# WOW News

December 2003

## Fitness & Healthy Eating During the Holidays

The hectic holiday season is fast approaching. In spite of best intentions, many of us get caught-up in endless buffets of unhealthy foods. Time is a precious commodity. Even for those of us who usually stick to healthy eating and regular physical activity, we often find ourselves derailed by the time crunch and festive season.

Before becoming too "stressed-out" take a moment or two and **create a PLAN**:

- **List your priorities; perhaps place "health" closer to or at the top.** Focusing on health and happiness in your personal and family life is a very rewarding goal.
- **List your biggest challenge to eating healthy.** Do I: have difficulty limiting how much I eat at parties or avoiding the goodies at work; get off my normal healthy eating routine; cook rich foods and eat them too?
- **List your biggest roadblock to exercising.** Not enough time; too tired; holiday errands and parties become my priority instead of working out.
- **Write down strategies to overcome these barriers.**
  I work out in the morning so I can enjoy my family after work.
  I take long walks and/or play with my kids outside.
  I power-walk when I am in the malls shopping.
  I eat a little something before I go to a party.
  I limit myself to one drink and drink water for the rest of the party. (or I DO NOT drink alcohol.)
  I try a "small portion" of the foods I like.
  I make balanced meals ahead so I always have something healthy to eat at home.
  I get a good night's sleep.
- **Keep your PLAN close at hand, & review often.**

Best Wishes for Healthy, Happy Holidays & 2004

**Pedometer Discounts**

**Fitness Club Discounts**

**Fill Christmas stockings with Pedometers, and "Gift Certificates" for Fitness Club memberships.**

### There's More…..


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# In the "SPIRIT of Giving" 212 employees of MDCS,OSE, & EBD participated in the Michigan Harvest Gathering.

1st FLOOR

2nd FLOOR

**To encourage participation & just "good-olde-fun" a contest was created for the first 4 floor employees of the Capitol Commons Center in Lansing. Points were earned for non-perishable foods, money donations, bake sale items, and floor displays. The PRIZE, "two casual Fridays" was won by the 4th floor employees & their "KING KAN" display.**

10/31/03 was celebrated with employees wearing

- Halloween costumes,
- **MSU / U of M colors,**
- Or jeans.

A "tailgate" lunch was given for the 11/01/03 football "rivalry" game.
**GO GREEN! GO BLUE!**

Trick or Treat?!

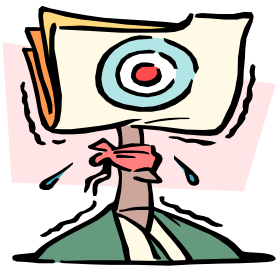
**CONGRATULATIONS & A BIG THANK-YOU**
**to all of the employees for donating:**

- **2,167 nonperishable food items, and**
- **$598**

3rd FLOOR

4th FLOOR

## An annual "Mini-Wellness Day" was held 10/16/03 @ the Office of Retirement Services in Lansing



- "Creative Wellness", a holistic health center in E. Lansing sent 3 chair massage therapists.
- MDCS's Employee Health & Wellness nurses did blood pressures, weights, body fat analysis, and discussed healthy lifestyle changes.
- A dietician from the Department of Education answered questions regarding healthy eating.
- A social worker from the Employee Services Program helped employees with work-related mental health/stress issues.

ORS has an "IMPACT" committee, which organizes employee activities and has fund raisers for these activities. ORS also has a "Six Weeks to Wellness" program each springtime.

Congratulations ORS for Working On Wellness in the worksite.

**Employee Health & Wellness nurses, Sharon Charlton, Carol Starks, and Carol Twiss developed and presented:**

### "Why Do We Not Live Healthier?"

**to SECID support staff personnel in the Criminal Investigation Division of State Police on Oct. 23, 2003. Carol Starks, RN asked the group to think back to 1992 when the USDA developed the "Food Guide Pyramid". This alerted Americans to the danger of eating too much saturated fat, and encouraged eating 60% of our diet from carbohydrates. The food industry flooded the market with lowfat/no fat, high calorie, processed foods.**

- **10 years later Michigan is #2 fattest in the U.S., and new diabetics are being discovered in epidemic numbers, particularly in our children.**

