

2015

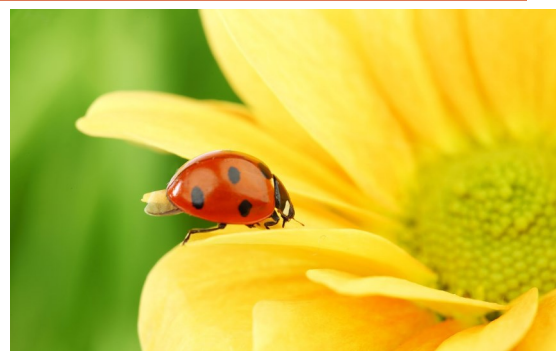
August

Coordinator's Bulletin

Test Your Fitness Knowledge

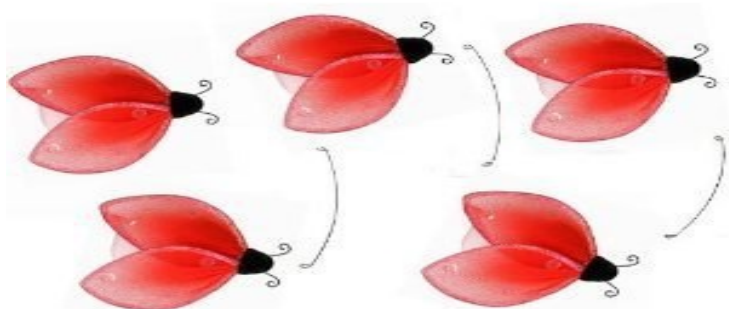
There are so many fitness fads and theories about exercise out now, it's hard to know what to believe and which approach to take. Knowing fundamental fitness facts can help you be proactive and stay on track with your exercise program -- just a little knowledge goes a long way!

Contact Danielle at dyale@memun.org to schedule FitME to get the fitness information you need to make your program successful.



August Health Observances and Holidays

August 9-15: National Health Center Week
National Breastfeeding Month
National Immunization Awareness Month



Employee Incentive Program Reward Corner: check out the Digital Scale!

The Smart Weigh Digital Kitchen Scale Utilizes high precision sensors (with readability measures of 0.1 oz. with a high weight capacity of 11 lbs.; measures in grams, also) and a large weighing platform that provides ample space to weigh larger items. The removable bowl has a capacity of 1 liter. Plus, the scale is lightweight, durable and easy to store.

Just because the end of summer may be drawing near, it's not too late to start a new eating program or double check to be sure you are portioning your food correctly. This scale is a wonderful tool to help get your portions correct...you know that burger you love to toss on the grill? The cheese that you like to get melty on top of that burger? Be sure you're not over doing your portions—or at least be sure you account for the calories you are consuming if you are food tracking.

This digital kitchen scale comes in handy not only when you are measuring food you are about to eat, it helps in accurate measurements to recipes you are cooking. Don't forget that abundant garden you worked on this summer: The scale becomes an important tool for properly measuring ingredient amounts for safe canning and preserving.

For those of you who participate in the Employee Incentive Program, employees are eligible to request this item if they have earned 450 points.



NEW CLASS

The Importance of Staying Hydrated

This class will discuss:

- what dehydration is
- the signs and symptoms
- how to prevent dehydration
- strategies to increase your water intake...and much more.

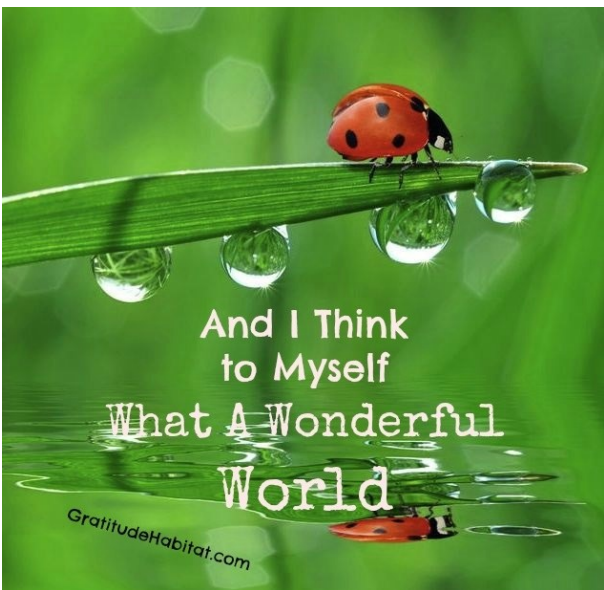
To schedule this class, contact Danielle at dyale@memun.org



Not a fan of plain water? Try to 'flavor infuse' it using the combinations guide below!

Blackberry and Sage
Blueberry, Blackberry and Raspberry
Blueberry, Peach and Watermelon
Cucumber, Mint and Orange
Cucumber, Honeydew and Mint
Cucumber, Lemon, Mint and Rosemary
Lemon and Lime
Lemon and Cucumber
Lemons and Mint

Orange and Lime
Orange, Lemon, Lime and Grapefruit
Pineapple and Mint
Watermelon, Cantaloupe and Honeydew
Strawberry and Basil
Strawberry and Lemon (or Lime)
Strawberry and Mango
Strawberry and Thyme
Watermelon Basil
Watermelon and Rosemary



Upcoming...September Health Observances



- Fruit and Veggies Matter More Month
- Healthy Aging Month
- National Childhood Obesity Awareness Month
- National Cholesterol Education Awareness Month
- National Menopause Awareness Month
- National Childhood Injury Prevention Week (September 1-7)
- Suicide Prevention Week (September 7-13)
- Active Aging Week (September 27-October 3)
- National Women's Health & Fitness Day (September 30)