



The Wellness Chronicle

September 2014

Volume 2, Issue 9

LEADWellness@us.army.mil

MARK YOUR CALENDAR!

**2014 Employee
Appreciation Day**
Thursday, 9 October 2014

Visit the Wellness table
and receive a free t-shirt.

OXYGEN SEMINAR: Sign up for this informational session to be held on Saturday, September 27, from 8:00 a.m. – 4:30 p.m.

The class will provide communication tools to help end conflict, remove distance, and restore love in your relationship. **NOTE: THIS IS NOT A COUNSELING SESSION.**

If individuals or couples are interested in setting up counseling sessions, contact information will be available during this seminar. **FREE CHILDCARE AVAILABLE and LIGHT REFRESHMENTS during the seminar. OPEN TO DACs AND MILITARY ONLY.**

UPCOMING LUNCH 'N LEARN:

Interested in managing your money better? Plans are underway to host a 30-minute session based on best selling author Dave Ramsey's proven method for financial fitness, **The Total Money Makeover**. Stay tuned for more details.

WELLNESS IS COMING TO A LOCATION NEAR YOU!

<u>When</u>	<u>Where</u>
Sep. 15, 1100-1230	Bldg 370
Oct. 21, 1100-1230	Bldg 57
Nov. 18, 1130-1230	Bldg 37

STOP BY AND CHECK US OUT!
Free health literature, blood pressure screenings, etc.!

For more information contact:
Elizabeth Robinson, x7-8048

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It's That Time of Year: School's in Session!

The calendar says September. That means schools are open. Now you get to share the road with yellow buses, heavy traffic near schools and students trying to cross the street.

Those yellow rectangular buses with flashing lights stop traffic every few feet. Drop off/pick up areas around schools are crowded with vehicles driven by parents who are in a hurry to get to work.

And last, but certainly not least, the sidewalks are full of students walking to and from school.

Please use extreme caution around schools and marked school crossings. Speed limits are reduced in these areas. Students and the adult standing in the middle of the road holding up that flimsy stop sign really appreciate your patience.

Remember, too, that later sunrises this time of year make the morning commute a darker one.

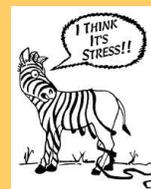
Drivers need to use extra caution on the roads and obey all the rules.

- STOP and let the bus load or unload its passengers. **IT IS THE LAW.**
- STOP and let the cross guards allow the children to safely cross the street.
- SLOW DOWN and be extremely cautious especially around any type of school or school parking lot.

To sum it up: obey speed limits especially in school zones, watch out for students on sidewalks, stop for school buses, and **DON'T TEXT** while behind the wheel of your moving vehicle!



Tips to Help Manage Workplace Stress



You will never completely remove stress from your life, but identifying and managing stressors can help you maintain a positive and healthy lifestyle.

- Eat a balanced and nutritious diet starting with breakfast, and get a good night's sleep.
- Volunteer time and services. Doing something for others can help a person forget their own problems and increase self-esteem.
- Seek professional help. Use Employee Assistance Programs or participate in special therapy that can teach ways to better manage the problems that are causing stress.
- Keep moving –studies show that exercise for 30 minutes a day reduces stress.
- Learn to express your feelings – you don't have to face problems alone.
- Determine the source of the stress. If it can't be removed from your life, learn to cope by developing a systematic and rational way of thinking through the situation and taking control by figuring out options to better handle the problem.

STAY ALERT!

**WHEN USING THE WALKING TRAIL
NEAR BUILDING 350 AND BUILDING
370, BE AWARE OF YOUR SURROUNDINGS
AND STAY ON THE TRAIL!!!**

Volunteers needed and always welcome. Contact any of the program managers listed on page 2!

FOCUS ON STAYING HEALTHY

Smoking Cessation Workshop

This class is being held on Monday afternoons from 1-2 p.m. in Building 102 from 29 September - 17 November 2014. Receive over \$50 of free materials provided by the Pennsylvania Department of Health to help you stop smoking (i.e., nicotine patch, lozenges, etc). After you complete this course, check with your insurance company to see if there are cash benefits you can reap!

Instant Rewards of Quitting

When you smoke, the chemicals in tobacco reach your lungs quickly every time you inhale. Your blood then carries the toxins to every organ in your body. There is no safe amount of cigarette smoke. After you quit, your body begins to heal within 20 minutes of your last cigarette, and the nicotine leaves your body within three days. As your body starts to repair itself, you may feel worse instead of better.

