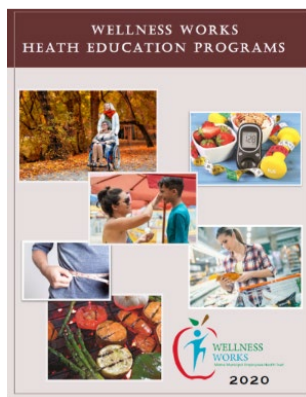




Coordinators' Bulletin

December 2019

Providing your wellness committee with updates and relevant health information!



The 2020 Class Listing Has Arrived!!

**Just in time for the holidays - the much awaited, highly anticipated
Wellness Works Class Listing is out!**

Okay maybe you weren't sitting on pins and needles waiting for this to arrive, but we are still happy to let you know that you can find all our newly released classes, as well as over 100 other classes and wellness programs listed

here: <https://www.mmeht.org/wp-content/uploads/wellness/Health-Education-Class-Catalog.pdf>

We continue to add new classes throughout the year and these will be announced through the Coordinators' Bulletin. If you have a specific topic or idea for our staff, please let us know!

Healthy Meal Ideas for Hectic Days



Do you start the day strong with the best intentions to eat well but a chaotic schedule or a tempting event toss even your best attempt out the window? Stay grounded with these simple tips, no matter how long your to-do list is:

Make an effort to eat as a family at least once a day. A pleasant meal that isn't rushed promotes family bonding and improves the likelihood of eating a well-balanced meal. Be flexible with timing. You may need to eat dinner early or make a plan to always sit down together just for breakfast to accommodate everyone's hectic schedule.

Cook Ahead. When you have time to cook, make a double batch and freeze leftovers for quick meals on busy days. For instance, simmer enough pasta for two days. Serve it hot one night with meat sauce, then chilled in a salad with tuna and low-fat salad dressing the next.

Stock your pantry with foods for simple meals. Good examples are whole-wheat pasta, fresh and frozen vegetables, fresh and canned fruits, 100 percent whole-wheat bread, lean deli meats, salsa, canned dried beans, and low-fat or fat-free yogurt and cheese.

Go for health and convenience. Some convenience foods are designed to be healthy and lower in calories. A bag of frozen vegetable with some added protein is an option on busy days. Read labels for calories, fat and sodium. Stock healthy versions of quick foods like instant brown rice.

Look for shortcuts. Simplify your meal prep and save time by buying pre-cut fruits and vegetables, precooked meats, shredded low-fat cheeses, packaged salads, and frozen or canned vegetables. There's nothing quicker than fresh fruit, but fruit canned in its own juice (not sugary syrup) is also OK. Rinse canned vegetables with water to remove excess sodium.

Keep a list of simple menu ideas. Recipes that include common staples and take 20 minutes or less come in handy on days when you're rushed.

It always helps if you plan meals ahead, but if your house is stocked with healthy choices you can wing it and still eat well. Remember that healthy eating doesn't have to be complicated or involve hard-to-find ingredients.

Reference: www.eatingwell.com

For more great strategies, contact Danielle at dyale@memun.org to schedule the Meal Prepping class or Clean Eating class.



Which Brush is Best?

In our household, we have an even split of those who prefer electric toothbrushes to those who prefer the old-fashioned manual kind. But according to the Mayo Clinic, both manual and electric toothbrushes can be effective for brushing your teeth.

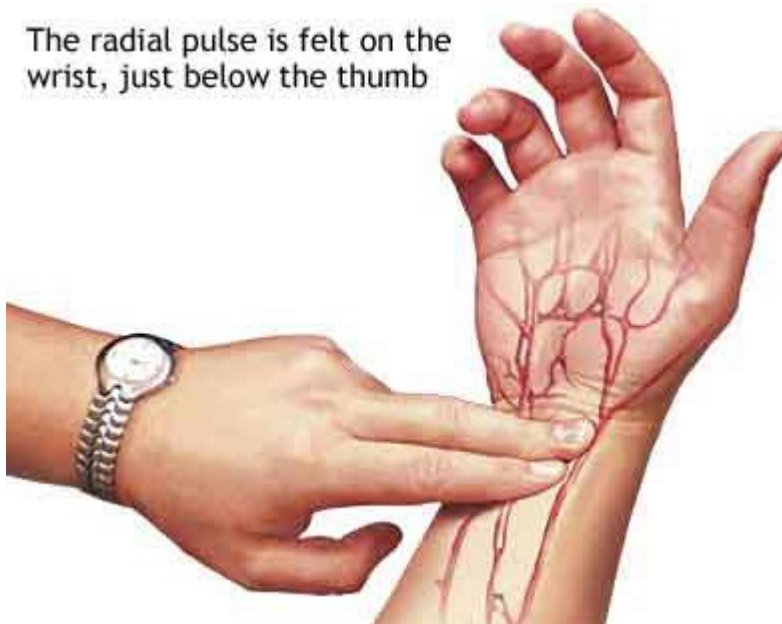
For people with arthritis or other conditions that make brushing difficult, an electric toothbrush may be the better option. The bristle movement of an electric toothbrush may remove more plaque and help improve gum health. This may also be a benefit for children, who may have a harder time maneuvering a toothbrush around their mouths.

Regardless of your choice, what's most important is daily brushing and flossing and remembering to replace the brush when the bristles begin showing signs of wear.

For more information on how your oral health can provide clues to your overall health, consider offering Abby's class, Oral Health for Overall Health. You can reach her at adipasquale@memun.org to schedule.

Lowering Your Resting Heart Rate

The radial pulse is felt on the wrist, just below the thumb



We see a wide variety of resting heart rates when we do the Fitness Assessments and the question is usually asked, "Is that good? Should it be lower? How do I do that?" We often discuss the heart rate for a few moments with employees and discuss the range of normal, but we thought it would be nice to share this great information with you from Harvard Medical School. The normal range for a resting heart rate is between 60 and 90 beats per minute. An increase in the resting heart rate over time can be a sign of future heart trouble. The more physically fit you are, typically, the lower your resting heart rate becomes.

To lower your resting heart rate, try to:

- **Exercise every day.**
- **Practice stress-reducing techniques, such as meditation.**
- **Avoid tobacco products.**
- **Lose any extra weight.**

Harvard Medical School says the best time to measure your resting heart rate is before you get out of bed in the morning. To do so, place one or two fingers on your wrist or neck, and count the number of beats in 15 seconds. Multiply that number by four.

Everyone should know what their resting and exercise heart rate is, we can help employees figure that out by conducting Fitness Assessments at your worksite. If you would like to schedule these, contact Danielle at dyale@memun.org.

Are Your Goals Realistic?



It's easy to get frustrated and give up if your goals are too ambitious in the beginning.

If you haven't exercised in a while, a short-term goal might be to walk five minutes once or twice a day, and a long-term goal might be to complete a 5K walk. Whatever your current fitness level is, aim to strike a safe but challenging balance.

You might have a combination of goals: your weight-loss goal, your health goals, your exercise goals or your daily servings and calorie goals. Goal setting keeps you motivated and helps you stick with your program, so it's important to approach it with a thoughtful plan. **The key is to make your goals your own. The more aligned they are with your likes and dislikes, your preferences and priorities, the greater your chances of success.** So while yes, the sky is the limit, it's important to set goals that you can reach and that suit your lifestyle. You can always reassess goals and set more challenging ones as you go along.

Contact Danielle at dyale@memun.org to schedule Creating Good Habits or the Last 90 day class series.



Contact Us:

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You are receiving this email because you are a Coordinator or Co-Coordinator of your employer's Wellness Group.