



## Health e-Links Health Education & Lifestyle Management Newsletter

### D.E.W. Celebrates SPRING.....

#### Fun Run at Beauclerc Elementary Sponsored by PTA

Beauclerc Elementary has the right idea when it comes to wellness.

The PTA sponsored a school-wide fun run at Beauclerc Elementary. To prepare for the fun run, the entire school exercised every morning during announcements. Every parent, student, teacher and staff member was asked to run in the event. They took it a step further by getting the community involved.

The coaches and PTA set up a running course around the playground. After a brief warm-up, all participants were expected to run/walk for the entire 30 minutes without stopping. Anyone who needed a break was allowed to do so. Towards the end of the run, everyone walked 5 minutes to cool down.

Beauclerc also has a Walking Club on Monday, Tuesday and Thursday. Great job!

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

National Colorectal Cancer Awareness Month  
[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

National Nutrition Month  
[www.eatright.org](http://www.eatright.org)

Workplace Eye Wellness Month  
[www.preventblindness.org](http://www.preventblindness.org)

National Endometriosis Awareness Month  
[www.endocenter.org](http://www.endocenter.org)  
14 - 20

National Poison Prevention Week  
[www.poisonprevention.org/poison.htm](http://www.poisonprevention.org/poison.htm)

### Employee Assistance Program



Have you phoned in "sick" just to get a day off? One national survey found that 20% of employees have done so at least once. The most common reason: "I felt stressed and wanted a day off."

Consider phoning your employee assistance program (EAP) the next time the unexpected desire to take off looms. It might be a signal that a personal difficulty or workplace issue needs to be resolved. For example, is it a conflict with a coworker or a supervisor, or a need for better organizing skills to cope with too much work, that is making you feel overwhelmed? What about an argument with a customer or some unfair workplace experience that you need to discuss?

Instead of taking a day off for short-term relief, talk to the EAP. It may have a long-term cure.

Source: Kronos Sickness Absence Survey 2010.

Corporate Care Works, EAP (904) 296-9436

### "Take it to Heart" Screening Continues....

#### Baker-Gilmour Cardiovascular Institute

1. Cardiovascular History and Exam
2. Blood Pressure Check
3. EKG
4. Labs, which includes:
  - a. Fasting Blood Sugar
  - b. Total Cholesterol
  - c. HDL Cholesterol "Good Guy"
  - d. LDL cholesterol "Bad Guy"
  - e. Triglycerides
  - f. Homocysteine Level
  - g. C-Reactive Protein (CPR).Inflammation
5. Framingham Heart Risk of Heart Disease Over the Next Ten Years

Call the Baker-Gilmour Cardiovascular Institute at (904)733-4444 Ext. 202 to Schedule your "Take it to Heart" screening for the cost of (\$100)

*(\$100 cost can be reimbursed through the employee's FSA)*

# Ask the Health Coach

**Q** I have been trying to lose weight by eating better and exercising for the past two weeks, but I've gained two pounds. Is it possible that I have lost fat and gained muscle?

**A** Nothing is more frustrating than working hard to lose weight and watching the scale inch up instead of down. Unfortunately, it's very unlikely that you gained muscle mass when restricting calories, even after starting an intense strength-training program. The fact is your muscles would need additional energy (calories) to build mass and a program designed to continuously increase the weight bearing load on your muscles. It's more likely that you have actually consumed more calories than you think.

Here are some reasons why:

- One of your healthy substitutions could be increasing your calorie intake. For example, if you are drinking juice instead of your regular diet soda, you're adding an extra 110 calories per eight ounce glass. Water is the healthiest substitution because it's calorie-free and your body needs a minimum of 64 ounces per day.
- Your appetite could be increasing because of your increasing physical activity. Typically, moderate to high intensity cardiovascular exercise (fast walking, cycling, running, etc.) curbs your appetite, whereas strength training increases it. However, this isn't always true for everyone.
- Finally, you may have subconsciously reasoned that because you're working so hard, it's okay to eat a little more. This is a very common response because it's easy to overestimate how many calories we've burned, and underestimate how many calories we've consumed.

To really make an impact with your weight loss efforts, write down how much you are eating and exercising so you know exactly how many calories you're taking in, and burning off.

**Call the Health Dialog line at 1-877-789-2583 to speak with a health coach.**

Source: Better You from Blue

## Quick Italian Spinach Pie

### Ingredients:

1 container (16 oz.)  
2% low-fat cottage cheese  
1 pkg. (10 oz.) frozen chopped spinach, thawed and well drained  
1 cup shredded part-skim Mozzarella cheese  
4 eggs, lightly beaten  
1 jar (7 oz.) roasted red peppers, well drained and chopped  
1/3 cup grated Parmesan cheese  
1 tsp. oregano

### Preparation:

Preheat oven to 350°F. Mix all ingredients until well blended. Pour into greased 9-inch pie plate. Bake 40 min. or until center is set. Substitute 1/2 cup chopped red bell peppers for the roasted peppers if desired. Serves 8.

### Nutritional analysis per serving:

Calories: 150; Total fat: 8 g; Saturated fat: 4 g; Cholesterol: 125 g; Sodium: 450 mg; Carbohydrates: 6 g; Dietary fiber: 1 g; Sugars: 2 g; Protein: 15 g; Vitamin A: 50% DV; Vitamin C: 6% DV; Calcium: 25% DV; Iron: 6% DV

### Healthy Substitutions:

Use non-fat cottage cheese instead of 2% to eliminate 20 calories and 6 grams of fat per serving, and double your calcium.



## FOOD PORTION DISTORTION

Increase your awareness of "food portion distortion."

Over the past several decades, the size of food portions has exploded. What was a tiny bag of French fries is now a box, a small drink is now a large, and a large drink is now a bucket! Even triple-patty hamburgers are now available.

The ill effects on health have always existed, but, in addition, what we think of as a "portion" has increased! To avoid the potential impact on your health, consider interventions such as using smaller plates, sharing food, ordering only the appetizer if the entrée is huge, or simply asking for less.

Source: NIH National Heart, Lung, and Blood Institute. [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).