

Wellness Works Coordinators' Bulletin

Providing your wellness committee
with updates and relevant health
information!

July 2017

Highlights from this Month's Bulletin:



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discover the
Power of 10!

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Walk Outside!

Enjoy nature with
your senses, not your
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Chill Out This Summer

As the weather starts to heat up (FINALLY) why not help cool employees down with an afternoon treat! Instead of handing out Fudgsicles or Pop Ice, which are full of sugar and lots of other ingredients we shouldn't be eating, consider making some sorbet in your own food processor. Making these frozen treats allows you to control the ingredients and the portion size...double bonus! Check out this delicious recipe for Mango Sorbet.

Mango Sorbet

(Makes 10 half-cup servings)

In a food processor, puree:

3 cups of chopped mango (fresh or frozen)

2 cups chopped pineapple

2 bananas

½ cup unsweetened canned coconut milk

Puree until very smooth. Pour into a large zip bag, lay flat, and freeze until solid, about 3-4 hours. Break into chunks and process until smooth and creamy, about 5 minutes.

If you aren't in the mood for cooking up something to cool you off, there are several products on the market that get the Better Bite seal of approval from Nutrition Action, including **Nestle Outshine Bars**, which come in a variety of flavors and can be found in most grocery stores!

Source: Nutrition Action, June 2017



HIIT It This Summer

Too hot to do a workout? Don't put it off or forget about it because you think you will have to spend all day outside, try a HIIT (High Intensity Interval Training) workout and get a full-body workout in a short amount of time!

A HIIT workout involves alternating bursts of vigorous effort (80-95% of your maximum heart rate) with easier "recovery" periods. It can be both time-efficient and effective! In a recent study, people who did 14-minute workouts that included HIIT saw similar fitness improvements to those who did half-hour sessions at a consistent effort. Plus, research shows that HIIT significantly reduces heart disease risk, blood pressure and may also protect you against type 2 diabetes.

You don't have to be a super-athlete. High intensity—and how long you can sustain it—is subjective, so people at any fitness level and age can train this way. A good way to get started is to use telephone poles as your interval markers, so as you are walking, try picking up the pace till the next pole and then slow down and repeat.

Source: Consumer Reports On Health, 2017

If you are looking for a more in-depth HIIT workout, **Wellness Works offers the Power of 10—which is an introduction to HIIT and includes a 30 day workout plan.** If you would like to receive this 30 day workout, just let Abby know at adipasquale@memun.org or check out www.darebee.com



Summer Hydration—Keeping Your Cool

As the mercury rises, do you typically have trouble keeping your cool during work and exercise? Heat exhaustion is a real concern during the summer months, especially for outdoor workers and those who like to exercise outside. Don't sweat it; there are ways to protect yourself through summer hydration and still stay safe and have fun.

Hot weather can be very enjoyable, but can also be very dangerous if you aren't paying attention to your body and making sure you are hydrated. Everyone should be aware of heat exhaustion symptoms, such as:

- general fatigue
- dizziness
- nausea
- an increase in body temperature
- weakness
- muscle cramps

Ignoring these symptoms can lead to heat stroke, which is much more severe and requires medical treatment. One of the most important things you can do is to stay hydrated. It is important to make sure you are drinking water all throughout the day and limiting alcoholic beverages, which may contribute to dehydration. Eat colorful and water rich foods to add a boost of hydration. The American College of Sports Medicine (ACSM) recommends drinking:

- ⇒ 16 – 20 ounces of water two hours before moderate-intensity work or exercise,
- ⇒ 8 -12 ounces 10 – 15 minutes before going out in the heat, and
- ⇒ 3 – 8 ounces every 15 – 20 minutes during activity when active for less than 60 minutes,
- ⇒ 3 – 8 ounces of a sports beverage every 15 – 20 minutes when exercising greater than 60 minutes.



Be sure employees have access to cool drinking water while out on the road or doing jobs outside. Remind them to take breaks when needed to prevent a significant medical emergency. Another good tip for all employees is to know if they are hydrated enough...how do you know if you're getting enough fluid? Urine should be the color of lemonade or lighter. Print and hang a hydration color chart in your bathroom stalls. One is attached to this month's bulletin (of course, don't forget to print it in color)!

To schedule the Hydration class contact Danielle Yale at dyale@memun.org.

Healthy Habits Start With Learning to Track Your Eating Habits



How much food do you let go unaccounted for each day? Stealing nibbles from your child's plate. Grabbing a small muffin from the office kitchen. Munching on nuts while you cook dinner. These may not seem like weight-loss deal breakers. However, all of those extra bites add up. In fact, most people underestimate what they eat in a day.

If you think that's not true for you, take this test: Keep track of everything you eat and how much, and then evaluate your records at the end of the day. Research shows that logging your eating habits is one of the best ways to change unhealthy eating habits. It can also be your first step toward long-term weight loss. Start your food record today!

Meal	Food / Drink	Carbs	Fat	Calories	Total Calories
Breakfast					
Lunch					
Dinner					
Snacks					
Total for the Day					
Did you Drink 8 Glasses of Water???					
How Did I Do Today?					

Take a walk outside!



It's so simple, but getting some fresh air and moving your body can help to alleviate stress. One of the most important tips is to 'unplug' and get away from the constant tyranny of email, messaging, social media feeds and the other ubiquitous stimuli that tend to take over our plans for action. So don't take your phone with you—but if you do, put it out of sight so you won't have the urge to check it. Enjoy nature as it's meant to be—with your senses! Take in the beautiful sights, take in the aroma after a summer rain, and listen to the different animal sounds.

To unplug, contact Danielle at dyale@memun.org to schedule the Tech Detox class or Footworks to take a nice walk in nature.



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