

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.

Coordinator’s Corner

Wow! It has been a tough month with snow and cold and snow and cold and, well, you know what we’ve been through. Most of us are looking forward to warmer weather and the energy and renewal that comes with spring.

I invite you to look around and find an activity that will brighten your life...not only through the Wellness Program, but in your community where you work and live. There are so many options to choose from that can act not only as a source of exercise, but also stress relief, social engagement, and fun!

March is National Nutrition Month® (NNM) and a great chance to continue to make positive changes in our daily eating habits. To help do this, we have a wonderful addition to our programming—cooking classes! This is an opportunity to bring new, fresh, healthy ideas into your kitchen. You can read more about it in “Upcoming Classes” and contact me to reserve your seat! For more info about NNM, please visit <https://www.eatright.org>, the official site of the Academy of Nutrition and Dietetics.

Congratulations to another employee who celebrated a year of being tobacco-free in January! Continued success to all of our co-workers who are in the quitting process. You can do it too! Lyn

Save the dates!

Longmeadow Benefits Fair

Wednesday, April 29
12:00 - 4:30

Longmeadow Community House

East Longmeadow Benefits Fair

Friday, May 1
11:00 - 3:00

Birchland Park Middle School

INSIDE THIS ISSUE:

Coordinator’s Corner 1
Benefits Fair Dates 1
National Nutrition Month 2
ADA Alert Day 2
Upcoming Classes 3
Mindfulness 4
Stand Up! 4



Visit us on the web!

www.scantichealth.org

March is National Nutrition Month®

Every March, dietitians across the country put the spotlight on the pleasures of eating healthfully. Instead of thinking about what we should take away from our diets, let's talk about the great things we can add to our daily intake to improve our health.

Vegetables in an assortment of colors! There is so much research and new findings about the powerful stuff that's in plant foods. Green leafy vegetables (Romaine lettuce, spinach, kale), red, yellow and orange peppers, carrots, sweet potatoes and pumpkin, cauliflower, garlic and onions. The list goes on...

Fruit! Enjoy fruits that are most abundant in each season. Even though we have to depend mostly on crops grown elsewhere during the winter, oranges, clementines, pears, apples, and pomegranates are some of the nutritious choices found in most markets.

Beans and legumes! What a great source of protein without the fat and loaded with fiber. And they are so versatile—add them to soups, stews, chili; mash them for dips; add them to a salad; put them on a pizza (I have a great black bean and feta pizza that is delicious!).

Whole grains! Start replacing white bread with whole wheat, try brown rice for white, experiment with barley, quinoa, and other whole grains.

What was just in the news this week about what to add to our diets? FIBER! Guess what? Everything listed above has it! Just be sure to gradually increase your intake of fiber and drink plenty of water as you do.

Below is a ted talk on eating in today's society. I hope you enjoy it as much as I did.

<http://scandpg.blogspot.com/2015/01/tedtalk-on-food.html>

American Diabetes Association Alert Day®



American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. In 2015, Alert Day will take place on Tuesday, March 24.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

Take the Risk Test! <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

<http://www.diabetes.org/are-you-at-risk/alert-day/>, retrieved 2/16/15.

Upcoming Classes!

Mediterranean Cooking Classes

“Better Breakfasts”

Wednesday, March 4, 10:00-11:00 AM

East Longmeadow LPVEC kitchen

159 Denslow Road, East Longmeadow

Treat yourself to quick work day breakfasts and laid back weekend brunches.

“Festive Feasting: Guilt-Free & Delicious”

Wednesday, March 25, 3:00-4:00 PM

Career TEC Bistro

174 Brush Hill Ave, West Springfield

Parties happen all year long; your guests will eat to their heart's delight.

Each cooking class is \$10! What a bargain! Includes cooking demonstration, tasting, recipes & handouts, and nutrition information from Registered Dietitian, Sue Mazrolle. Discount does not apply to cooking classes.

Gentle Hatha Yoga with Sarah Johnson

Wednesdays, March 18 through May 13

4:45 - 6:00 PM 8 classes for \$80* (no class 4/22)

Wilbraham United Church, 500 Main St, Wilbraham

A gentle yoga class including basic breathing exercises, foundational postures and relaxation techniques.

