



The Wellness Chronicle

April 2014

Volume 2, Issue 4

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TEXTING WHILE DRIVING SPELLS DISASTOR By Janet Gardner

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According to F.W. Booth et al, "Approximately 250,000 deaths per year in the United States are premature due to physical inactivity."

Exercise is medicine. Live longer by staying active.

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Be a Well Rounded Person

Don't text if you are behind the steering wheel of a moving vehicle. Texting while driving puts you at greater risk for becoming involved in an accident.

Texting while driving is considered a major cause of accidents, not just in the United States, but in several parts of the world. Laws against the use of cell phones while driving are in place but enforcing them is not an easy task. That means the onus is on you as an individual to take the responsibility and self enforce the law of no texting while driving.



with your friends once you arrive home.

Take a moment and think about the risks you are taking for yourself and for your passengers. Why buckle your child securely into a state-of-the-art car seat if you are not going to focus on driving safely? You cannot give the road 100% of your attention if you are texting or talking on the cell phone.

Yes, I know you are a good driver. Yes, I know you text all the time and have no problems. And yes, I know you have heard this all before.

Do everyone a favor. Stop taking chances with our lives and that of our families

Remember the campaign with Smokey the Bear and preventing forest fires? He said, 'Only you can prevent forest fires.' Well, the same thing applies for texting while driving. Only you can help prevent vehicle accidents. Stop texting while driving.

It is simple. Put your cell phone away before you turn the key in the ignition. Call your spouse before leaving the parking lot at work and let them know that you are on your way home. Catch up

because you were texting your best friend about the latest gossip.

Drive responsible. Encourage your family members to be responsible drivers. Let everyone know that if you are driving, you will not answer your cell phone or send a text. If it is a dire emergency, pull over in a safe zone and answer that call or type in that text response. Then resume driving after placing the phone back in its travel location, such as a purse or pocket. Leave it there.

PLEASE!!



PLEASE!!

Volunteers needed and always welcome. Contact any of the program managers listed above!

Why Use a Gym?

Some people say “why should I go to a gym?” or “gyms are boring, I’d rather exercise by going for a run with my friends or by myself.” People have all sorts of reasons NOT to go to a gym, so we are giving you a few reasons *TO* go to a gym!

Fitness checks - You know you want, or need, to exercise but do you know how fit (or un-fit) you are at the moment?

If you just start exercising (jogging or even working out at home) without some kind pre-check you could be doing more harm than good.

A fitness check at a gym will determine your current level of fitness and from this a safe and enjoyable set of exercises can be determined.

Different types of exercise - You are no doubt aware there are a number of different types of exercise, but which ones are best for you to start with and at what level should you start? Do you know what to do before you start your jog or home exercise regime, or when you finish, to make sure your body returns safely to normal?

Managed exercise - One of the main benefits of going to a gym is that your exercise is managed in a way that is safe for you. You can get regular weigh ins and exercise reviews to check that you are progressing safely towards whatever goal you initially set yourself.

You could also opt for working with a Personal Trainer who will be with you at all times during your sessions at the gym to encourage and motivate you through your planned exercise regime. This can be a great plus to those who start with all good intent but then, if left to their own devices, get disillusioned and give up.

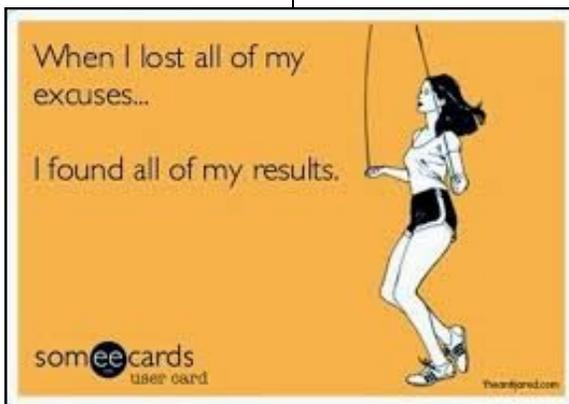
Safety - The safety aspect can be very important. Imagine you go out on a jog on your own, as many people do, and sprain an ankle or injure a knee. Who do you call for help even if you have your mobile phone with you?

Weather friendly - Neither rain or snow keeps the post-man away, but it can keep you away from your daily run or walk. Dense fog, black ice and even just the general darkness of winter can easily deter your best intentions to exercise. Gyms are well lit, temperature friendly and safe.

Social - Regardless of what some people say a gym can be a great social hub, especially if a group of friends take part in one or two of the classes together. Exercising can be fun if done in the right way and in the right atmosphere.

