

Wellness Works Coordinators' Bulletin

August 2019

Providing your wellness committee
with updates and relevant health
information!



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PB2? Here's a
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Can you believe...?

We are over halfway through 2019!

As summer winds down, it's an excellent time of year to check in to see if you are heading in the direction you'd intended (or perhaps an even better one!) for this calendar year.

This check-in isn't about feeling bad if you haven't 'achieved' or 'crushed' your goals or resolutions, but rather a chance to mindfully reconnect to your intentions or vision for yourself this year. This is about creating more memorable moments in your life, not just hustling harder.

You may want to take a moment this month to ask yourself a few or all of the below questions:

- What am I most grateful for? Starting from a place of gratitude helps keep everything in perspective.
- What am I doing that I really enjoy? Can I do more of it? What's really working well right now? How can I support or expand this further, if necessary?
- What can I let go of or say no to more often? What's not really serving me or others?

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The days pass quickly, and it's easy to blink and have another year go by. Taking just a brief moment to pause, reflect and check in with yourself and your intentions can be so helpful to stay on purpose. And remember, there is no reason to feel bad or guilty if you haven't met your resolutions or goals for this year! As life changes, our goals and needs may change too, and checking in is just a nice opportunity to evaluate where you are and to see if you need to adjust your sails a bit. There may be seasons (months, even years) of your life when it's time to hunker down...a time of healing, recovery, growth and/or preparation. Sometimes in order to jump higher, we have to first get lower, so if you find yourself in a transition, please don't stress! Think of this as a time of construction, one where you are making the necessary preparations to propel yourself even further when the time is right.

Source: jessicasmithtv.com - a great place to look for free workouts to get you started on your goals!



Foodborne Illnesses



It's that time of year and foodborne illness are more prevalent than many may know. First, start by washing your hands with warm soapy water for at least twenty seconds before and after handling food, using the bathroom, or handling pets. Dry hands with a paper towel. Remember, always wash, scrub and rinse fruits and vegetables under running water just before eating them.

Clean canned good lids before opening them. Yes, really! Store leftover food and unused canned goods in clean, sealed containers in the refrigerator. Leftovers should be eaten within two days.

Meat, poultry, fish, dairy and fresh fruits and vegetables are favorite places for harmful bacteria to grow. These foods must be kept cold enough or made hot enough to keep bacteria from growing and to keep foods safe. When in doubt, throw food out.

Never thaw or marinate food on the counter top at room temperature. Thaw foods in the refrigerator, in cold water, or in the microwave. Do not thaw frozen TV dinners or casseroles before heating.

Divide large amounts of food into shallow containers for quicker cooling in the refrigerator. Also, remember to use a food thermometer to measure the internal temperature of cooked foods. The color of a food is not a reliable indicator of safety or thorough cooking.



We tend to hold on to resentment because we feel like the nitwit who wronged us doesn't deserve forgiveness. Meanwhile, the only person being punished by your resentment is you. Forgiveness is about you deserving peace, not necessarily about others deserving your forgiveness. You are allowing nasty thoughts of nasty things to take up precious space in your mind. If you love yourself, you'll end your own torture and let it go.

— Jen Sincero, author of self-help books

Weekly Wellness Challenges

Here are the weekly wellness challenges for November and December 2019! These challenges are easy to roll out to employees and cover a variety of health and wellness topics. Best of all, they can be offered at any time throughout the year. Your wellness committee can also choose to offer wellness classes along with these challenges to round out the program.

If you would like to offer these challenges at your worksite, contact Amanda Nile anile@memun.org. She is the go-to person to receive copies of the calendars that describe the weekly challenges and simple log cards. We encourage you to find ways to give employees incentive to participate by offering raffle items or simple completion certificates!