Long-term Rewards of Quitting

Tobacco use in the United States causes about 443,000 deaths each year, or nearly one in every five deaths. Quitting can help you add years to your life. Smokers die on average 13 years earlier than non-smokers.

Take control of your health by permanently quitting. Over time, you will greatly lower your risk of death from lung cancer and other diseases, such as:

- Heart disease
- Stroke
- Chronic bronchitis
- Emphysema
- At least 13 other kinds of cancer



Contact Tanya Ranck at x7-9706 to sign up.

CONTRACTORS NOW AUTHORIZED TO ATTEND.

10 Tips for Fall Fitness

Fall is a super season for shaping up. Here are excerpts from a WebMD feature written by Barbara Russi Sarnataro regarding fall fitness tips.

1. **Take advantage of the weather.** Best outdoor fall activities are walking, hiking and cycling. Discover park trails and take in some new scenery, Go to the beach! It is less crowded and you can still get in a good game of beach volleyball. Throw a Frisbee, play a game of fetch with your dog. Work around the house! Rake leaves or doing some fall outdoor yard work is a great way to get the heart pumping and burn calories.
2. **Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.
3. **Be an active TV watcher.** If you're going to sit down and watch hours of TV, get moving. While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you can get approximately 20 minutes worth of exercise.
4. **Integrate exercise into your life.** You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious: If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, take a walk around the outside of the field while they practice. Or warm up and cool down with the kids. Get some inspirational music or find a motivational talk and download it to your favorite mobile device. Walk while you listen for 30 minutes.
5. **Rejuvenate yourself.** Treat yourself not just with exercise but other activities that promote wellness so you can feel good physically, mentally, emotionally, and spiritually. Get a massage after your run. Learn to meditate. Take an art class.
6. **Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes. That's why people who give up on their fitness programs tend to do so within the first 30 days. Try to stick with a program for a month. After a month, behavior patterns will have adapted, and it will be much easier to stick with it.

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Wellness Program Managers

Chairperson: Melinda Torres, x7-8851

Vice Chairpersons: Travis Gray, x7-9392; Tanya Ranck, x7-9706

GYM Membership: James Holmes, x7-5316

IT Support: Art Barnett, x7-9171;

Newsletter: Janet Gardner, x7-8404

Nursing mothers: Lindsay Bryant, x7-9741

Pedometer Program: Travis Gray, 7-9392

Sharepoint Support: Gina Loose, x7-5609

Wellness Fair Coordinator: Elizabeth Robinson, x7-8048

The Wellness Committee welcomes...

Kara Stitley, production assistant in the Manufacturing and Fabrication Division at LEAD. Kara is interested in improving her own nutritional and physical activity habits in order to stay healthy and be a good role model for her 7-month-old daughter, Lacie Marie. She would like to see the Wellness Committee continue to provide nutritional information, promote healthy lifestyles tips and offer new programs and incentives.

**FOCUS ON HEALTHY EATING:
Butternut Squash Mac 'N Cheese**



Directions:

Preheat the oven to 425 degrees F. Lightly butter a 3-quart au gratin or baking dish; set aside. Cook pasta according to package directions. Drain; transfer to a large bowl. Meanwhile, in a large saucepan combine the squash and 2 1/2 cups of the milk over medium-high heat. Bring to boiling; reduce heat to medium, and simmer until the squash is tender when pierced with a fork, 18 to 20 minutes. Stir together remaining 1/4 cup milk and flour; stir into squash mixture. Bring to boiling; cook until thickened, 2 to 3 minutes. Stir in 1 1/2 cups of the Gruyere until melted; keep warm.

Meanwhile, in a very large skillet cook bacon until crisp; drain on paper towels. Crumble; set aside. Pour off all but 2 tablespoons bacon drippings. Return skillet to the heat. Add onions to skillet; cover and cook over low heat 10 minutes, stirring occasionally. Uncover and increase heat to high. Cook 4 to 6 minutes more, stirring, until onions are golden.

Add squash-cheese mixture, onions, and bacon to the bowl with the pasta. Toss well to combine, then transfer to prepared baking dish.

Place bread in a food processor and pulse with two or three on/off turns to form large coarse crumbs (you should have about 2 cups). Transfer to a small bowl; mix with melted butter. Sprinkle remaining Gruyere and the bread crumbs over pasta mixture. Bake until top is browned, about 14 to 15 minutes. Cool 5 minutes. Sprinkle with parsley. Makes 6 to 8 servings.

