

WELLNESS WORKS!

Fuel for Change...Fuel for Life

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DIET / NUTRITION

Eat 5 to 9 a Day for Better Health

www.5aday.gov

Why Fruits & Vegetables? There are so many reasons to eat plenty of fruits and vegetables everyday.

Everyone Needs to Eat More Fruits and Vegetables

A growing body of research proves that fruits and vegetables are critical to promoting good health. In fact, fruits and vegetables should be the foundation of a healthy diet. Most people need to double the amount of fruits and vegetables they eat every day.

Fruits and Vegetables Fight to Protect Your Health

Fruits and vegetables are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk of:

- Heart disease
- High blood pressure
- Type II diabetes
- Certain cancers

Fruits and Vegetables Contain Powerful Phytochemicals (fight-o-chemicals)

Fruits and vegetables have many important phytochemicals that help "fight" to protect your health. A phytochemical (fight-o-chemical) is a natural bioactive compound found in fruits and vegetables that works together with vitamins, minerals, and fiber to promote good benefit your health in many ways. The

bioactive functions of phytochemicals — or the way they work in your body — is an ongoing area of research. Phytochemicals are usually related to color. Fruits and vegetables of different colors — green, yellow-orange, red, blue-purple, and white — contain their own combination of phytochemicals and nutrients that work together to promote good health.



Fruits and Vegetables and Weight Management

Because they're low in calories and high in fiber, fruits and vegetables can help you control your weight. By eating more fruits and vegetables and fewer high-calorie foods, you'll find it much easier to control your weight.

Fruits and Vegetables and Energy

Busy lives require food that's nutritious, energizing, and easy to eat on-the-go, like

fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

Different Bodies, Different Needs

How many servings of fruits and vegetables should you and your family members eat for good health? Men, women, and children of different age groups each have their own fruit and vegetable needs:

- Little kids (ages 2 to 6) should eat a minimum of 5 servings a day.

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Letter from the Editor

Thank you for the overwhelming positive response to the inaugural issue of the "Wellness Works Newsletter."

As the flu season comes and goes and comes again, let's try to remember to stay healthy, wash our hands often, and get plenty of sleep to ward off any lingering "bugs."

Please e-mail the Council with any questions or comments at wellness@carrollfuel.net.

Or visit our website at <http://wellness.carrollfuel.com>.

-Lauren Shapiro

Eat 5 to 9...continued

- Older kids, teen girls, and active women at least 7.
- Teenage boys and active men at least 9.

How active you are is also important. Of course no size fits all, but more is usually better.

What is a Serving?

For those of you who think 5 to 9 services of fruits and vegetables a day is a lot, think again. Seeing is believing. One serving of fruits and vegetables should fit within the palm of your

"Fruits and vegetables of different colors — green, yellow-orange, red, blue-purple, and white — contain their own combination of phytochemicals and nutrients that work together to promote good health."

hand — it's a lot smaller than most people think. The palm of your hand is an easy way to think about serving sizes and to see how doable it is to eat 5 to 9 A Day, every day.

If you measure it out, one serving is:

- A small glass of 100% fruit or vegetable juice (3/4 cup or 6 oz)
- A medium-size piece of fruit (an orange, small banana, medium-size apple)

- One cup of raw salad greens
- 1/2 cup of cooked vegetables
- 1/2 cup of cut-up fruit or vegetables
- 1/4 cup of dried fruit
- 1/2 cup of cooked beans or peas

A typical portion is often more than one serving. A large salad, for example, can add up to 2 to 3 servings. ❖

STRESS MANAGEMENT

Beat that stress!

www.healthandwellnessclub.com

To "de-fang" your stress, work through this exercise using a recent, typical stressful situation. Grab a pencil and paper or use your computer to work through these steps:

1. Describe the situation briefly and simply. Just give the basic facts. For example: My daughter takes advantage of my offer to help with child care by using me as her children's primary caregiver, making it difficult for me to participate in some of my usual activities away from home.
2. Jot down your thoughts and beliefs about this situation, listing each separately. What thoughts made the situation upsetting to you? Tip: Look for the places where you say "should" or "awful." For example: I shouldn't say anything, since I know she needs to work and it would be awful if she thought I didn't enjoy the kids. Or: She should know better.

