



# Wellness Matters

November 2011

The wellness newsletter of the Scantic Valley Regional Health Trust

## HEALTHY HAPPENINGS

### 6-week At-Home Strength Program

Do you know that performing strength exercises for 15-20 minutes per day, 3 days a week for just 6 weeks can build muscle strength and endurance, and bone as well as improve your metabolism, HDL cholesterol and mood?

Give it a try! Register for SVRHT's 6-week Strength Program. Participants will be given educational information, weekly motivational emails, a program of 12 exercises, and a tracking log. Each person who completes the program will earn a stainless steel SVRHT Wellness water bottle. Each employee will also have access to our very own strength training video where your 12 exercises are demonstrated with proper form.

Monday, November 7-Sunday, December 18

Contact Amy to register by Friday, November 4. A program guide, which includes dumbbell weight suggestions will be emailed to you.

[SCANTICHEALTH.ORG](http://SCANTICHEALTH.ORG)

### 4th Annual Maintain Campaign

**Maintain your weight throughout the holiday season and YOU could win one of 10 \$25 gift cards!**

The SVRHT Wellness Program understands that the holidays often bring a break in your normal routine, including less physical activity and more food and stress. We encourage you to "live a little" but to also consider a healthy balance during the holiday season. This program is designed to encourage you to maintain your weight and sanity from Thanksgiving to New Years. Maintain your weight or lose weight...we'll even spot you 2 lbs. **If you do not gain more than 2 pounds you will be entered into a drawing for one of 10 \$25 gift cards.**

Participants will receive weekly emails with physical activity challenges, stress reduction techniques and healthy eating strategies. All participants must weigh IN and OUT at one of the scheduled events or with your staff nurse. Specific locations, dates and times will be announced in early November.

### Self Care Yoga with Kate Forest



Self Care Yoga is a gentle, healing style of yoga that blends the easy, mindful movements of yoga, with breath awareness and simple, life-enhancing Self Care reminders. Classes include practical ways to integrate these reminders into your busy days.

**8 Tuesdays beginning November 1, 4-4:50pm**

**Minnechaug High School Media Center**

Contact Amy Higgins by 10/28 to pre-register.

Send payment of \$72 to:

Scantic Valley Regional Health Trust

c/o SVRHT Wellness, Longmeadow HR Office

735 Longmeadow St., Longmeadow 01106

### Coming in 2012...

- Biggest Loser Challenge
- FREE Nicotine Patch Giveaway
- Get Heart Healthy!

### PROGRAM REGISTRATION

Contact Amy Higgins, Wellness Coordinator, at 847-0249 or amyhiggins2003@yahoo.com.

**This newsletter has 2 pages.**

### Employee Spotlight: “What Walking Has Done For Me”

I started to notice my slacks were getting tight and I refused to go up another size. So I knew I had to do something. I wanted to keep it as simple as possible so I started WALKING! The only thing I needed was a good pair of shoes and an mp3 player, both of which I already had.

Time is very valuable to me. A long walk everyday just wasn't going to work. So I started coming in to work a few minutes early and walking for 10 minutes before work. I walked during breaks and lunch time. Used all the simple tricks, parked a little further away, walked up the stairs instead of elevators. Walked for ½ hour after work. I averaged 4 to 5 miles a day this way. I tracked this by wearing a pedometer. I automatically started watching what I was eating. With these simple steps I lost 15 lbs. I feel great and have more energy just from taking a few steps a day. I continue walking and enjoying the outdoors and quiet time while maintaining my weight loss.

-Anonymous

### 8 Mood-Lifting Tricks to Learn From Happy People

By Chris Iliades, MD

You gave up smoking years ago, rarely make high-calorie slipups, and only drink alcohol on occasion (well cheers to that!). But are you taking care of your mental well-being? From holding grudges to people-pleasing, bad emotional habits can do a number on your stress levels – and even lead to depression.

The good news? Just as you've resolved to improve your physique and ward off disease, you can also enhance your emotional health by replacing bad habits with good ones. In fact, studies show that emotionally healthy people have better relationships, higher self-esteem, and a great sense of well-being. That's why we're challenging you to take a look at our list of emotional-health “don'ts” – and drop them now.

#### Silence Gossiping

We're all guilty of back-fence chitchat (and occasionally airing others' dirty laundry), but if you actually enjoy talking about the misfortunes of others, this bad habit could backfire on you. “Gossip – not celebrity but the malicious kind – will isolate you from colleagues, friends, and family,” advises Debbie Mandel, MA, an emotional health expert and author of *Addicted to Stress*. “People will fear what you say about them and will not trust you, and consequently, you may begin to feel a bit ostracized.”

**Your challenge:** Swap your blabber-mouthing tendency for this one. Try spreading positive stories about the people in your life, Mandel says. You'll keep more friends this way!

#### Nix Your Negativity

Are you a “glass-half-empty” kind of person? It's time to drop this bad habit now. Why? Studies show that people who are optimistic not only have better emotional health than pessimists, they also live longer. In fact, an upbeat attitude can help lessen stress, chronic pain, and even reduce your chances of developing heart disease.

#### FREE Healthy iPhone App from BCBS

EatBetter GoalGetter is like having a personal nutritionist to help you get in shape and feel great. It tracks what you eat and how many calories you burn from working out.  
<http://www.bluecrossma.com/goal-getter/>

### 9 Easy Ways to Get 9 Servings of Fruits and Vegetables Every Day

1. Grab an apple, orange, banana, pear or other piece of fruit to eat on the go.
2. Snack on raw veggies, such as baby carrots, pepper strips, broccoli and celery.
3. Stash bags of dried fruit in your car and at your desk for snacks.
4. Pick up ready made salads for a quick and easy meal– a medium sized salad will give you 2-3 servings of veggies.
5. Pile spinach leaves, broccoli, tomatoes, peppers and onions on your pizza.
6. Add strawberries, blueberries, bananas and other brightly colored fruit-fresh, frozen or canned– to your pancakes, waffles, cereal or toast.
7. Stir fresh or frozen vegetables into your pasta or omelet.
8. Whip up smoothies made from fresh or frozen berries, ice and yogurt.
9. Jazz up soups or sauces with a can of kidney beans, peas, corn or green beans.

For more healthy information like this visit:

<http://www.healthnewengland.com/HealthyDirections/index.html>

