

Wellness Program Newsletter

Wellness Matters

All benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Friends are also invited to participate, however will not be eligible for incentives.

Ahh summer...the time of year we can take it a little easier. Life seems to be somewhat less hurried these warm couple of months, which is generally what we need to get through the rest of the year. Whether you have a small or big trip planned, or several small day adventures, enjoy these moments with friends and family.

For those of you who continue to work through the summer, remember to take some time for yourself and do those things that bring you joy. It is fulfilling and rejuvenating to get involved in a past-time that engages you and allows you to set aside daily stressors.

Literally, as I am writing this, a wonderful opportunity has just presented itself—the 21-day meditation with Oprah & Deepak—and it is entitled “Getting Unstuck: Creating a Limitless Life.” It’s description reads “Life is not meant to be a series of burdensome obligations. Break away from limitations to create a life you look forward to every day!” Sounds good to me—I’m in! I hope some of you will join me on July 11 in what just may be a transforming experience. For more information and to register (it’s free!), please visit

<https://chopracentermeditation.com/>.

Have a safe and relaxing summer!

*See you in the fall~* ~Lyn

For more information on anything in this newsletter, please contact me at [lyn@scantichealth.org](mailto:lyn@scantichealth.org). You can also “like” us on FB: <https://www.facebook.com/scanticvalleywellness/>

Fruit lovers rejoice! Regularly consuming fresh fruit may slash your risk of heart attacks and strokes. In a study from China that followed the diets and health of over a half million people for seven years, study subjects who consumed 100 grams (just a single serving!) of fresh fruit daily were one third less likely to die of cardiovascular events relative to people who rarely consumed fruit. Indeed, fruit is potent medicine for your heart and arteries as it houses hundreds of beneficial bioactive compounds, not to mention heart-healthy fiber, vitamin C, and potassium. Strive to consume at least two servings of fruit each day, preferably fresh or frozen. (3) (3) New England Journal of Medicine, 2016; 374 (14): 1332 DOI:10.1056/NEJMoa1501451 Taken from Dr. Ann’s Wellness Bulletin, 6/10/16, retrieved 6/22/16.

INSIDE THIS ISSUE:

<b>Coordinator’s Corner</b>	<b>1</b>
<b>Enjoy some fruit!</b>	<b>1</b>
<b>10 Minute Workout???</b>	<b>2</b>
<b>Recipe of the month</b>	<b>2</b>
<b>My Healthy Summer!</b>	<b>3 &amp; 4</b>



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[www.scantichealth.org](http://www.scantichealth.org)

## A Ten-Minute Workout?!

A study was recently published in *PLOS One* that shows evidence that a shorter workout may improve certain biometric values just as much as a longer one! How did they find out? A small group of men were put into one of three groups for 12 weeks: 45-minute moderately-paced workouts 3x/week; 10-minute workout 3x/week or continue with their current (non-existent) physical activity level. The 10 minute stationary bike workout looked like this: 2 minute warm-up; 20 seconds of pedaling as fast as they could, 2 minutes of slow riding, 20 seconds riding all-out, 2 minutes slow-paced riding, 20 seconds all-out riding, and then a 3-minute cool-down. That adds up to **1 minute** of all-out intensity effort broken down in 20-second intervals. What were the results? In terms of aerobic fitness, blood-insulin control and muscle cellular changes, each exercise group showed the same degree of improvement! This is great news for those of us who love to workout but can't squeeze in our usual workout on busy days—10 minutes before a shower may be the answer! It also speaks to those of us who don't enjoy getting physical so much—this can mean taking a 10-minute walk with 3 bouts of 20-second fast-paced steps thrown in. To read more about this exciting finding, please go to <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0154075>. Taken from <http://well.blogs.nytimes.com/2016/04/27/1-minute-of-all-out-exercise-may-equal-45-minutes-of-moderate-exertion/>, retrieved 4/27/16.

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This recipe comes from the Mediterranean cooking class that was held in March. I cannot get enough of it! This is so yummy as it is filled with a variety of flavors. I like to make extra dressing and toast additional pumpkin seeds to save them for when I make the salad again (usually the next day!). Same for the mango—I use 1/2 one day and 1/2 the next. Let me know if you make any changes or additions and how you like it!

## Massaged Kale Salad Total time: 20 minutes Yield: 4 servings 269 calories

1 bunch kale, stalks removed & discarded, leaves coarsely chopped

1 lemon, juiced

¼ cup extra-virgin olive oil, plus extra for drizzling

Kosher salt

2 tsp honey

Freshly ground black pepper

1 mango (fresh or frozen), diced small (about 1 cup)

Small handful toasted “pepitas” or pumpkin seeds (about 2 rounded tablespoons)

To toast pumpkin seeds, place in small pan over medium heat. Move them around in the pan occasionally until they brown slightly, 5-10 minutes, depending on how high heat is.