And lastly, regardless of what impression people may have of a gym, they are not full of fit young people showing off their prowess on the treadmills. They are generally used by people just like you, of whatever age, that just want to increase their fitness level, maybe lose some weight in a safe controlled way, and just make themselves feel better.

Contact James Holmes, LEAD’s Gym Program Coordinator, to sign up today (james.c.holmes.civ@mail.mil).



Upcoming 2014 Wellness Events!!!

April
Lunch-n-Learn: Vanpool Info
Date: Wed, 16 April
Time: 1200-1230 hrs
Location: Bldg 10, Great Room

Lunch-n-Learn: No Text Driving
Date: TBD
Time: 1200—1230 hrs
Location: TBD

May
Lunch-n-Learn
Vanpool Information
Date: 1 May
Time: 1200-1230 hrs
Location: Bldg 350, Conf. Room

May
Lunch-n-Learn
Your Finances
Date: TBD
Time: 1200—1230 hrs
Location: TBD

June
Lunch-n-Learn: Lyme Disease,
Date: TBD
Time: 1200– 1230 hrs
Locations: Bldgs 350 and 370

Smoking Cessation Workshop
Date: 12 June
Time: 1600-1700 hrs
Location: Bldg 102 (Senator Terry Punt Building)

8-week Smoking Cessation Workshop—It’s Free! Begins June 12, 2014

The Wellness Committee is sponsoring a free 8-week Smoking Cessation workshop. The workshop is open to government employees, their immediate family members and contractors.

The first workshop session is scheduled for Thursday, June 12 from 4:00 p.m.—5:00 p.m. in Building 102 (Senator Terry Punt Building, near Patriot Federal Credit Union). No cost for workshop materials.

Additional workshops may be scheduled at different locations and times based on interest. Please contact Melinda Torres, x7-8851, melinda.i.torres.civ@mail.mil, to complete a workshop survey.

Van Pool Lunch-n-Learns: April and May at LEAD

Commuter Services will host Lunch-n-learns on Wednesday, April 16th and Thursday, May 1. See details in Upcoming 2014 Wellness Events.

Already carpooling, vanpooling, or walking/bicycling to work? Attend the events to hear about the free Emergency Ride Home Program where Commuter Services reimburses you for a ride home in case of a qualified emergency! Bonus: All employees who register for more information will receive a FREE GIFT!

FOCUS ON HEALTHY EATING—Happy April Fools’ Day: “Healthy’ Foods Fooling Us All!

Granola
If you can see past the health halo on this crunchy breakfast staple, you'll be faced with the harsh reality that many commercially prepared picks are loaded with fat, sugar and calories -- not the way to start a morning. Some of the fat is certainly healthy fats from nuts, but note the serving size on your favorite brand. Chances are you've been pouring with a heavy hand.

Vitamin Water
The words "vitamin" and "water" get a lot more real estate on the label than "crystalline fructose," which happens to be a fancy name for sugar derived from corn. At 50 calories a serving, and two-and-a-half servings per bottle, that flavored sip isn't far from drinking a soda.

Muffins
General wisdom would have us believe that a muffin has got to be a better pick at the bakery than a *donut*, right? Not necessarily. A large, commercially-prepared blueberry muffin can have more than 500 calories and 26 grams of fat, according to the U.S.D.A., while a medium-sized glazed donut might only set you back 192 calories and 10 grams of fat. Going with whole grains is always a smart choice, but even a bran muffin can pack 375 calories and 10 grams of fat.

Cold Cuts
Lean meats and protein, sure. Do we need all that sodium? A number of deli meats are surprisingly salty, with some varieties packing half of an entire day's worth of salt (if not more) into a single serving.

Some cold cuts also contain nitrites and nitrates, forms of sodium used as preservatives and coloring agents, that may act as carcinogens.

Burger King's Turkey Burger
It's not a Whopper, but it's not far off. Burger King's recently unveiled "healthy" turkey burger totals only 100 fewer calories than a regular burger at the chain. It also comes with high-fat toppings including guacamole (which we know is more than *just* avocado when commercially prepared) and pepperjack cheese, the Associated Press reported.

McDonald's Oatmeal
What could make for a healthier breakfast than oatmeal? A lot, if the oatmeal in question came from beneath the Golden Arches. In his well-read smackdown of McDonald's oatmeal, titled "How to Make Oatmeal ... Wrong," New York Times columnist Mark Bittman wrote that this breakfast offering was far from the natural, fruit-filled dish promised, and more like "oats, sugar, sweetened dried fruit, cream and 11 weird ingredients you would never keep in your kitchen."

