

HEALTH & WELLNESS

MONTHLY INFORMATION NEWSLETTER

DECEMBER/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

DECEMBER HOLIDAY BINGO

Remember to turn in your November BINGO sheet by December 4th! Starting **December 1**, mark each BINGO Square that you complete during the month of December. This challenge is on the honor system, so if you cheat, you are only cheating yourself! **You must earn at least 1 "BINGO" in order to earn 25 Wellness Challenge Points.**

For this challenge please keep in mind the following,

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

Please turn in your finished BINGO sheet to any member of the Wellness Committee by January 4, 2015. Good Luck! ☺

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **Vitamin C**

A reduction in the quantity of bone is the definition of which of the following?

- a) Osteoarthritis b) Osteoporosis
- c) Osteopenia d) Osteogenesis

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

SHOPKO MEDICATION DISPOSAL

Shopko Hometown in Crete will be available to help out with medication disposal if you have left over medication from a previous illness and you're not sure what to do with it.

Acceptable medication includes:

- Leftover or expired prescription and over-the-counter:
 - Pills, tables, capsules
 - Ointments
 - Creams
 - Lotions
 - Inhalers, nebulizer solutions
 - Liquid medicines less than 4 ounces (liquids must be wrapped in a paper towel and placed in a plastic bag)
 - Leftover pet medication

Unacceptable medication includes:

- Controlled substances:
 - Adderall, Vicodin, Ambien, Hydrocodone, MS Contin
- Any sharps:
 - Syringes and lancets
- Liquids greater than 4 ounces
- Thermometers
- Home based care or durable medical equipment supplies:
 - Rubbing alcohol, hydrogen peroxide

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 31. (75 Wellness Points)

- Drug and Alcohol Awareness

FABULOUS FIBER

Has your doctor told you to increase your fiber intake, or have you heard from your coworkers, friends and family members that you should be consuming more fiber than you are?

Fiber is found in many fruits, vegetables, whole grains, beans, nuts and seeds. There are two types of fiber – soluble and insoluble; soluble fiber dissolves in water and is absorbed in the digestive track. This type of fiber aids in reducing blood glucose and cholesterol levels. Insoluble fiber cannot dissolve in water and remains in the intestine where it helps the body with digestion.

Consuming fiber can reduce high blood pressure, high cholesterol, and high blood sugar (glucose) levels. Fiber keeps you filling full too, which aids in weight loss and weight management because the longer food stays with you, the longer your hunger levels are satisfied!

So how much fiber do I NEED!? According to the Institute of Medicine, **men** should have approximately **30-38 grams of fiber per day** and **women** should have approximately **21-25 grams of fiber per day**.

Most Americans are only consuming 15 grams of fiber per day! Here are some ways to get more fiber into your diet!

- Choose **Whole grains** (whole wheat breads, cereals, rice, and pastas)
- Eat your **FRESH or FROZEN fruits and vegetables!** Make sure you eat the skin on those foods that are edible, that's the part that contains the most fiber!
- Try to add legumes to your diet, such as kidney, garbanzo or black beans
- Include nuts or seeds and high fiber cereals to your diet!

CHRISTMAS DINNER

Whether you have a tradition Christmas meal where the main meal is always turkey or ham or maybe you're a little fancier with a prime rib or a pork roast. Either way you enjoy your main dish with all the fix-ns, maybe you can make some healthier swaps for those traditional side dishes that pack large amounts of calories, fats, sodium and sugar and check out some of the recipes below! But don't worry, there's always room for dessert too! Eating around the holidays can be tough to stick to your diet, try some of these healthier options for delicious side dishes and desserts.

I'm sure by now you've heard of people using cauliflower for potatoes and even rice. All I'm saying is don't knock it until you try it! This recipe includes both potatoes and cauliflower for a delicious combination of creamy garlic mashed cauliflower and potatoes!

- <http://bit.ly/1OmpUX8>

Try this healthy grain-free bread to make a classic stuffing with cranberries!

- <http://bit.ly/1kOOA0Z>

These ginger bread cookies have less than half of the fat than most gingerbread cookies but still have that same great flavor!

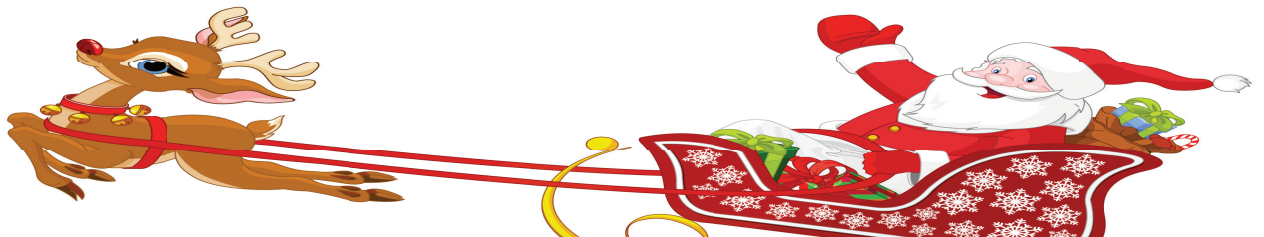
- <http://bit.ly/1wBHSxP>

If you're not a fan of gingerbread cookies, you can check out this version of sugar cookies that takes a traditional cookie into a healthier tasty treat! Plus sugar cookies are such a fun cookie to bake with the whole family and you can have fun with cookie cutters and frosting!

- <http://bit.ly/1Ompwbe>



Merry Christmas!



B	I	N	G	O
No alcohol 3 consecutive days each week	Do strength training (weight machines or free weights) at least once a week	Get 6 hours of sleep at least 4 times a week	Do cardio for at least 30 minutes 10 times this month	Maintain your weight during the Christmas holiday
No fast food for one week	Eat breakfast three days a week	Drink at least 64 ounces of water 3 days each week	Do not use tobacco 3 consecutive days each week	Turn off all electronics at least 1 hour before bed every night
Answer the monthly bonus question correctly	Complete 10 exercise sessions of 30 minutes or more this month	FREE 	No sweets (candy, cake, cookies, ice cream, pastries) 3 consecutive days twice this month	Say NO to Christmas Cookies
Read the December monthly newsletter	Donate to the food drive two separate times this month	Eat 8 servings of vegetables at least 4 days a week	Eat a lean protein five times a week	Volunteer your time at an organization or fund raiser
Lose 3 pounds or more during the month of December	Eat four servings of fruit at least four days a week	Work out at the fitness center 5 times this month	Avoid sugar sweetened beverages such as fruit juice & pop for 3 consecutive days twice during the month of December	Participated in the Turkey Trot on Thanksgiving