Source: <http://iowagirleats.com/2012/11/15/butternut-squash-mac-cheese/>

Nutrition Facts

Per serving:

686 kcal cal.,
29 g fat
(15 g sat. fat,
2 g polyunsaturated fat,
10 g monounsaturated fat),
79 mg chol.,

668 mg sodium,
77 g carb.,
5 g fiber,
13 g sugar,
30 g protein

Percent Daily Values are
based on a 2,000 calorie
diet

Ingredients:

- 12 ounces dried rigatoni
- 1 1/2 pounds butternut squash, peeled, seeded and cut into chunks (3 1/2 cups)
- 2 3/4 cups milk
- 1/4 cup all-purpose flour
- 8 ounces smoked Gruyere cheese, shredded (2 cups)
- 8 slices bacon (or use pre-cooked bacon bits)
- 2 small sweet onions, diced
- 3 ounces sourdough bread
- 2 tablespoons butter, melted
- fresh flat-leaf Italian parsley

Something to think about...

**Are you really hungry?
Or is something other than
hunger making you want to eat?**

**FOOD IS THE MOST
ABUSED ANXIETY DRUG
ON THE MARKET!**

**EXERCISE IS
THE MOST UNDER-UTILIZED
ANTI-DEPRESSANT AVAILABLE.**

Continued from page 2...10 Tips for Fall Fitness

7. **Strive for the 3 Cs.** Commitment, convenience, and consistency. Exercise takes commitment. We're all busy; that's just part of our lives. Start planning exercise, just like you do everything else (like meetings, dinners, and getting kids to lessons and practice). Put it on the calendar, because later always turns into never. Convenience means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted. Consistency. Work out for 10 minutes a day rather than one hour every month.

8. **Deal with darkness.** The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe. Just because it's 6 p.m. (or a.m.) and dark doesn't mean you can't work out. If walking or running outdoors, wear a reflective vest and carry a flashlight. When cycling, attach a light to your helmet or bike. If possible, use trails or a local school track to avoid vehicle traffic.

9. **Dress in layers.** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed. There is no lack of great weather gear. Try clothing with wicking, often called "DriFit." This fabric wicks moisture away from your skin so you're not exercising with wet fabric hanging on you. Also, dress in three layers: The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The second layer should be a warmth layer, and the top layer should be protective (like a windbreaker or rain slicker, depending on the weather). Don't forget the sunglasses. The fall sun can be blinding at certain times of the day.

10. **Find your motivation.** Different things motivate different people. Find out what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event. Goals will help but you have to be motivated by the day-to-day workouts. So choose something you enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class.

Source: WebMD Feature by Barbara Russi Sarnataro, <http://www.webmd.com/fitness-exercise/features/10-tips-fall-fitness>

**FOCUS ON SAFETY:
It's Fall! Do you have a fire escape plan?**

With the lowering temperatures of fall come the use of heaters and the danger of household fires. Create a fire escape plan for you and your family, and practice it a few times.

Teach your children important safety tips, such as staying low to avoid smoke inhalation and the stop, drop and roll method of putting out fires on clothing.



LEAD Got Steps
Pedometer Challenge POCs

Wellness Pedometer Challenge Program Manager:
Travis Gray, travis.l.gray6.civ@mail.mil, 7-9392

Pedometer POC list:

Bldg	NAME	Ext
5	Jesse Womack jesse.l.womack.civ@mail.mil	9244
370	Dianna Fryzlewicz dianna.l.fryzlewicz.civ@mail.mil	9230
370	Sandra "Dee" Shaffer sandra.d.shaffer2.civ@mail.mil (2nd/3rd shift)	9272
5808	Deb Kissel deborah.j.kissel.civ@mail.mil	4269
52	Jonathan Pretlow brenda.l.danfelt_ctr@mail.mil	8398
350/1	George Coble george.m.coble4.civ@mail.mil	8487
10	Gina Loose gina.m.loose.civ@mail.mil	5609
10	Karen McCausland karen.m.mccausland.civ@mail.mil	9251
37	Irene Myers irene.t.myers2.civ@mail.mil	5716
LEMC	Tammy Piper tammy.l.piper2.civ@mail.mil	8481

LIFE
is the most difficult
EXAM.

Many people fail because they try to copy others -
Not realising that everyone has a different question paper!