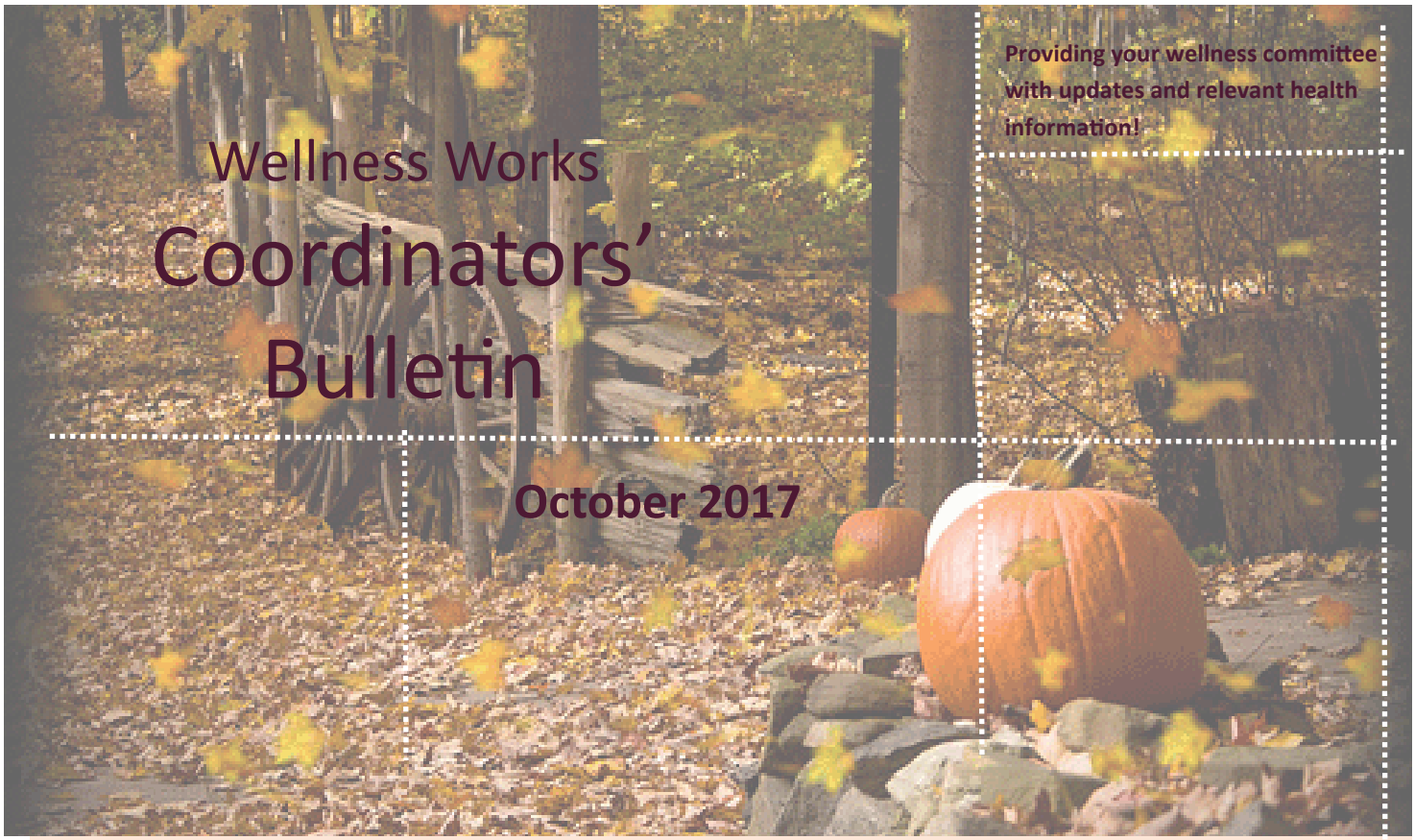


Wellness Works

Coordinators' Bulletin

Providing your wellness committee with updates and relevant health information!

October 2017

Highlights from this Month's Bulletin:

A Kit For A Healthier Future

With obesity at an all-time high in the U.S., it's time for all of us to make exercise and fitness a part of our family life. Anthem has created a Children's Health Kit which can help you get started. This kit links to materials you can simply download and share with your employees or post in your worksite. It also includes a detailed guide for creating a Get Up and Get Moving Challenge in your workplace.

To view a copy of this very informative resource, click the link below!

Download and share >>

Hike Safely During Hunting Season

Fall is a fantastic time to enjoy a nice hike on the trails. Cooler, drier weather, changing leaves, and fewer insects make it one of many people's favorite hiking seasons. Autumn is a favorite season for other forms of outdoor recreation too, especially hunting. Here are a few simple steps you can take to make sure you stay safe as you hike into this year's hunting season:

Be aware. Know when the different hunting seasons start and end and about particular regulations that affect hunting. Some states forbid hunting on Sundays; some forbid discharging firearms for one hour after dawn and before dusk. Read up on federal, state and local hunting regulations. Be aware that bow hunting usually starts a few weeks prior to hunting with firearms in many areas. State Departments of Fish and Game or Natural Resources are good starting points for information. (We do have a general date chart attached to this email.)

