

Wellness Works Coordinator's Bulletin

Providing your wellness committee with updates and relevant health information!

January 2017

Highlights from this Month's Bulletin:



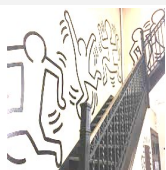
Beans, Peas, Lentils
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Save the Date!

Annual Wellness Conference—Tuesday, April 25, 2017 at the Harraseeket Inn, Freeport, Maine.

Mark your calendar...we are in the process of planning the 29th Annual Wellness Conference! In the weeks to come, we will share more details and registration information.

Our keynote speaker will be Travis Mills. On April 10, 2012, United States Army Staff Sergeant Travis Mills of the 82nd Airborne was critically injured on his third tour of duty in Afghanistan by an IED (improvised explosive device) while on patrol, losing portions of both legs and both arms. He is one of only five quadruple amputees from the wars in Iraq and Afghanistan to survive his injuries.

Thanks to his amazing strength, courage, an incredible will to live, the heroic actions of the men in his unit, the prayers of thousands, and all the healthcare providers at the Walter Reed Army Medical Center, near Washington D.C., Travis remains on the road to recovery. Every day is a battle, but Travis continues to astound friends and family alike with his progress and with his amazing spirit. SSG Travis Mills is a genuine American hero, and for his incredible sacrifice, we are forever in his debt.

In September 2013, Travis founded the Travis Mills Foundation, a nonprofit organization, formed to benefit and assist combat-injured veterans.

Travis Mills's keynote speech teaches and inspires audiences nationwide to "Never give up. Never quit." no matter the obstacles or circumstances. Travis's larger-than-life personality, sense of humor and incredible spirit for life engages audiences from the moment he takes center stage.

Beans, Beans ...

Are a wonderful food... we know that is probably not where you were going with that rhyme, but it is true! In honor of this tasty, healthy protein, we wanted to share five “beanefits” of including beans, peas, and lentils into your diet:

1. They’re packed with fiber, potassium, magnesium, folate, and iron. These are nutrients a lot of people don’t get enough of.
2. Cholesterol. Beans lower LDL (“bad”) cholesterol, probably because they’re rich in the gummy, soluble type of fiber that does that.
3. Blood pressure. Beans help lower blood pressure, possibly because they’re a decent source of potassium. Bonus: their magnesium may help prevent type 2 diabetes.
4. Regularity. Beans contain less water than fruits and vegetables, which makes them a more concentrated source of fiber. Expect 6 or 7 grams of fiber in half a cup of most beans. The same amount of most veggies or fruits has 1 to 3 grams. Don’t worry that some brands of, say, black beans seem to have less fiber than others. The different numbers on the labels are largely due to different laboratory tests, not differences in the beans.
5. Plant protein. Beans are rich in protein. Getting your protein from beans instead of from red meat like beef or pork can help lower your risk of colorectal cancer, heart disease, and type 2 diabetes. That was four diseases: heart disease, hypertension, colorectal cancer, and diabetes. Five if you count constipation.

On the downside:

Beans contain oligosaccharides, carbs that our digestive enzymes can’t break down. Instead, bacteria in our gut ferments them and produces gas. But don’t worry, there is a solution—just cook beans thoroughly (or use canned), rinse away liquids, and increase your servings gradually. If all else fails, try Beano, an enzyme that breaks down the oligosaccharides for you.

Do we have you convinced to add an extra scoop of beans to your plate tonight? If so, try this great recipe:

Black Beans & Rice

- 2 Tbs. olive oil
- 1 onion, chopped
- 1 red pepper, chopped
- 2 cups cooked brown rice
- 1 15 oz. can no-salt-added black beans, drained
- 2 Tbs. Worcestershire sauce
- ¼ cup cilantro sprigs, chopped
- ¼ tsp. kosher salt

Per serving (1 cup): calories 280
total fat 8 g | sat fat 1 g | carbs 45 g
fiber 8 g | protein 9 g | sodium 220 mg



Incentive Rewards— Out with the old, in with the new!

Each year we try to change an incentive in each point range to give participants new choices. This year, these are the changes:

In Point Range 150, the Portion Control Dressing Lid is being replaced by a set of two Tick Removal Spoons. The world's simplest tick remover is easy to use with no guesswork (we'll give you an instruction sheet for first-time users).



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In Point Range 300, we will still have a 32 oz. water bottle with drinking timelines, except the cap unscrews for open-top filling and has a flip-top cover for spout drinking, hopefully avoiding those spillage problems!

In Point Range 450, Salad & Side Lunch Container is being replaced by a Gymboss Interval Timer. Compact interval timer times one or two intervals between two seconds and 99 minutes. For use with: HIIT, Cross Fit, Cardio, Weightlifting and more.



In Point Range 600, the Sneaker Lights are being replaced with a Camping Hammock made of parachute nylon material—strong enough to hold 600 pounds. Comes with 2 carabiners and tree straps. Stuffs into an attached compression sack.



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Talking Out Loud Improves Memory Retention

Libraries are quiet places because people are often concentrating intensely, but according to a recent paper, muttering to yourself and talking about things out loud helps improve your memory and the knowledge that you retain. You may look a little odd talking to yourself, but studying out loud improves information retention by differentiating bits of knowledge.

If you make a list and silently review half and speak out loud the other half, talking out loud works better because it makes part of the list of items more distinctive. The words you speak aloud are now translated into speech and you have knowledge of producing the items as well as a memory of hearing them. All of this information makes your memory for the spoken items more distinct from the rest of the items that were read silently.

Source: www.psychologytoday.com

For more memory strategies, contact Danielle at dyale@memun.org to schedule:

AM I LOSING MY MIND?



Evaluate Your Worksite for Hidden Opportunities

You don't have to invest in expensive offerings to have an effective wellness program. Use what's readily available. Tap into resources within your own company. Think both facilities and employees.

- ⇒ Create a walking trail around your building. Figure out the distance for one lap and encourage employees to take walks during breaks.
- ⇒ Challenge employees to take the stairs. Make the area fun and interesting with humorous, inspirational, and informational signs.
- ⇒ Use employees to share their passions with others – whether it be healthy cooking, sharing gardening strategies or workout success.
- ⇒ Conduct a site survey. Do you have an empty office? Perhaps this can be used for a mediation room for employees to use during their breaks.