**Harvard School of Public Health and numerous others in the medical field suggest changing the food pyramid to reduce and/or prevent obesity. The "suggested" new pyramid guide would:**

- **begin with daily exercise as a foundation for good health**
- **encourage eating "heart" healthy plant oils**
- **advise that one use processed, refined, high calorie carbohydrates SPARINGLY**

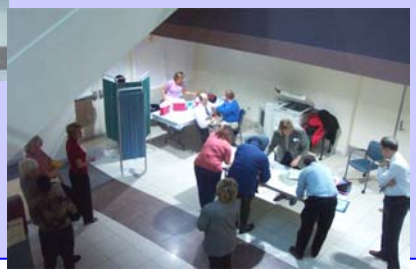
**Carol Twiss, RN posed a question, "what will your health picture look like in 5 years?" You would probably plan to do something different than what you are doing today. Successful change is a "conscious" choice every day. It is achieving "an intelligent lifestyle", which brings balance and energy to our lives. It is about making improvements that last a LIFETIME; about Working On Wellness—WOW.**

**Employees in the Department of Environmental Quality enjoyed a "HEALTH FAIR" in Constitution Hall in Lansing on 11/06/03.**

DEQ's Wellness & Activity Team created this worksite day of activities, and employees participated on "their" time; at lunch, on breaks, and some opted for annual leave.

31 vendors were present from some of the following health areas:

- Acupuncture
- Reflexology
- Yoga
- Jazzercise
- Weight reduction programs
- Chair massage
- Fitness clubs
- Health food retailers
- Wellness consultants
- Chiropractic therapy



A flu shot clinic was also available .

**Determined Steps, Inspired Thoughts** by 10K-A-Day Health Enhancement Systems

When it comes to overall health—emotional, social, spiritual, and physical—there's no human action more beautifully simple than WALKING.
Walking allows a whole new view of the world; walking allows for greater range of exploration, freedom, and a sense of independence. As adults we often unknowingly constrain ourselves to a very small world—seeing the same things, from the same perspectives. Try expanding your perspective by walking...Let curiosity be your guide, and walk down a trail or to the top of a hill and see what's there. It may be a beautiful lake or a junkyard of rusting cars—it doesn't matter. What matters is letting your feet and curiosity lead you to a new discovery of your world.
While you're at it, stretch your mind to see all the details, stretch your body to go a good comfortable way, and stretch your breathing to take in lots of fresh air. The rush of exhilaration also leads to new thoughts—maybe a solution to a nagging problem. You'll feel a bit stronger and more confident physically as well as mentally, knowing you can remove your boundaries and broaden your view simply by walking.

Grant permission to use your personal or worksite wellness group story.

Employee Health and Wellness e-mail: MDCS-WOW-WorkingOnWellness

## Brunch Baked Eggs

- 3 c. shredded Monterey Jack cheese
- 12 oz. fresh mushrooms
- 1/2 med. onion, chopped
- 1/4 c. sweet red pepper, thinly sliced
- 1/4 c. margarine, melted
- 8 oz. Italian sausage, cooked and crumbled
- 3 c. shredded Monterey Jack Cheese
- 8 eggs, beaten
- 1 3/4 c. milk
- 1/2 c. flour
- 2 tbsp. snipped chives, basil or oregano (or combination)
- 1 tbsp. snipped parsley

Sprinkle 3 cups cheese in the bottom of a 9 x 13 inch dish. Saute mushrooms, onions and red pepper in margarine. Drain. Top cheese with vegetables, meat and rest of cheese. Cover and chill overnight. (This is why it is great for Christmas - a do ahead.) Combine eggs, milk, flour, chives, parsley, and pour over casserole. Bake at 350 degrees for 45 minutes. Let stand 10 minutes before cutting to serve. (www.allrecipes.com)

## Cajun Spiced Pecans

- pound pecan halves
- 4 Tbs butter, melted
- 1 Tbs chili powder
- 1 tsp salt
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper

Combine all ingredients in Crock Pot. Cover and cook on high for 15 minutes. Turn on low, uncovered, stirring occasionally for 2 hours. Transfer nuts to a baking sheet and cool completely. Pack into glass jars and decorate with bows for holiday gifts. (www.southernfood.about.com)