

January 2011



Healthy New Year!!!



Coming Soon:

Free Health Screenings
(At most Middle Schools)
12:00-4:00

Available to all employees

See Schedule or Wellness Ambassador

Maintain, No Gain!!!!

How did you do???
I'd love to hear from you and print
your story of determination...



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

Cervical Health Awareness Month
www.nccc-online.org/awareness.html

National Birth Defects Prevention Month
www.nbdpn.org

National Glaucoma Awareness Month
preventblindness.org/news/observe.html

Thyroid Awareness Month
www.aace.com

Team Mandarin Oaks



On the behalf of the Financial Planning Association of Northeast Florida I would like to thank you and all the DCPS employees who participated in the First Annual Financial Fitness 5K. I also want to recognize and express my appreciation to Carol Butler and her colleagues for putting together the winning DCPS Wellness 5K Team: Al Henson, Claire Redmond, Katelyn Coffman, Jennifer Brown, Lani Montemayor, Zach Champagne, Missy Driussi, Pam Kibler, Clair Hart and permanent sub Gina Parsons.

Janice F. Del Toro, Ph.D., CFP®



Don't Let Depression Derail Your Goals

2011 may be your year to stop smoking, increase exercise, or eat right to lose weight. These goals remain popular, but consider a fourth goal— getting treatment for your depression. Depression can undermine your goals. It can lower your energy and affect self-esteem, decrease enthusiasm, disturb restful sleep, interrupt concentration, and even reduce your stamina to ward off and fight disease. Depression isn't your fault, but the urge to blame yourself for failures in achieving your goals may be strong, and you don't deserve it. Don't kick yourself. Instead get an assessment from a mental health professional or your doctor, or seek assistance through your EAP. 800.327.9757 toll free: 296-9436



Ten Steps to a Healthy New Year

- 1) **A Year in Review**-take a look at what your diet and health have been like for the last 12 months
- 2) **Setting Goals**-Decide what you really want to achieve for your health and diet over the next month and over the next year.
- 3) **Determining Your Dietary Needs**-Do you have high blood pressure? Are you overweight? Do you have diabetes? Etc.
- 4) **Dietary Supplements**-all you need is a simple multivitamin and multimineral supplement.
- 5) **Design Your Healthy New Diet**-To stick with your new diet; you will want to include foods you enjoy. If you love hamburgers, that's OK. Make them at home with whole grain rolls and cut down the size of the hamburger patty, or use ground turkey.
- 6) **Shopping and Cooking**-Choose fresh fruits and vegetables, whole grain breads, lean meats, fish and legumes. Avoid foods high in saturated fats, sodium, trans fats and sugar.
- 7) **Getting Started with a Food Diary**-If you are really serious about changing your diet, losing (or gaining) weight and improving your health, you will find that keeping a food diary is key to your success.
- 8) **Exercise, Fitness and General Health Goals**-Walking, running, aerobic exercise and weight lifting are all great exercises. If you want to lose weight, it is important to increase aerobic activity like walking or running.
- 9) **Reduce Stress**-Stress is detrimental to your health.
- 10) **Motivation and Maintenance**-Many of us hit occasional road-blocks due to busy schedules, loss of motivation and sometimes we hit weight loss plateaus. When this happens, don't give up.

Respect at Work: Listening



The highest form of respect is to listen well to others. If you don't listen well, it is probably not because you are distracted or face a language barrier. It's probably because you don't see the most important reason of all: "What's in it for me?" Listening well is seldom just about courtesy. Real motivation comes from believing you may gain something. To improve your ability to listen with empathy, convince yourself that you will gain something— if not from the information then from the experience itself. One certain thing you will gain is improved relationships on the job.

Ask the Coach

Q Every time I walk or run for exercise, I get shin splints. How can I prevent this?

A Shin splints are characterized by pain in the front part of the lower leg, below the knee and along the shin bone, and can be a result of several factors. One common cause of shin splints is tightness or weakness in the muscles on the front side of your lower leg. Daily stretching and strengthening of these muscles can help prevent shin pain. Another possible cause of your shin splints is wearing shoes that are too small. Unlike your regular everyday shoes, there should be a thumb's distance between your big toe and the end of your exercise shoes.

www.acefitness.org

Sausage Lentil Soup

Ingredients

1 medium onion, chopped
1 celery rib, chopped
¼ lb reduced-fat smoked sausage, halved and thinly sliced
1 medium carrot, halved and thinly sliced
2 garlic cloves, minced
2 cans (14 ½ ounces each) reduced-sodium chicken broth
½ cup water
1 cup dried lentils, rinsed
½ tsp dried oregano
¼ tsp ground cumin
¼ tsp pepper
1 can (14 ½ ounces) stewed tomatoes, cut up
1 Tbsp Worcestershire sauce
1 cup chopped fresh spinach



Preparation

In a large saucepan coated with cooking spray, cook and stir onion and celery over medium-high heat for 2 minutes. Add the sausage, carrot and garlic; cook 2-3 minutes or until onion is tender.

Stir in the broth, water, lentils, oregano, cumin and pepper. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until lentils and vegetables are tender. Stir in the tomatoes, Worcestershire sauce and spinach; cook until thoroughly heated and spinach is wilted. Makes 6 servings.

Nutritional analysis:

Calories: 180, Fat: 1 (trace saturated fat); Cholesterol: 7 mg; Sodium: 639 mg; Carbohydrates: 31 g; Fiber: 12 g; Protein: 14 g.