In large serving bowl, add the kale, half the lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the ¼ cup olive oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, add the mango and pumpkin seeds. Toss and serve.

Recipe courtesy of Aarti Sequeira, 2010, 2015 Television Food Network, G.P. All Rights Reserved

# My Healthy Summer

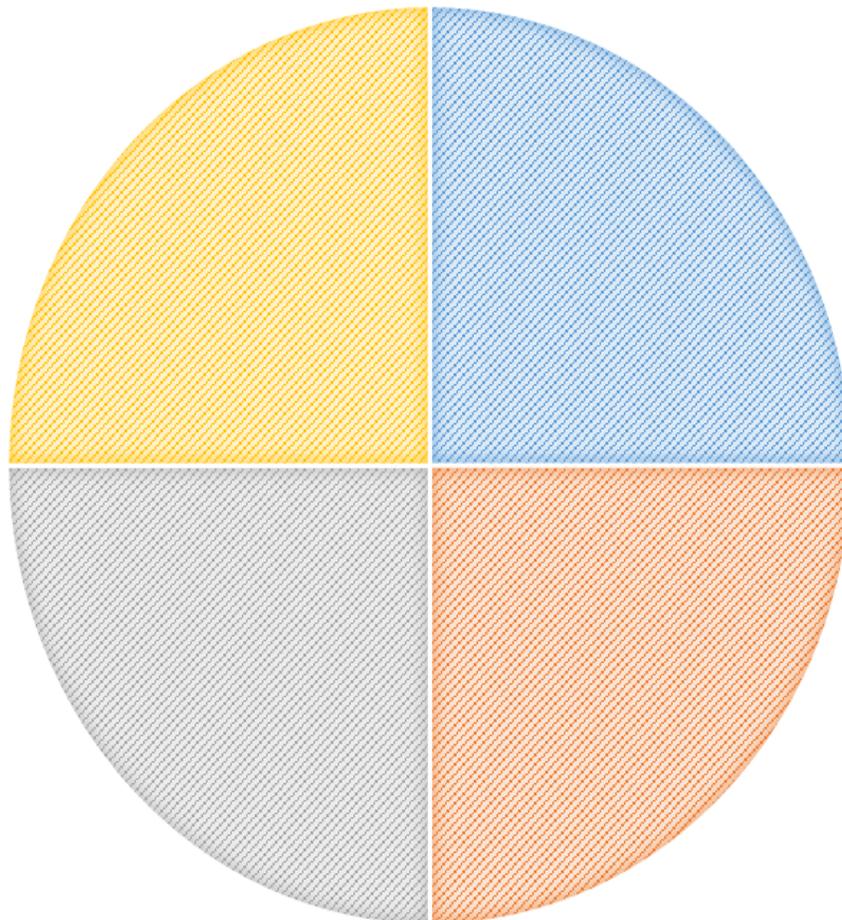
Can you believe our summertime challenge is back already? Most everyone wants a break from something during the summer—school, work, getting up early, going to bed early, and on it goes. We look forward to lazy days and vacation days and outdoor fun in the sun. This 6-week activity is designed to NOT interfere with your summer plans. It may actually help you to enjoy all the fun that comes with free time and warmer weather.

Summer can be a great chance to improve our health and well-being. Meals and snacks are lighter with local crops of vegetables and fruits. Walking, biking, hiking, and swimming, just to name a few outdoor activities, burns calories. What a great combination to continue with maintaining or losing weight! Catching up on sleep, taking a nap, having time to rest and relax is rejuvenating. Get-togethers with friends and family, enjoying a parade or a pool party is a great way to re-connect and improve our spirits. Having extra time to schedule a visit to your primary care may be “just what the doctor ordered.”

This summer’s challenge is a friendly reminder to do some of things listed above. You may find things on the list that you already do and/or you may find some things that you’ve been wanting to do. Not only will you try something new, you may love it and do it more often! By the end, you may see areas that you excel in and those which may need some attention.

Below is a chart divided into 4 sections: **Nutrition & Cooking**; **Healthy Behaviors & Medical Self-Care**; **Exercise & Activity**; and **Stress Management & Self-Care**. The next page lists 25 suggestions in each category. After you have completed an activity, place a dot (.) in the part of the graph it relates to. You are allowed one dot per day, for a maximum of 42 dots. If an activity takes a week to complete, place your dot when the week is over and you have accomplished that activity. This challenge starts on Sun., July 10 and ends on Sat., August 20. Everyone who participates will have a chance to win one of six \$50 gift cards! The number of chances is determined by how many dots you have: 1-21 dots = 1 chance; 22-42 dots = 2 chances. Return your chart to me by mail (SVRHT Wellness Program, 240 Springfield St, Wilbraham, MA 01095) or email, or you may drop it in my mailbox at Wilbraham Town Hall by August 30 to be entered into the drawing on August 31.

