Assistance Available!

Maria Bloomfield Hills, MI

LOST
50
POUNDS
IN 18 WEEKS*

*Results may vary



START YOUR
Journey

Call to schedule your
FREE consultation
today!

1-800 GET SLIM

www.mwlc.com

Programs for Men, Women & Teenagers

- ✓ One-on-One Counseling & Support
- ✓ Customized Meal Plans using Grocery Store Food
- ✓ Medically Supervised by Doctors



* Receive 20% off full program services at Medical Weight Loss Clinic. Present proof of employment at time of consultation. Offer cannot be combined with any other offer or discount. Reimbursement is subject to your FSA or HSA plan. Some restrictions may apply. Offer expires 12/31/16.

JANUARY 2016

liveWELL



Snow Days

Don't just embrace cozy blankets as the cold weather surrounds us; embrace January as a time to make healthy choices. Challenge yourself with new winter habits, quick and easy menu items, and invigorating exercise programs. There is a lot you can do to continue positive lifestyle changes, even when the days are shorter!

- Have a meal swap with friends. Make enough food to share and store for yourself for those days with limited time to prepare meals.
- Hit the mall. Find a place to walk or exercise indoors, and include a friend to keep you motivated.
- Embrace the cold. Gear up and get outside to snowboard, ski, snowshoe, jog, walk, or hike.

HelpNet

2016 = NEW HEALTHY HABITS!

Visit the Live Well website for articles on exercise. To get more information on what you can do to ensure that you stay healthy this winter, contact a Live Well Wellness Coach by phone or on-line.

VISIT WWW.HELPNETEAP.COM OR CALL 1-888 975-9355 TO SPEAK TO A WELLNESS COACH ABOUT ADDITIONAL RESOURCES AVAILABLE. **No time to talk?** USE THE LIVE CHAT FEATURE ON THE WEBSITE TO CONNECT WITH A COACH VIA INSTANT MESSAGE.

HelpNet Employee Assistance Program

CareSpace



FEATURES INCLUDE:

- Online support from other caregivers and parents
- All public posts monitored by experienced care consultants for content appropriateness
- Available 24/7 through your work-life/EAP website
- Weekly video blogs on parenting and elder caregiving from work-life professionals

CONNECT WITH OTHER PARENTS AND ELDER CAREGIVERS ON CARESPACE!

Available through your work-life/EAP website, CareSpace provides an online social networking forum to get advice from other members, read articles on parenting and elder caregiving, view video blogs from experts, and more. Simply go to the Centers on your work-life/EAP website and click on CareSpace. You can create your own CareSpace profile and join the conversation.

TOLL-FREE: (800) 969-6162

WEBSITE: www.helpneteap.com

HelpNet