Be seen. A blaze-orange hat fights the chill and increases your

visibility. An inexpensive blaze orange pack cover keeps gear dry and makes you hard to mistake for a deer!

(Continued on Page 3)

Have you spotted the new Nutrition Facts label yet?

In May 2016, when the Food and Drug Administration finished its overhaul of Nutrition Facts labels, it gave large companies a July 2018 deadline to put them on packages. But in June 2017, the Trump administration said that it would postpone the deadline. Nevertheless, some companies have forged ahead.

Maybe you have noticed that some of the labels on your favorite foods have changed a bit. I know I have been looking (but maybe that is just me) because I was really interested for the food manufacturers to finally reveal how much added sugar is in our food. The FDA uses the Daily Value of 50 grams for added sugar and many experts agree that you're better off with even less. It really has been shocking to see how much ADDED sugar is in some of the foods that we might consider to be "healthy" at first look. For instance…

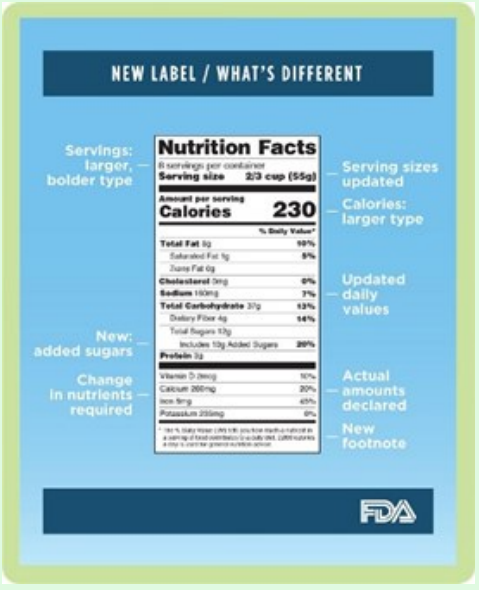
Whole Foods 365 Organic Blackberry Conserve

In Whole Foods 365 Organic Blackberry Conserve, 9 of the 10 grams of sugar in every tablespoon are added—that's 18 percent of a day's worth—even though blackberry purée is the first ingredient.

Kashi Organic Berry Fruitful Cereal

Kashi Organic Berry Fruitful may be "made with real fruit," but 8 of the 9 grams of sugar in each serving are added.

Take a look at the changes.



Here's a snapshot of all the changes on the new label.

Source: Nutrition Action, 2017

Want to learn more about the new food label and see how some of your favorites stack up? Then contact Abby at adipasquale@memun.org to schedule her brand new class called "A New Look for the Food Label."

(Hike Safely continued from Page 2)

Since many hunters are out at dusk and dawn, be sure your vest has reflective panels to be seen in dim light. Pick up orange reflective vests for your dogs as well.

Be smart. Despite the best efforts of hunters, resource managers and hikers, some areas are not safe to hike in during hunting season. Talk to local hiking clubs to get the scoop on areas best avoided during hunting season.

Be heard. If you hear hunters in the area, or hear shots, speak up. A loud "Hikers on the Trail!" will politely make everyone aware of your presence.

Keep some orange and reflective gear in your car so you are ready if you decide to take an impromptu hike one fall day during hunting season. Many retail and sporting goods stores along with pet stores will carry orange vests and other gear to keep you safe during this season.

Less Screen Time—More Play Time for All!

Screen time refers to any time spent in front of a screen including TV's, computers, tablets and phones. The current screen time guidelines are no more than two hours per day for children 2 and over, and no screen time for children 2 and under. While children are generally getting too much screen time—which correlates with sitting down and exerting little energy—there are easy ways to keep screen time to a minimum. Follow these tips to reduce screen time and increase play for your child!

1. Encourage activity during commercial breaks. Much of the time watching TV involves watching commercials, so try to encourage your child and yourself to move around during this time. Give them a hula hoop or jump rope, or have them hop on one foot or do jumping jacks during commercials. This way time spent sitting is broken up by being physically active. It gets you as well as your family up and moving for a little while.

2. Avoid having a TV or computer in your child's bedroom. Keeping your child's bedroom screen-free can help avoid the temptation to stay up late playing games or finishing a favorite movie. Help your child get a better night's rest by having 15-30 minutes of technology-free time before going to bed.

3. Be aware of time spent eating or doing homework in front of screens. TV and computer screens can both act as distractions. By having meals in front of the TV, children are less likely to pay attention to the food they're eating. Also, your child is more likely to be productive by doing homework away from a screen, allowing even more time for play and activity.

These tips are not just for your children and grandchildren but for you adults as well. We all need a little less screen time. If you have to use your children to help you yourself use less screen time, it's well worth it. Make it a family affair to move more and explore what is out there, not exploration on a screen.

For more information, schedule ***Tech Detox*** with Danielle at dyale@memun.org

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