3. Describe the upset feelings this caused you to have. What did you do or how did you behave as a result of that feeling? For example: When I miss my usual activities, I feel left out from the group, and I'm sure the kids can tell that I'm cranky.
4. Pause for a moment and question your beliefs. For example: Wouldn't your daughter understand that you have some other things in your life besides grandchildren?
5. List your goals for this situation, using realistic alternatives. Change your "shoulds" to "it would be better" or "I hope." Be as specific and simple as you can, stating what you really want from the situation. What about the situation do you have the power to change - and what will you need to accept? For example: I'd like to be able to watch my grandchildren part of the week. It would be better if I could plan childcare around some

of my regular activities.

6. List concrete actions you can take to help you reach your goals. For example: I could invite my daughter out for coffee some evening when her husband can watch the kids, and discuss the arrangement. When you select action steps, pick those that you think will most help you achieve the desired outcome.
7. Imagine what the likely outcome would be for each action and jot it down. For example: She'll probably understand and, if I give her some time, can probably find someone to watch the kids several days of the week so I can get out.

Now you're ready to tackle this task! Use the same approach to challenge automatic thinking, eliminate knee-jerk responses and choose how you really want to respond. ❖

You Make The Call:

Cholesterol Lowering Drugs			
Drug	Total Cost	Formulary Co-Pay	CIF's Cost
Crestor 10mg	\$ 80.38	\$ 25.00	\$ 55.38
Zocor 10mg	\$ 77.74	\$ 25.00	\$ 52.74
Lipitor 10mg	\$ 74.04	\$ 25.00	\$ 49.04

Did you know that you can help control your Cholesterol through Diet and Exercise?

Spotlight On:

Healthy Recipe Contest

As part of the Council's commitment to helping employees and their families make the right choices for improving their health, the Carroll Wellness Council conducted a Healthy Recipe Contest. Recipes were judged on nutritional value and taste.

Julie Engle, Account Manager in the Commercial Sales department submitted the winning recipe, see right. As a reward for capturing the spirit of the contest, Julie will receive \$70.00 to Giant Food. The top three recipes will be posted on the Wellness Website and those participants will also get a gift card to Giant Food.

On behalf of the Carroll Wellness Council, congratulations to the winners and thank you your participation!

RECIPE
from Julie Engle, Commercial Sales

Dish: Pepperoni Pita Pizza **Serves:** 1

- 1 Whole-Wheat Pita
- 1/4 cup low-fat marinara sauce
- 1.5 oz finely shredded low-fat mozzarella cheese
- 10 slices TURKEY pepperoni (try Hormel)
- 1/2 cup chopped broccoli florets

Preheat oven to 450 degrees.

Place pita on a baking sheet. Top evenly with sauce, then cheese, then pepperoni & broccoli.

Bake 8-12 minutes until crust is crisp and cheese is melted. Slice & serve.

327 calories; 22 G protein; 47 G carbs; 8 G fat; 10 G fiber

SMART HEALTH CARE CHOICES

Choosing a Doctor

www.carefirst.healthinkonline.com

Having a good talk with your doctor may be the best medicine around. Studies show that when patients are satisfied with how they can discuss problems with their doctors, they tend to recover from illnesses more easily. Still, for many people a trip to the doctor is stressful. And unless you are prepared to play an active role during your visit, you may forget much of what the doctor tells you, and you will be less likely to follow his or her advice.

Finding a Good Match

Finding a doctor with whom you feel comfortable can make a big difference in the quality of your health care. Doctors, like everyone else, vary widely in their communication skills and the value they place on the personal aspects of your relationship. It is very important, then, that you establish a relationship with a doctor who matches your needs and values.

Use your first meeting with your doctor as a time to explore your expectations of one another. In fact, your first meeting doesn't have to be for an examination. Many doctors are willing to meet with prospective patients

for informational interviews. In addition to giving the doctor information about your medical history, the interview will help him or her understand how much of the medical decision making you wish to participate in and how much information you want about your health condition.

For some people, a good relationship with a doctor is a very important part of their health care. For others, the doctor's personality and communication skills can be overlooked as long as he or she is highly skilled and knowledgeable. If you fall in the first group and are seeing a doctor who, although highly skilled, has a poor bedside manner, you may be better off changing doctors. If you are in the second group,

however, you may well think this type of doctor is highly professional.

