



Health e-Links Health Education & Lifestyle Management Newsletter (HELM)



Maintain, No Gain Kickoff

On November 19th, DCPS Employee Wellness, in partnership with Gold's Gym and Aramark, kicked off the Maintain, No Gain Holiday Challenge.

Gold's Gym provided onsite assessments including blood pressure checks, weigh-ins, and massages. They also agreed to provide free gym membership for the entire month of December to employees participating in the Maintain, No Gain Holiday Challenge.

Aramark was on hand to provide healthy nutritional snacks and recipes. A Social Affair Dance Studio showed off a couple of ballroom dancing moves while employees dined in the Tower Café.

This 6-week challenge is designed to encourage healthy eating habits and to promote physical activity most days of the week during the holiday season.

For more information and to sign up for the challenge, please see the Wellness Ambassador for your worksite or contact Tonya Hill, Wellness Coordinator (hill-willt@duvalschools.org) 390-2916

National Health Observances for December
Visit the links below for more information

- Safe Toys and Gifts Month**
www.preventblindness.org
- December 1**
World AIDS Day
www.unaids.org
- December 1 - 7**
National Aplastic Anemia and MDS Awareness Week
www.aamds.org
- December 7 - 13**
National Handwashing Awareness Week
www.henrythehand.com

DCPS Employee Gym and Fitness Center Discounts



The following gyms and fitness centers have agreed to offer DCPS employees great membership discounts!!

- Anytime Fitness
- Bailey's Powerhouse Gym
- Curves
- Gold's Gym
- Jazzercise
- Temple Builders Fitness Center
- YMCA



Traveling this upcoming holiday season?

Holiday Traveling Tips

- On an airplane, try to get an aisle seat toward the center of the cabin, where motion is the calmest.
- On a ship, request a lower-level cabin toward the middle of the vessel to minimize motion.
- Try to steer clear of odors such as perfume, smoke, or cooking smells. Open the air vent, if you're on an airplane. If you're in a car, open the window if you can.
- Don't read or watch videos during bumpy spells; if you are very prone to motion sickness, don't read at all while in motion.
- During a bumpy car or boat ride, try keeping your gaze fixed on something stationary, like the horizon.
- Avoid alcohol.

Save the date...

Duval County Public Schools
Employee Health Fair

January 16, 2009
Sandalwood High School
10 am - 2 pm

More than just a health fair!

Drunk and Drugged Driving (3D) Prevention Month

Think drunk driving is a thing of the past? Think again, 17,602 people died in 2006 in automobile accidents where alcohol was a factor. During the holiday, more people will die in alcohol related accidents than any other time of the year. Before you or someone you know gets behind the wheel after a drink or two, think about how just one moment can change your life forever.

Resource: <http://www-nrd.nhtsa.dot.gov/Pubs/810821.PDF>



Fight Holiday Weight Gain

It's easy to feel overwhelmed during the holiday season -- what with shopping, parties, decorating, baking, and the inevitable stress of unwanted obligations. But a healthy diet not only helps boost your mood, it also helps you fight holiday weight gain. Try these tips to get through the holiday season in a good mood without gaining weight:

- **Eat breakfast!** Breakfast-eaters report maintaining a better mood and more energy throughout the day, studies show.
- **Drink water.** Not drinking enough water is the first thing that will impact your mood. Without it, you won't be able to exercise at peak levels, and you won't burn fat as readily.
- **Hit your usual holiday parties, but avoid alcohol.** You may feel relaxed in the short term, but drinking interrupts sleep and increases depression and anxiety -- not the best way to boost your mood.
- **Lose the bowls of high-fat foods** like chocolate, and replace them with small low-fat crackers, popcorn, pretzels, and hard candy.

Hungry Girl's No-Nonsense Nog

Ingredients:

5 cups 8th Continent Light Vanilla Soymilk
1 small (4-serving) package Jell-O Instant Vanilla Pudding mix (Sugar Free Fat0Free)
6 no-calorie sweetener packets (like Splenda)
1tsp. rum extract or imitation rum extract
½ tsp. ground nutmeg

Instructions:

In a blender, combine all ingredients and blend on high until mixed thoroughly. Refrigerate for a few hours to allow it to thicken. Makes five 1-cup servings!

Nutritional value: Servings: 5; Calories per serving: 81.2; Total Fat: 1.1g; Chol: 0; Sodium: 459mg; Carbs: 10g; Fiber: .1g; Protein: 7.1g



Avoid Holiday Hazards

Here are a few tips from the National Fire Protection Association to keep your home safe during the holidays:

1. Make sure lights are in working order.
2. Always unplug decorative lights before leaving your home or going to bed.
3. Make sure your tree is at least 3 feet away from any heat source.
4. Never use lit candles to decorate your tree.
5. Make sure lights are in working order.
6. When your tree starts dropping needles, dispose of it.

Fitness Tips

With the hectic holiday season fast approaching, it is sometimes difficult to find the time to exercise.

Here are some activities and the number of calories they burn (for a 150-pound person, on average):

- Stationary bike (at moderate level): 504 calories/hour
- Elliptical trainer (general): 648 calories/hour
- Stairmaster: 432 calories/hour
- Running (11.5 min/mile): 648 calories/hour
- Walking (17 min/mile): 288 calories/hour

Source: Minna Lessig, Fitness Contributor

Healthful Tips

1. Set a goal of trying one new fruit or vegetable every week.
2. Keep a bowl of fruit on your desk at work.
3. Switch from ice cream to frozen yogurt
4. Substitute sweet potatoes for regular baked potatoes or fries.
5. Get more fiber. Add a handful of nuts to your salad.
6. Keep a stock of low calorie snacks on hand: cut up carrots, cucumbers, pretzels, nonfat popcorn.
7. Try spices and seasonings instead of salt.