

WELLNESS WORKS!

Fuel for Change...Fuel for Life

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STRESS MANAGEMENT

Stressing Out? - Try Stretching Out!

www.healthandwellnessclub.com

"The holidays are here!"

Do those four little words fill you with excitement or panic? In either response, your body reacts the same way: your heart rate increases, your blood pressure rises and your muscles tighten. And those are just a few of the many chemical and hormonal changes that automatically occur in your body within seconds of encountering a stressful situation, whether it's a big party you've been eagerly anticipating or a huge traffic jam on the way to the airport.

During the holidays you have a lot of things to do in a fixed amount of time, so you make unaccustomed demands on your body: spending long hours shopping for gifts, writing holiday greetings, preparing big meals, traveling long distances. That kind of repetitive physical activity over a concentrated period of time - and the heightened emotions that go along with it - can leave you exhausted, achy and more susceptible to injury just when you want to feel your best.

Stretching prepares the body for more strenuous activities and takes the demand off overworked muscles such as those in the neck and shoulders.. In addition, stretching develops a greater self-awareness of the body and how it works. But perhaps the most intriguing benefit is that stretching enhances one's well-being. Although that's not something that can be scientifically measured, people who stretch regularly know it's true.

Beyond stretching

The following simple stretches are easy to fit into a hectic schedule. If you're doing your holiday baking, pull up a kitchen chair and stretch your ham-

strings while you're waiting for the cookies to come out of the oven. Remember, "stressed" spelled backwards is "desserts."

Once the holiday crunch is over, don't abandon your stretching routine - add to it. Why not make it a New Year's resolution?

Holiday Stretches

You can incorporate any of these stretches into your holiday routine. Try to do them as a break while baking, writing holiday cards, standing in line, on the way to Grandma's house, or even watching TV.



Elongation Stretch

Slowly straighten both legs. With your arms overhead, reach out with your hands while pointing your toes. Hold for 30 seconds, then relax. Repeat three times. Each time you stretch, gently pull in your abdominal muscles to make the middle of your body thin. This stretches arms, shoulders, spine and abdominals, as well as muscles of the rib cage, feet and ankles.

Shoulder Shrug

First, raise the tops of your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 30 seconds. Then let your shoulders sink. Repeat three times.

Shoulder Blade Pinch

Interlace your fingers behind your head and pull your shoulder blades together to create tension in the upper back area. Hold for 30 seconds, then relax. Repeat three times.

Shoulder, Arm and Chest Stretch

With your fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. Hold for 15 seconds. Then lift your

Inside this issue:

Stress Management: <i>Stressing Out?-Try Stretching Out!</i>	1
Smart Health Care Choices: <i>Four Ways to Cut Your Medical Bill</i>	2
Diet / Nutrition: <i>Ten Bright Ideas for Weight Loss</i>	3
You Make the Call <i>Support? or Nagging?</i>	3
Fitness / Weight Management: <i>What Keeps you From Getting in Shape?</i>	3
Personal Wellness Goal	3
Spotlight On: <i>The Great American Smokeout</i>	4

The Great American Smokeout

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

The Smokeout has helped bring about dramatic changes in Americans' attitudes about smoking, which have led to community programs and smoke-free laws that are now saving lives in many states.

For more information about quitting smoking, improving your health or getting involved in the Great American Smokeout visit the Wellness Website at <http://wellness.carrollfuel.com> or visit Human Resources to "Pledge to Be Tobacco Free" on November 17, 2005.

Stressing Out!...continued

arms behind you until you feel a stretch in the arms, shoulders or chest. Keep your chest out and chin in. Hold for 15 seconds. Repeat twice.

Hand, Wrist and Forearm Stretches

Interlace your fingers in front of you and rotate your hands and wrists clockwise 10 times. Repeat counterclockwise 10 times. This will improve the flexibility of your hands and wrists and provide a slight warm-up.

Then separate and straighten your fingers until you feel the tension of a stretch. Hold for 30 seconds, then relax. Next, bend your fingers at the knuckles and hold for 30 seconds. Then relax.

