

September, 2005

# Wellness

Note: the winner of our Logo Contest will be announced next month after our first committee meeting.

## Take Small Steps Today...

- Walk during your lunch hour
- Pace the sidelines at your kids' athletic games
- Find a dog and walk it.
- Take stairs instead of the elevator/escalator
- Ask a friend to walk with you.
- Chose an activity that fits within your day
- Exercise with a video if the weather is bad
- Take a family walk after dinner
- Keep a pair of walking shoes with you
- If it's difficult to exercise after work, try before

Every Step Forward Uses 54 Muscles !!

Prizes

## Poker-Walk Kick Off



Join us on your lunch hour for a one mile walk (approx. 15-20 min.) and receive a free pedometer (note: the walk and lunch are open to all; however, pedometers can only be offered to non-union at this time). At several sites along the way, you will be given a new poker card and the employee with the best hand of cards at the end of the walk receives a grand prize. A nutritious lunch and water will be available once you have completed the walk.

Downtown (Admin): Mon., Sept. 26th - 11:30 am or 12:45 pm

West Complex: Thurs., Sept. 29th - 11:30 am or 12:45 pm

For more information and to complete the registration form, see page 3.

What is the strangest thing you have ever seen while walking? Submit your entry by e-mail or mail to Terry Lee, HR, by Sept. 16th to be voted on by all participants of the Poker Walk—you could be the winner of the "Strangest Item Ever Seen" award.

Lunch Provided

## THE BENEFITS OF WALKING ....

- Reduces risk of coronary heart disease & stroke.
- Lowers blood pressure / reduces body fat.
- Improves self-esteem, relieves symptoms of depression and anxiety and improves mood.
- Alters fat metabolism so fat is burned instead of sugars.
- Increases bone density, to help prevent osteoporosis and helps osteoarthritis.
- Reduces high cholesterol.
- Reduces the risk of colon cancer.
- Reduces risk of non-insulin dependent diabetes.
- Helps flexibility reducing the risk of falls.
- Helps to control body weight.

[www.ramblers.org.uk/info/everyone/health.html](http://www.ramblers.org.uk/info/everyone/health.html)

## Did you Know ....

Watermelon is the nutritious fruit that is actually a vegetable. It is virtually fat-free, relatively low in calories and contains good amounts of vitamins A, B-6, C and is also a good source of potassium, lycopene and antioxidants that prevent the cell damage that can lead to heart attacks and cancer.

## WALKING TIPS

### Are 15 Minute Walks Good for You ??

Walking for 15 minutes, four times a day burns as many calories as walking steadily for an hour. There are benefits to combining them into one longer walk, but you need to weigh that against what you enjoy doing and what fits into your schedule.

### Benefits of Walking Over 45 Minutes ...

After walking steadily for approx. 45 minutes, your body has burned off the available sugars (glycogen) it has stored up. Now it needs to begin to burn fat. Walking is a good way to turn the body on to burning stored fat. If you walk for 30 minutes or less, you are still burning calories, but they are stored sugar calories rather than having to dip into the stored fat.

### Is Walking 15 Minutes Helping Me Any?

Yes, your body still has burned calories that it wouldn't have burned. If you are on a low-calorie diet, your body will still be burning fat as it doesn't have enough calories to get through the day. But there may be a slight advantage if your walks were strung together so they were 45 minutes or more; you may burn a bit more fat each day. Diet and exercise are both key to losing weight.

**If you find it difficult to set aside an hour a day for walking, then concentrate on the 15 minute walks. The key to fitness is finding something you enjoy doing, rather than dreading or feeling like it is a stressful chore.**

*Your Guide to Walking by Wendy Bumgardner*

The best prescription for health—is knowledge

### Apple-Walnut Crisp - serves 9

6 cups sliced & peeled apples  
1 tsp nutmeg  
2/3 cup unbleached flour  
4 tbsp light margarine  
1/2 cup brown sugar, packed  
3 tbsp walnuts, chopped  
2 tsp cinnamon

#### Nutrition Facts

Calories: 141  
Protein: 1 gram  
Fat: 4 grams  
Carbs: 27 grams



RECIPES  
STATION

Preheat oven to 375. Prepare a 8" square pan with cooking spray. Arrange apples in prepared pan; set aside. In a mixing bowl, combine flour, brown sugar, cinnamon, and nutmeg. Cut in margarine with a pastry blender until crumbly. Stir in walnuts. Sprinkle mixture evenly over apples. Bake for 30 minutes, or until apples are tender and topping is crisp.

**Lucy Sikora of the Health Department is the winner of our Wellness Survey and will receive a \$50.00 gift certificate to Dunhams Sporting Goods Store.**

**PARTICIPATE IN AMERICA ON THE MOVE DAY OF ACTION ON WED., SEPT. 28TH.** Take 2000 more steps this day and cut back by 100 calories—more information to follow.

### Healthy Sites to Visit

[www.free-gourmet-recipes.com/hdessert.shtml](http://www.free-gourmet-recipes.com/hdessert.shtml)  
[www.cdc.gov](http://www.cdc.gov)  
[www.5aday.com](http://www.5aday.com)  
[www.americaonthemove.org/mi](http://www.americaonthemove.org/mi)  
[www.collagevideo.com](http://www.collagevideo.com)

*Notice: Our goal is to provide you with accurate information to help your general wellness. We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.*



# 1st Annual Poker Walk

## What is a Poker Walk?

This is a walk lasting approximately 20 minutes where participants will have a mapped out route to walk. Each walker will receive a new poker card at 5 different stations along the route. Once everyone has finished the walk, the person with the best poker hand will win a prize.

## Purpose:

This poker walk is being used as a kickoff for encouraging employees to adopt a physically active lifestyle.

## Prizes:

Four (4) separate grand prizes of a \$50 gift certificate to a sporting goods store will be given out to the best poker hand at each lunch session.

## Finishers:

All finishers will be provided a nutritious lunch, bottles of water and a copy of a health fitness magazine.

## Dates: (check off one)

- Mon., Sept. 26th 11:30 am Admin. Building (1st session)
- Mon., Sept. 26th 12:45 pm Admin. Building (2nd session)  
Meet at amphitheater.  
*Note: Rain day will be in October; you will be notified..*

- Thurs., Sept. 29th 11:30 am West Complex (1st session)
- Thurs., Sept. 29th 12:45 pm West Complex (2nd session)  
Meet at Law Center/Comm. Corrections parking lot  
*Note: Rain day will be in October; you will be notified..*



**Bring your walking shoes**

*Note: You are welcome to participate in more than one walk; however, you will only receive one pedometer, if eligible.*

## Please Read Carefully:

I recognize and hereby expressly assume the risks of illness and injury inherent in any exercise program, and I am participating in this event upon the express agreement and understanding that I am hereby waiving and releasing County of Livingston and the Livingston County Health and Human Resources Departments, as well as their agents and representatives, from any and all claims, damages, losses or liabilities including but not limited to illness or injury, which may accrue to me, my heirs, my guardians, administrators, executors or assignees, including attorneys' fees and court costs, arising out of, or in any way related, to my participation in this event.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Dept.: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please make a copy of this for your information and return the original to Human Resources no later than Friday, September 9, 2005.**