■ Nutrition & Cooking ■ Healthy Behaviors & Medical Self-Care ■ Exercise & Activity ■ Stress Management & Self-Care



Name:

Email:

## Nutrition & Cooking

Make ALL your grains WHOLE grains today!  
Eat leafy greens 3 days this week!  
Drink 6-8 glasses of water daily  
Limit restaurant/fast food to once this week  
Visit a farmer's market and try a new fruit/vegetable  
Stop eating when you are satisfied, not stuffed  
Make it a dessert-free day  
Bring lunch to work instead of buying it  
Go meatless for a day  
Skip the sugary drinks for a week!  
Try a new vegetable recipe  
Eat lentils or dried beans in place of meat today  
No watching t.v., reading, or working while eating  
Make your own salad dressing  
Experiment with spices in place of salt  
Enjoy homemade food rather than convenience food  
Eat 2 tablespoons of nuts instead of chips for a snack  
Track your food intake for one week  
Eat 5-8 servings of vegetables and fruits today  
Eat fruit for dessert today  
Visit [www.eatright.org](http://www.eatright.org) and learn something new!  
Bring a healthy dish to a cookout  
Enjoy 3 servings low-fat or fat-free dairy foods today  
Drink at least 64 oz. of water today  
Visit <http://oldwayspt.org/> and try a Mediterranean recipe

## Healthy Behaviors & Medical Self-Care

Get a blood pressure check  
Wear a helmet when bike riding  
See your doctor for your annual check-up  
Watch a webinar on your health insurance website  
Use sunscreen, wear sunglasses and a hat  
Have an eye exam  
No talking on the phone while driving for a whole week!  
Find out what your cholesterol numbers are  
Do a "tick-check" when coming in from wooded areas  
Stop or decrease tobacco use  
Over 50? Time for a colonoscopy!  
"Like" us on Facebook (Scantic valley wellness)  
Have your glucose checked  
Get your teeth cleaned  
Complete a health assessment on your health insurance website  
Schedule your mammogram if due, ladies  
Drink only in moderation  
Visit [www.scantichealth.org](http://www.scantichealth.org) for benefits and wellness info  
Have a bone density test done  
Sleep 7-8 hours a night for 1 week  
Do something that makes you laugh!  
Wear bug spray when out in early morning or dusk  
Find out what your BMI is and work to improve it if needed  
Stop or decrease vaping  
Socialize with people who make you feel good

## Exercise & Activity

Walk for 30 minutes after dinner  
Try a different workout today  
Hit the golf course or driving range  
Join a gym and aim for 3 visits/week  
Play badminton or tennis  
Go for a hike!  
Do 20-30 minutes of weight-bearing exercise  
Walk 30 minutes before work  
Do yardwork or gardening for 1 hour  
Do 30 minutes of moderate activity  
Enjoy a bike ride!  
Jump on a trampoline  
Do the 10-min workout from the newsletter for 5 days  
Be active for at least 150 minutes this week  
Hand wash your car  
Go for a swim  
Shoot some hoops  
Go kayaking or canoeing  
Walk at least 20 minutes for 5 days in 1 week  
Play on a playground!  
Walk 10,000 steps (5 miles) in one day  
Walk for 1-2 minutes for every hour of sitting  
Sign up for a 5K to walk or run  
Take an outdoor yoga class  
Walk or ride a local rail trail

## Stress Management & Self-Care

Listen to favorite music  
Create something with your hands (knit, sew, sculpt, paint)  
Spend some time in nature  
Take a mindfulness class  
Set aside a certain time to "worry"  
Engage in positive self-talk  
Try a yoga class  
Pet your animal, a friend's pat, or visit a shelter  
Take a walk  
Visit a pond, lake or the ocean  
Get a massage  
Play a game, do a crossword, brain teaser, or Sudoku  
Engage in a favorite past-time  
Read a book  
Work on a puzzle  
Call or visit a friend  
Write in a journal  
Soak in a bath  
Download a mindfulness app for your phone  
Select your favorite way to de-stress and DO IT!  
Volunteer at a charity or organization you support  
Rest or read on a hammock  
Talk to a therapist  
Write down 3 things that you are grateful for today  
Take a day or weekend trip