

# January WSB Wellness Newsletter

## What's Local in January?

If you're ready to get some extra doses of vitamin A, vitamins C, potassium and fiber, try this great recipe with the last of the Michigan grown carrots on the grocery shelves (or, in my case, hanging out under the snow and leaf mulch in the garden).

One three-ounce carrot has 40 calories and provides seven to eight times the recommended daily allowances of vitamin C for a healthy adult. High in fiber, potassium and vitamin A, this crisp-textured root breaks down into calcium and is easily absorbed by the body when eaten.

When you're shopping for carrots, look for the bright orange ones. The brighter the orange, the more beta-carotene there is. And don't forget - *cooked carrots are better for you than raw ones. Cooking unleashes more of their beta-carotene.*

### **CARROT CUMIN SOUP WITH TOASTED PECANS**

#### **For soup:**

- 1 medium onion, chopped (about ¾ cup)
- 2 tbsp. unsalted butter
- 2 – 3 large carrots, sliced thin (about 1 ¾ cup)
- ½ tsp. ground cumin
- ½ tsp. salt to taste
- 2 cups water



#### **For pecans:**

- 2 tbsp. pecans, chopped coarse
  - 1 tsp. unsalted butter
- Preheat oven to 350F*

In a saucepan cook onion in butter over moderate heat, stirring, until softened. Add carrots, cumin, and salt and cook, stirring, 1 minute. Add water and simmer mixture, covered, 25 minutes, or until carrots are very tender.

Prepare pecans while carrot soup is simmering. On a baking sheet toast pecans in middle of the oven for 8 minutes, or until fragrant and 1 shade darker. Toss pecans with butter and salt to taste.

In a blender puree soup until smooth. Divide soup between 2 soup bowls and top with pecans.

## Quitline Open to all State of Michigan Employees

Did you know that the Michigan Tobacco Quitline offers services to State of Michigan employees? The Michigan Tobacco Quitline is open 24 hours a day, 7 days a week to help you break free of nicotine and live a healthier life. Services for state employees include: web coaching, telephone coaching, quit materials and motivational texting or email. You can choose any or all of these services to help you on your way to quitting. This service, in combination with quit medications that you can get through your insurance plan, can as much as double your chances of quitting compared with medication alone. All Quitline services are confidential. No information is shared with your employer or your insurance plan. Call 1-800-QUIT-NOW (784-8669) or visit <https://michigan.quitlogix.org/> to get started. Make sure you tell them you are a state employee. There are also many other cessation tools at your fingertips. Visit [michigan.gov/healthymichigan](http://michigan.gov/healthymichigan) and click on "People" to access the tobacco dependence quiz to see what type of cessation methods might be right for you! You can also create a personal plan to keep you on track. Get started on a Healthier You for 2017!

## Stress Less with Mindfulness Presentation on 1/17

The WSB Wellness Team welcomes MSUE to present an hour long seminar on using mindfulness to reduce stress for all WSB employees. During this presentation, learn how to practice mindful breathing, eating and moving; increasing resilience to stress; the power of acceptance; self-compassion, gratitude, and self-care skills to feel better, gain perspective on negative thoughts, sensation and worry.



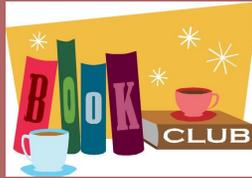
**Tuesday January 17, 2017**  
**12:00 pm - 1:00 pm**  
**Room 205**

## Book Club

February's Book:

### **Gilead**

By: Marilyn Robinson



*Gilead* is an intimate tale of three generations, from the Civil War to the 20th century. In 1956, toward the end of Reverend John Ames's life, he begins a letter to his young son, an account of himself and his forebears. It tells a story of the sacred bonds between fathers and sons, and how history lives through generations, pervasively present even when betrayed and forgotten. It won the Pulitzer Prize in 2004, and there are many copies in the CADL system.

**We will discuss it on February 14 at noon in WS 207. Please read it and join our discussion!**

## “Think Spring”

### Reuse Idea for Nature-Loving Pet Parents

Don't trash pet fur left over from weekly brushings! Collect it in a mesh bag (e.g., from onions) or something similar instead. Once Spring rolls around, set the bag where birds can easily and safely access it. Birds will be thrilled to reuse the fur for nest building, and you'll be thrilled to have it out of the house.



## Winter Workout Tips

Winter weather conditions may make you re-evaluate your outdoor fitness routine, but hibernation is not the answer. Staying active in the winter helps boost your immunity, preventing you from getting sick. Winter fitness also prevents weight gain, as well as the aches and pains that arise from sedentary behavior.

**Get Walking:** Walking is an effective cardio workout that suits a range of fitness levels.

**Head for the Hills:** Winter is the perfect time for outdoor sports such as downhill and cross-country skiing, and other snow-based activities such as snow shoeing.

**Indoor Gym Activities:** Try new fitness activities at your gym, such as spinning or kickboxing.

**Indoor Home Workouts:** Put on an exercise DVD that's geared to your fitness level.

**Household Chores:** Not only can it give you a cardio workout, it can also incorporate resistance and interval training.



## IMPORTANT WSB WELLNESS DATES

- Tuesday, January 17 - 12-1pm (205) Stress Less with Mindfulness Presentation
- Mondays & Wednesdays – 12-12:30 (WSB Lobby) - WSB Walking Club
- Tuesday, January 30 - 12-1pm (Square Corner) - Board Game Club

## Is your Vehicle Safe?

2016 was a HUGE year for motor vehicle recalls. Are yours safe? The National Highway Traffic Safety Administration (NHTSA) has a great website where all you have to do is type in your vehicle's VIN number, and it will tell you if there's EVER been a recall notice associated with it. It's great tool for people shopping for a used car, too. It's a quick and easy way to make sure all the automobiles in your household are safe:

<https://www.nhtsa.gov/recalls#vin>



January 1-31

Register Now!

Remember how the WSB Wellness Team promoted April's Million Mile Month? Well, the same organization (HealthCode) has a new January physical activity challenge called I RESOLVE™. Choose your own activity goal, get moving and have fun! Registration includes: participation in I RESOLVE™, ability

to set your own January activity mileage goal and choose your own activities, provides your personal profile page to enter and view activity, a race bib, and being part of the amazing HealthCode global community! No required fee, however, contributions enable school children, low-income individuals, and military families to participate. Donations are tax-deductible and support HealthCode's mission to empower people to live healthier, happier lives. Make sure to select "Michigan DHHS - WSB Wellness" in the organization field when you register! Go to <http://millionmilemonth.org/register/6> to register today!