“Use Your Own Strength” Training Class

Tuesdays and Thursdays, March 24 - April 16

5:00 - 6:00 PM 8 classes for \$80*

Music Room, Wolf Swamp School, Longmeadow

Learn from a personal trainer how to use your own body to increase your mobility, stability and strength to improve energy levels and daily performance!

Self Care Yoga with Kate Forest

8 classes for \$80* 3 choices:

Tuesdays, April 14 through June 9

3:45 - 4:30 PM (no class 21)

Music Room, Meadowbrook School

607 Parker St, East Longmeadow

Thursdays, April 16 through June 11

3:45 - 4:30 PM (no class April 23)

Music Room, Wolf Swamp School

62 Wolf Swamp Road, Longmeadow

Thursdays, April 16 through June 11

5:15 - 6:00 PM (no class April 23)

Community Rm, East Longmeadow Library

60 Center Square, East Longmeadow

Yoga with Sue Kent

Thursdays, March 26 - April 30

5:15 - 6:15 PM Storrs Library

693 Longmeadow St, Longmeadow, MA

6 Classes for \$60*

***All employees who work 20+ hours/week are eligible for a 40% discount on classes! Pre-registration is required for all classes. Please contact Lyn to find out how to get the discount.**

More classes are currently being formed. If you and your co-workers would like to see a another class offered, please contact me at Lyn@scantichealth.org or 413-896-9080.

Mindfulness Anyone?

Great news for all of you who have told me how much you enjoy the free 21-day meditations from Oprah and Deepak—another meditation series is coming up! Click on the link to register:

https://chopracentermeditation.com/?utm_source=mts-recruit&utm_medium=email&utm_campaign=mts-recruit-1

I receive about as many articles and stories on mindfulness and meditation as I do about wellness, nutrition and exercise. It is a popular and recurring theme in our busy, work-driven, technology-filled society. While it may seem obvious and easy to “live in the moment,” it can be challenging to let go of things that happened in the past or release the worry of things to come. Many people find that practicing mindfulness and meditation brings a sense of calm to their lives and helps them cope with everyday stresses. The following excerpt is a good description:

“Imagine you’re holding two heavy bags in your hands—one representing the past, and the other representing your future. Imagine how heavy they feel, as vividly as you can. After a minute or so, imagine lowering those bags to the ground. Feel the weight come off your shoulders. Gently smile with relief. Enjoy a few minutes rejuvenating in the peace of the present moment, without having to think about past and future. And feel free to come back to exercise regularly if the process works for you.”

Taken from: http://www.mindful.org/mindful-voices/on-mental-health/the-mindful-way-through-stress?utm_source=Mindful+Newsletter&utm_campaign=0aa559eae2-MF_Weekly_Newsletter_February_17_17_2015&utm_medium=email&utm_term=0_6d03e8c02c-0aa559eae2-21217901, retrieved 2/18/15.

Get Off That Chair!!!!

Have you heard the news? We sit too much! Whether it is at work, in the car, in front of a computer or TV screen, we are logging too many hours in the seated position. Our bodies need a break from all that sitting. I don’t remember ever hearing so much about the ills of sitting all day. Perhaps it’s because our lives have become much more sedentary—think about how many things can be done from the comfort (or discomfort) of our desk chair. Clicking the mouse or typing on our laptop doesn’t qualify as movement! Yes, we’ve been told to get at least 150 minutes of exercise every week for weight management and disease prevention. Even doing this doesn’t protect you if you are seated for 8, 10, or 12 hours a day.

A physical therapist who specializes in ergonomics told me that our bodies need to get out of that seated position frequently during a long work day. How do we accomplish that with 8 hours of work ahead of us? Take a 60-second stretch break every 45 minutes. Stand up, walk around, stretch and get back to it. Getting a quick mental break may even help you focus more when you sit back down. Visit our website and click “exercises” for a guided session of desk stretches.

To read more about this, please click on the link below:

<https://www.webmdhealth.com/nl/nlv.aspx?id=81B754F8E524950F&s=1052&mrdid=46ac40b1-a9a7-e411-aaf7-e83935c0f4a9>

Looks like our mothers were right—everything in moderation, including sitting!

Like us on Facebook! <https://www.facebook.com/scanticvalleywellness>