Starbucks Egg-White Wraps
An egg-white omelet is a great idea -- when made with actual egg whites. The egg whites in Starbucks' spinach and feta wrap also contain (surprise!) the following: whey powder, unmodified corn starch, non-fat dry milk, salt, butter flavor [sunflower oil, natural flavors, medium chain triglycerides, palm kernel oil], xanthan gum, guar gum, liquid pepper extract, for a grand total of 11 ingredients other than egg whites in the "egg whites" alone.

Foods Labeled "Natural"
We've all been there: Given the choice between a number of packaged eats, we'll reach for the one touting its all-natural ingredients. But there's actually no FDA guideline for what can and cannot be labeled natural -- it's just a ploy meant to sell more products (and, we'll admit, it works!).

At least meat and poultry require additional labeling to explain why they're deemed natural.

Smoothies And Pureed Fruit Snacks
Homemade pureed fruits and veggies can make for a nutritious mix, but store- or restaurant-bought smoothies often come overloaded with sugar. While you might stir in yogurt at home, restaurants likely add juice or even ice cream to the mix.

The same can be said for those oh-so-convenient drinkable fruit and vegetable pouches. What's so *inconvenient* about an apple or a banana, we'd like to know? Confusion aside, they're often made with concentrated fruit juice, a healthier-sounding name for -- you guessed it -- sugar.

Gluten-Free Sweets
More and more people are jumping on the gluten-free trend -- and not for medical reasons. But just because everybody's doing it, doesn't necessarily mean it's healthy (or conducive to weight loss). A gluten-free dessert may not contain any wheat, but that doesn't mean it's sugar- or calorie-free.

Source: <http://www.huffingtonpost.com/2013/04/01/april-fools-day-healthy>

**READ
THE
LABEL**

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

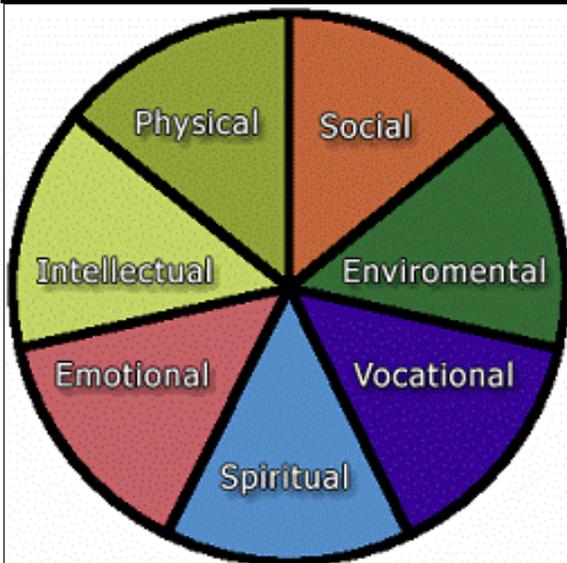
Quick Guide to % DV

5% or less is low

20% or more is high

Wellness volunteers needed and always welcome.

**FOCUS ON YOUR WELL BEING —
WHAT IT TAKES TO BE A WELL
ROUNDED PERSON**



Wellness is an ongoing lifestyle, which requires taking responsibility and making healthy choices, promoting individual well-being through a balance in all aspects of life.

Try to maintain a balance of the seven key areas depicted in the diagram above.

Here are some suggestions on how to achieve that balance and enjoy what life has to offer. You deserve it.

1. Social wellness:

- Schedule a game night
- Watch a funny movie with friends
- Join an organization
- Do not gossip
- Become a good listener

2. Environmental wellness:

- Fix something that is broken
- Recycle
- Plant a tree
- Donate blood
- Donate food or clothes

3. Vocational or occupational wellness:

- Pursue continuing education opportunities
- Reflect on your career goals and aspirations each year

4. Spiritual wellness:

- Develop a life philosophy and live by it
- Practice compassion and acceptance

5. Emotional wellness:

- Smile as many times as you can in a day
- Adopt an attitude of optimism

6. Intellectual wellness:

- Learn a new language
- Take a workshop or course for a new skill or hobby

7. Physical wellness:

- Drink plenty of fluids
- Aim for 25-35 grams of fiber/day
- Aim for five servings of fruits and vegetables/day
- Wear your seat belt
- Get preventative exams

<http://www.nutrition411.com/career-development/entrepreneur-tools/item/1186-wellness-program-12-months-to-better-health-and-happiness>



**Wellness volunteers needed and always welcome.
Contact any of the program managers listed on the front page!**