No matter what you look for in a doctor, it's important that you find one with whom you feel comfortable and confident -- even if that means changing doctors. But remember that an ongoing relationship with a doctor increases your chances of getting the best possible health care.



Your Doctor as Educator

The average adult visits the doctor more than four times a year, and the most common reason for a visit is for preventive services such as physical examinations or health screenings for such diseases as colon, breast, or prostate cancer. Many find the doctor's advice about preventing health problems to be very motivating, so judge a doctor on how interested he or she is in your personal health habits. Will the doctor advise you on habits such as drinking and smoking?

Is the doctor concerned about your diet or exercise practices? Finally, keep in mind that most of the health problems you will face are chronic conditions such as high blood pressure or diabetes -- conditions that require long-term care involving many health professionals. So find out if your doctor works well with other health care team members such as dietitians, physical therapists, counselors, and health educators. When it comes to handling long-term health problems, a team approach is considered the most effective. Keep in mind that an effective team approach is one in which you are at the center of the team, involved and communicating your needs clearly and consistently. Choose a doctor you want on your team, working as an expert and a concerned partner. ❖

FITNESS / WEIGHT MANAGEMENT

Movement

www.intelhealth.com

There are countless reasons to work more activity into your day, but often this is difficult -- particularly for people who have never been active or who haven't been active in a long time.

With so many modern conveniences -- from elevators, escalators and drive-throughs to e-mail, computers and cell phones -- many people have come to value and expect speed and ease. These changes work against an active lifestyle in two ways. First, making time for physical activity takes forethought, planning and some level of effort. Second, it is very easy to be inactive. Why climb a flight of stairs to talk to a co-worker when you can stay at your desk and zip off a quick e-mail?

This may seem simple, but as anyone who has ever tried starting a new exercise program will attest, a whole array of issues can impede your journey to a healthier lifestyle.

Many people are intimidated by exercise or don't find it enjoyable. They may not know how to start, or they may not be particularly interested in making exercise a part of their lives. Although there are numerous benefits to regularly planned sessions of aerobic and resistance training, there is much to be said for just incorporating more movement into your daily life.

Here are some simple ways to do that:

- Skip the elevator and the escalator -- take the stairs.
- Park farther away.
- Walk to a co-worker's desk.
- Ditch the car for short trips.



Personal Wellness Goal:

Drink more Water!

The human body is made up of 60 -75% water and water is used by every cell of the body. On average, your body losses 8 - 12 cups of water a day. Try to drink at least 8 cups of water a day to keep from getting dehydrated.

Don't Forget: Make physical activity a regular part of your day!

- Skip the leaf blower and rake the leaves.
- Go outside and play with your kids (or your nieces and nephews or grandchildren).

You will have more success incorporating movement into your life if you enjoy it, if it's convenient and if it doesn't disrupt your life that much. Making a few minor changes can be the first step to becoming more active on a regularly scheduled basis, or it can be an end in itself; either way you'll see and feel the benefits. ❖



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Fuel for Change...Fuel for Life

The YMCA of Central Maryland – A Baltimore Tradition

The first YMCA facility built in the United States stood on Schroeder Street in West Baltimore. The newest addition in the area is the Harry and Jeanette Weinberg YMCA at Stadium Place. The YMCA is working collaboratively with other organizations in the community to provide programs that will meet the community needs for wellness, youth and senior programming. The 53,000 square foot facility includes a swimming pool, gymnasium, multi-purpose meeting rooms, wellness center, childcare center, teen programming areas and an indoor and outdoor play area including a community playground.

The facility is now open and memberships are being sold. If you are interested in becoming a member of the Harry and Jeanette Weinberg YCMA at Stadium Place, please call 410-889-9622. If you are interested in forming a workout group there after work, please contact Casey Harvey at 410-261-5365.

Harry and Jeanette Weinberg YMCA at Stadium Place
900 E. 33rd Street * Baltimore, MD 21218 * Phone: 410-889-9622

HOURS:

Mon-Fri: 5:30am - 10:00pm
Sat: 7:00am - 7:00pm
Sun: 10:00am - 7:00pm



Are you Interested in the Carroll Wellness Council?

**Do you have some interesting
Wellness ideas for 2005?**

We Want Your Suggestions!

Please submit your ideas to:

wellness@carrollfuel.net

Or visit our website at

<http://wellness.carrollfuel.com>

Or in person to:

Lauren Shapiro, ext. 5461