



Wellness Matters July 2012

The wellness newsletter of the Scantic Valley Regional Health Trust

Healthy Happenings

Take 5 Challenge

Monday, July 22-Sunday, August 19

Can You Take Five?

1. Can you eat 5 servings of fruits and veggies a day?
2. Can you practice 5 minutes of stress-relieving behavior a day?
3. Can you take a walk or do some other exercise 5 days a week?

This program uses a “keep it simple” approach to staying healthy over the summer by practicing 3 healthy behaviors regularly-at home, on vacation, wherever you are!

Perfection is not expected but an honest effort is encouraged. © All who give it a try will receive an educational program packet, tracking checklist, weekly email updates and a reusable grocery bag.

Email Amy Higgins, Wellness Coordinator at amyhiggins2003@yahoo.com by Wednesday, July 18 to register. Please include work location for delivery of grocery bag in early September.

Longmeadow Parks and Recreation Department

40% Discount

Employees in the SVRHT municipalities (LPVEC, HWRSD, Hampden, Wilbraham, Longmeadow and East Longmeadow) are now eligible for a 40% discount for the following fall programs thru LPRD:

Tai Chi
Zumba for Adults
Classic Yoga
Men’s Basketball
Co-Ed Volleyball
Men’s Volleyball
Senior Adult Volleyball

For class descriptions, times and dates visit: www.lprd.net. Please mention this program at time of registration.

Visit Scantichealth.org for benefits and Wellness Program information.

BCBS AND HNE Wellness Benefits

Effective July 1, 2012, most Health New England and Blue Cross Blue Shield plans will offer a reimbursement up to \$150 per calendar year for weight loss programs and \$150 for fitness centers. Please review your plan for details.

Coming in September

- Line Dancing
- Blood Pressure Screenings
- Strength Training Clinics
- Healthy Choices 101

Contact Amy to register for programs
amyhiggins2003@yahoo.com
OR 413-847-0249

THIS NEWSLETTER HAS 2 PAGES.

10 REASONS TO EAT MORE FRUITS AND VEGETABLES

- 10 COLOR AND TEXTURE.** Fruits and veggies add color, texture and appeal to your plate.
- 9 CONVENIENCE.** Fruits and veggies are nutritious in any form—fresh, frozen, canned, dried, 100% juice, so they're ready when you are.
- 8 FIBER.** Fruits and veggies provide fiber that helps fill you up and your digestive system happy.
- 7 LOW IN CALORIES.** Fruits and veggies are naturally low in calories.
- 6 MAY REDUCE DISEASE RISK.** Eating plenty of fruits and vegetables may help reduce the risk of many diseases; including heart disease, high blood pressure, and some cancers.
- 5 VITAMINS AND MINERALS.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- 4 VARIETY.** Fruits and veggies are available in an almost infinite variety....there's always something new to try.
- 3 QUICK, NATURAL SNACK.** Fruits and veggies are nature's treat and easy to grab for a snack.
- 2 FUN TO EAT.** Some crunch, some squirt, some you peel...some you don't. Some you grow right in your backyard.
- 1 FRUITS AND VEGGIES ARE NUTRITIOUS AND DELICIOUS!**

To learn more visit: <http://www.fruitsandveggiesmorematters.org/>



Back-Safe Weeding

Weeding and other gardening chores can quickly tire even strong backs. One of the most common mistakes gardeners make while weeding is working too hard in the back and not moving from the hip joint. Anne Asher of About.com provides tips for protecting your back at this link:

<http://backandneck.about.com/od/gardeningandbackpain/tp/>

Train Like an Athlete This Summer

Are you looking for motivation to help you stay active this summer? Of course you can participate in SVRHT Wellness' "TAKE 5 CHALLENGE". ☺ In addition, why not use some of the world's best athletes as inspiration? This summer we will have the opportunity to witness the Summer Olympic Games and the Tour de France. As you observe these events consider the dedication it took the athletes to prepare for their sport. Think about it...on the days they didn't want to train they did it anyway because they had a goal to achieve. As you make a plan for your own activity—whether it be cycling, walking, swimming or family kickball—make a plan and stick to it. The key to success for all of us is commitment. And try to have some fun while you are at it!



Scantic Valley Regional Health Trust

Programs listed in this newsletter are offered to employees, spouses, dependants and retirees of East Longmeadow, Longmeadow, Hampden, Wilbraham, the Hampden-Wilbraham Regional School District and the Lower Pioneer Valley Educational Collaborative.