Now, with your arms straight out in front of you, bend your wrists with fingers pointing upward. This will stretch the backs of your forearms. Hold for 30 seconds. Do twice. Then bend your wrists with your fingers pointing downward to stretch the tops of your forearms. Hold for 30 seconds. Do twice.

Calf Stretch

Stand a short distance from a wall and lean your forearms against it, head resting on hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Be sure to keep the heel of the straight leg on the ground, with toes pointed straight ahead or slightly turned in. Hold an easy stretch for 30 seconds. Do not bounce. Now stretch other leg.

Soleus and Achilles Tendon Stretch

From the calf stretch position, lower your hips as you slightly bend the back knee, keeping the foot flat and pointing straight ahead. Keep your heel down. Hold for 15 seconds. The Achilles tendon area needs only a slight feeling of stretch.

Hamstring Stretch

Hold onto something and pull your knee toward your chest. Do not lean forward at the waist or hips. This gently stretches your upper hamstrings, buttocks and hips. The

foot on the ground should be pointed straight ahead, with the knee slightly bent. Hold an easy stretch for 30 seconds. Do both legs.

Quads and Knee Stretch

Using a wall, counter or chair for support, hold the top of your left foot with your right hand and gently pull your heel toward your buttocks. The knee bends at a natural angle when you hold your foot with the opposite hand. This is good for problem knees, but be careful. Hold for 30 seconds.

Upper Trapezius Stretch

Gently lower your right shoulder as you lean your head toward your left shoulder. Hold a comfortable stretch for 30 seconds, then repeat on your other side.

Upper Arm Stretch

From a standing position, with your knees slightly bent, gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keep your knees slightly bent for better balance. Do not hold your breath.

Neck Rolls

Drop your head to one side. Roll it around in a wide circle; switch directions. Slowly find the tight spots. Hold and breathe, letting your breath release the tension.

Upper Body Stretch

Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the stretch in your

arms, shoulders and upper back. Hold for 30 seconds. Don't hold your breath.

Hip and Hamstring Stretch

Place the ball of your foot on a secure support. Keep the standing leg pointed straight ahead. Now bend the knee of the raised leg as you move your hips forward. This should stretch your groin, hamstrings and front of hip. Hold for 30 seconds. Do both sides. If you can, grasp the support for balance and control.

Groin Stretch

While sitting on the floor, put the soles of your feet together and hold onto your toes. Gently pull yourself forward, bending from the hips until you feel a good stretch in your groin. Do not round your shoulders; keep your lower back flat and look straight ahead. Hold for 30 seconds. Try to get your elbows on the outside of your legs so you are stable and balanced. This will help loosen tight groin muscles and may reduce injury if you should happen to slip on the ice later.

Hip Flexor Stretch

Stand with one foot a yard or so ahead of the other and align your forward knee over your forward toes. Let that knee bend as you sink your hips toward the floor, stretching the front of your rear hip and thigh, keep the rear leg straight and let the rear heel rise off the floor. Keep your body upright by bracing your hands on your knee. Hold for 30 seconds. Repeat for the other side.

Face Stretch

Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth to stretch the muscles around your nose and chin and stick your tongue out. Hold this stretch for 5 to 10 seconds. Getting the tension out of the muscles in your face will make you smile. Do several times. ❖

Remember, 'stressed' spelled backwards is 'desserts.'

SMART HEALTH CARE CHOICES

Four Ways to Cut your Medical Bill

www.HopeHealth.com

1. **Try Small Lifestyle Steps First.** Ask your doctor about non-drug ways to manage your condition to get the same results you hope to get from medication. Some people can control high cholesterol, blood pressure, sleep apnea, and pre-diabetes with diet, lowering salt intake, weight loss, and exercise.



2. **Review All Your Medications.** Review all medications with your doctor once a year. Assess which drugs are still needed. Ask: *Can one new drug do the work of two or three that I currently take?* Maybe your doctor can prescribe a less expensive medication, if given a choice. Then ask your pharmacist for a price comparison.