The challenges for November are below and classes that can be done in conjunction with the challenge are listed in red:



Your Presence is a Present - Spend 10 minutes of undivided attention to someone—a child, family member, friend or co-worker—this week. Be present in the moment and listen, don't think about what you need to do next. (Managing Stress and Living Well, How Full is Your Bucket, Importance of Purpose, Mindfulness)



Cut the C.R.A.P. - Read the ingredients and avoid the C.R.A.P. *Chemicals* you don't have in your pantry. *Refined* sugar and flour. *Artificial* sweeteners, flavor and colors. *Preservatives*. (Cut the C.R.A.P., Clean Eating 101, Food is Fuel)



Attitude of Gratitude - It can be hard to look for the good, but this week you are challenged to become more positive! Write down at least 3 things you are grateful for EVERYDAY. (How Full is Your Bucket, Power of Positive Thinking)



Water Weight - How much water are you drinking every day? This week, try to drink half of your weight in ounces of water each day (or somewhere close to it). Be prepared—this means lots of trips to the bathroom! (Importance of Hydration, Fighting Fatigue with Food, Ditch the Diet)

The challenges for December are below and classes that can be done in conjunction with the challenge are listed in red:



Holidaze Craze - Take time this week to enjoy the things that matter in life. Focus on what you can do to enjoy the holiday season and let go of the rest. (Holidaze, Managing Stress and Living Well)



One Simple Thing - Lifestyle change begins by making one simple change, then another, then another. This week, choose one thing to change and focus on that for the week. (Creating Good Habits, Setting S.M.A.R.T. Health Goals)



You're Sweet Enough - Sugar, sugar everywhere...except added to your food this week! This week eat foods with 0 added sugars. We all know you are sweet enough without it. (Kick the Sugar Habit, Food is Fuel, New Look at Nutrition Labels)



Step Up - Time to step it up and get ready for the New Year. This week make it a point to break walk at least 15 minutes each day...no excuses! (Get Off Your Seat and Move Your Feet, Nordic Walking, Walking 4 Wellness, Footworks, Take a Stand)



Re-Measure Up - Dig out those measurements from the beginning of the year and re-measure to see if you are on track with your goals. (Fitness Assessments, Overcoming Exercise Barriers, FitME, Fitness Over 40)

We hope these challenges will add some fun and excitement to your wellness programs.

Please contact any of our staff with questions!

NEW SERIES: The Last 90 Days!

This is a 3 part series about: "What if you committed to living your last 90 days of this year as hard as you are committing to living the first 30 days of the New Year? What if instead of a downhill slide into the New Year, you 'ramp it up'?"

That's what's so great about the **Last 90 Days**. We suggest you schedule the first class (**Last 90 Days: 5 to Thrive**) during August or September to start in October. This class will give you the five strategies you need...21 days to make a habit, 90 days to change your life! We suggest you schedule the second class (**I'll Start Tomorrow**) for November. This class will try to get those participants who fell off the wagon back on with their goals. The final class (**Plan for Success**) is recommended to be scheduled for December to move you forward into the New Year.

To schedule this new series contact Danielle at dyale@memun.org.



PB2 Cool Whip "Ice Cream"

While recently discussing ways to boost protein and add flavor to a Mason Jar Breakfast using PB2, a class participant shared a recipe with me that I have been talking about ever since. So now I will spread the love and share this fantastic recipe with you too!

Ingredients

- 1 Cup Fat-Free Cool Whip
- 1 Tbsp. Chocolate PB2 Peanut Butter or Regular PB2 Peanut Butter

Instructions

In a bowl mix together Cool Whip and powdered PB2 Peanut Butter. Once blended, scoop a 1/2 portion into a cupcake liner. Either place on a small cookie sheet or use a muffin tin to support the cupcake liner until frozen.
OPTIONAL: Add a drizzle of Sugar-Free Hershey's Syrup before freezing
Freeze for 2 or 3 hours.

Notes

Double the recipe to make four servings or just mix it all up in the Cool Whip container and throw the whole thing in the freezer, then scoop out individual servings.

Nutrition

1/2 Cup serving: 1g | Calories: 56kcal |
Carbohydrates: 9g | Protein: 1g | Fat: 2g |
Saturated Fat: 1g | Cholesterol: 6mg |
Sodium: 27mg | Potassium: 41mg | Fiber:
1g | Sugar: 6g | Vitamin A: 1.3% |
Calcium: 4%

Have you not heard of PB2?
You can find it with other
peanut butter options in the
grocery aisles.



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[CLICK HERE TO SEE OUR CLASS LISTING](#)