



Wellness Matters May 2012

The wellness newsletter of the Scantic Valley Regional Health Trust

May is National Employee Health and Fitness Month

Spring Activity Challenge

Let's celebrate National Employee Health and Fitness Month by being active!!! The Scantic Valley Regional Health Trust Wellness Program, in partnership with Blue Cross Blue Shield of Massachusetts, is launching the Spring Activity Challenge. Each participant will be given a FREE Omron pedometer and we will use the [Walking Works®](#) tracking system to log their steps for 4 weeks...all activity counts! This challenge is a great way to get moving and have fun at the same time.

You'll be able to monitor you own progress along a cross country route and see the progress of other Individuals in the program (Feel free to log in using a fictitious name if you'd like to remain anonymous. ☺ Amy will send weekly motivational and educational emails to help you stay focused along the way.

[Hurry! Register by Wednesday, May 9!!](#)

Simply email Amy your name and work location. Log-in instructions will be emailed to you and pedometers will be delivered by Friday, May 11. The program officially begins Monday, May 14.

amyhiggins2003@yahoo.com or 847-0249

Each participant will earn a water bottle and one lucky person will win a Timex Sport Watch. This is not a contest to see who can accumulate the most steps. You will have your own goals based on your activity level at the start of the program. ☺

Colonoscopy Screening

Incentive Program

Did you know that colonoscopy is the one screening that can actually prevent cancer? According to the Centers for Disease Control, if all Americans were screened regularly, it would save 25,000 lives each year. The SVRHT Wellness Program encourages each employee over the age of 50 (or earlier if recommended by your doctor) to schedule your colonoscopy. Employees who complete the screening may be eligible for a \$100 gift card. Simply call or write your Wellness Coordinator, Amy Higgins, to say,

"I have scheduled my colonoscopy". Once you have had the screening you will verify that it has been completed and your gift card will be mailed to you within 4-6 weeks. You will not provide any personal information and your employer will not be notified whether you do or do not participate in this voluntary program.

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Or 847-0249

SVRHT Desk Stretch Video

Do you ever feel stress and tension in your muscles while at work? The truth is many of us do. Sitting for long periods of time can cause fatigue, soreness and stress. The SVRHT Wellness Program has created a 4-minute video that focuses on exercises you can do right at your desk to give you relief. Follow along at your work station or observe the exercises and practice on your own. Feel free to get in touch with Amy Higgins, Wellness Coordinator if you have any questions about the stretches. And please modify each stretch to meet your particular needs..

<http://www.scantichealth.org/exercises.htm>

Longmeadow Days 5k

Come run or walk the Longmeadow Days 5K with us! The race starts at 8am Saturday, May 19 in front of the Storrs Library on Route 5 in Longmeadow. See you there!



To "LIKE" us go to Scantichealth.org and link to: **Scantic Valley Regional Health Trust Wellness**

This newsletter has 2 pages.

Are Granola Bars Healthy?

Companies like Quaker, Kellogg and Special K do an excellent job marketing granola bars as a healthy, low-calorie alternative to cookies and chocolate but if you read the nutritional labels carefully you'll see they're high in sugar, fat and sodium.

In a recent article, the Globe and Mail (Canadian news source) compared one 46-gram package of peanut butter Nature Valley bars to a 45-gram KitKat chocolate bar. Which is better for you? You decide. The granola bar contains 230 calories, 11 grams of fat, 150 milligrams of sodium and 11 grams of sugar. The chocolate bar weighs-in at 230 calories, 12 grams of fat, 35 milligrams of sodium and 22 grams of sugar.

If you're looking for a healthy snack it's probably best to walk right past the chocolate bars, skip the granola bars and head over to the produce aisle. Or try this homemade [energy bar recipe](#). Each square is between 180-220 cal.

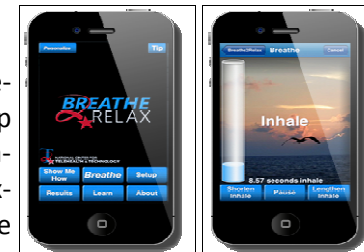
Mix the following in a large bowl:
 2 cups organic quick oats
 1 cup unsalted organic peanuts: chop fine in a food processor
 ¾ cup almonds: chop fine in a food processor
 1 cup raisins
 1 tsp sea salt

Mix the following in a small bowl:
 1/3 cup honey: diluted with organic apple juice to ½ cup total
 3 tbsp olive oil
 2 ½ tbsp maple syrup (optional)
 1 ½ tsp vanilla

Mix these ingredients and then add to the dry ingredients and mix well. Preheat oven to 350°. Oil 8x8 square baking dish then press mixture into dish firmly with a potato masher. Bake for 25 minutes. Allow to cool completely. Cut into squares before too hard.

Source: <http://www.womenscycling.ca/>

Breathe2Relax



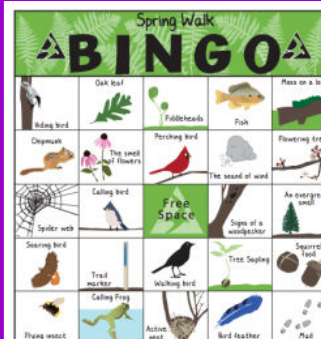
Breathe2Relax is a portable stress management tool. Built on the iPhone mobile app platform, Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

Capitalizing on touch-screen technology, a user can record their stress level on a 'visual analogue scale' by simply swiping a small bar to the left or to the right. Breathe2Relax uses state-of-the-art graphics, animation, narration, and videos to deliver a sophisticated, immersive experience for the user. Available for Iphone and Android.

Taken from <http://t2health.org>

Adventure as a Family

to Increase Physical Activity



Did you know the US Department of Health and Human Services and the American College of Sports Medicine recommend that adults accumulate 30 or more minutes a day of physical activity to improve health? And kids should accumulate 60. One way to fit more activity into your life is to do it together with your family. Go for a bike ride, organize a kickball game, walk the dog together...or PLAY BINGO! The Audobon Society has created these Spring Walk BINGO cards. Download your copy now and go adventure! <http://www.massaudubon.org/go/index.php>



SCANTICHEALTH.ORG

All municipal employees in Hampden, Wilbraham, HWRSD, Longmeadow, East Longmeadow and LPVEC may participate in any of the programs listed in any location. Family members and friends are also invited to participate.