3. **Choose Generic Drugs.** Ask your

doctor if a generic drug is available. And order through the Company's mail order program for a 90-day supply for the price of a 60-day supply.

4. **Take medication as prescribed.** Half of people don't and risk complicating their condition.

Just remember, an ounce of prevention is worth a pound of cure. ❖

DIET / NUTRITION

Ten Bright Ideas for Weight Loss

www.foodandhealth.com

Are you finding yourself wanting to lose weight? Make small, gradual, realistic changes that will build upon one another, creating a healthier future. Start today by reviewing these strategies to help you control your weight:

- 1. You Should Think “choose well” not “diet.”** Instead of trying to starve yourself, choose foods that allow you to fill up on fewer calories. These are foods that are minimally processed, high in fiber, and low in fat and sugar. Examples include fruits; vegetables; cooked whole grains such as barley, oatmeal, whole-wheat products and brown rice; and legumes. For protein, always pick leaner choices such as white breast meat or poultry (without skin); pork loin; lean beef; legumes; and seafood. Prepare these items with little added fat.
- 2. Try to Make Exercise Fun.** Take up several aerobic activities that are enjoyable, such as an aerobic class, walking, bike riding, swimming, running, hiking, softball, etc. Work out aerobically at least an hour a day, five or six days a week.



3. Only Eat When You are Hungry. Avoid eating to relax, cure boredom or overcome depression. Instead, take a walk or call a friend.

4. Take Care When Eating Out. When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, take half home!

5. Be a Smart Shopper. Fill grocery carts 2/3 full of whole foods instead of processed convenience foods. These include fat-free dairy, fruits, whole grains, vegetables, seafood, chicken and lean cuts of meat. Buy plenty of fruits and vegetables. Aim for 5+ servings of fruits and vegetables each day.

6. Snack for Better Health. Snack only when hungry. Instead of packaged snacks, think “out with the bag” and enjoy fresh fruits, vegetables with lowfat dips or fat-free light yogurt. Baked potatoes, sweet potatoes and oatmeal also make great snacks.

7. Be a Little Adventurous. Be adventurous and expand your range of healthful food

choices. Buy a lowfat cookbook to help you modify traditional high-fat favorites, and to introduce quick healthful dishes.

8. Use Less Fat when Cooking. Prepare foods using lower-fat cooking methods such as baking meats on a rack, broiling, grilling, roasting or steaming instead of frying. Eliminate “extra” fats. Trim visible fats from meats. Rinse cooked ground meat. Remove skim from poultry.

9. Limit Sugar & Refined Starch. Limit the amount of foods you eat that contain added sugars. Limit refined starch foods that are made with white flour and are low in fiber. Fill up instead with high fiber choices such as corn, potatoes, yams, limas, peas, dried beans and whole grains.

10. Don't Skip Breakfast. Starting the day with a high-fiber, low-fat breakfast will help you consume fewer calories the rest of the day. Never skip breakfast! ❖

FITNESS / WEIGHT MANAGEMENT

What Keeps You from Getting In Shape?

www.personalbest.com

Overcoming the obstacles to regular exercise.

Obstacle: Too Busy. Bust people have trouble finding time for regular exercise workouts. Just remember that exercise can impact your ability to do everything else.

Solution: Work out at the same time each day and you are more likely to make exercise part of

your routine. Many people who stick with exercise find mornings work best. Or if you are physically able, raise your intensity level to shorten your workout time.

Obstacle: Too Tired. At the start regular workouts can seem tiring. Yet exercise actually increases energy, allowing you to fit more activities—and enjoy them more.



Solution: Change your schedule. Energy and strength are generally higher in the a.m. than in the p.m. A snack prior to a workout can help fuel you for exercise. Because exercise is energizing, you may find that it boosts your productivity afterward.

Obstacle: Boredom. Remind yourself on the benefits exercise delivers. Or lower your expectations—does exercise always have to be fun before you'll do it?

You Make The Call:

When it Comes to Change, is It Support? Or Nagging?

Whether your friend or loved one is trying to quit smoking or trying to lose weight, nagging your loved one to change is never the answer, even if you do it out of caring and concern.

You can't ask people to do something they're not going to do. Although the old confrontational model of changing behavior seems to work well in the short term, people revert very quickly to their old behaviors.

An easy-going, nonjudgmental, supportive atmosphere leave people feeling happy and free to come to a positive decision for themselves.

Solution: Choose new activities or alternate your sports. Change your route. Listen to music or a learning tape. Work out with a friend.

Obstacle: Lost Interest. Whether due to injury or lack of progress or motivation, nearly everyone temporarily quits at some time or has setbacks with their fitness goals.

Solution: Figure out why you quit and resolve the problem so that you can avoid it in the future. Don't be self-critical and don't give up. You can always start fresh when fitness is a lifetime goal. ❖

Personal Wellness Goal:

Quit Smoking!

Quitting smoking is one of the most important things you will ever do, and one of the hardest. Everyone knows the benefits of quitting, but not everyone realizes how hard it is to quit.

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine. Usually people make 2 or 3 tries, or more, before finally being able to quit. Each time you try to quit, you can learn about what helps and what hurts.

Quitting takes hard work and a lot of effort, but you can quit smoking.

Don't Forget: Stretch to De-Stress!, Make your Doctor your Partner in Health-care!, Have a Good Laugh!, Drink more Water! And Make physical activity a regular part of your day!



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Fuel for Change... Fuel for Life

**Do You Have Ideas for the
Wellness Works! Newsletter?**

**Submit your ideas to
wellness@carrollfuel.net**

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

Spotlight On:

The Great American Smokeout

www.quitsmoking.com

**The Smokeout is always the third Thursday of
November, one week before Thanksgiving.**

This year, the Smokeout is November 17, 2005.

Could This Be the First Day of a Life Without Tobacco?

Are you thinking about quitting smoking but not sure you're ready to take the plunge? Maybe the Great American Smokeout is for you. It's an opportunity to join with literally millions of other smokers in saying "no thanks" to cigarettes for 24 hours.

A Day to "Butt Out"

The Great American Smokeout traditionally takes place on the third Thursday in November. The concept dates from the early '70s when Lynn Smith, publisher of the *Monticello Times* of Minnesota, announced the first observance and called it "D Day." The idea caught on in state after state until in 1977, it went nationwide under the sponsorship of the American Cancer Society. If past Smokeouts are any indication, as many as one-third of the nation's 46 million smokers could be taking the

day off from smoking.

Joining the Fun

Each year during the Great American Smokeout, the American Cancer Society promotes local and nationwide activities that focus in a light-hearted way on the benefits of not smoking. Here are some previous years' activities:

- A national sandwich shop company gave out free "cold turkey" sandwiches and cookies to smokers who turned in at least a half pack of cigarettes.
- Newborn babies at Washington's Columbia Hospital received T-shirts that said "I'm a Born Nonsmoker."
- Preschoolers in Texas played "Gonesmoke, a Tale of the New West," wearing red bandannas and Smokeout deputy badges.
- Other events include public appearances by celebrities who have quit, parades, rallies, athletic events and ceremonial cigarette burials and bonfires.

Making It Work

Behind the festivities of the Great American



Smokeout are the serious efforts of thousands of hard-working American Cancer Society volunteers who visit schools, malls and workplaces to publicize the events and distribute information about quitting. They also enlist nonsmokers to "adopt" smokers for the day, supporting them with advice and snacks. The support continues for those who decide not to return to smoking after the Great American Smokeout is over.

The Rules of the Game

The rules are simple: You just quit smoking for the 24 hours of the Smokeout. The wonderful thing is that you won't be alone; you can swap advice, jokes and groans with the other "quitters," nonsmokers and the American Cancer Society volunteers who will be cheering you on. Even if you don't go on to quit permanently, you will have learned that you can quit for a day and that many others around you are taking the step, too. For more information on how to participate, contact the American Cancer Society or contact the Human Resources Department.