

And the competition is

heating up ...The Forever Fit Cardio Competition has brought out the competitive side of over 200 employees. Twenty teams are competing to achieve the highest average minutes of cardiovascular exercise per person. After two weeks, the LCJ's A-Team (Jail) is leading with an average of 363 minutes/person/week. The Perspiring Planners (Planning) are in second with 314 minutes/person/week and the Water Chasers (Drain) are in third with 292 minutes per person/week. The contest runs through April 30th—look for the winner in the May Newsletter. Good luck to all teams for the remaining weeks!



Family Pool Night at the Hartland Aquatic Center

Have you trained your brain today?

Lift weights? Yes.
Walk two miles? Yes.
Trained your brain?
Huh.....

"Just as you can maintain physical strength if you exercise regularly, you can keep your brain power from deteriorating by providing daily stimula-

tion for your brain," said Brain Trainer, Ryuta Kawashima MD, a Japanese researcher in his book "Train your Brain". "The best way to stimulate the brain is to perform simple mathematical calculations quickly and to read books aloud", he said. Why? Because while you are adding 2 plus 3, or multiplying 5

times 8, both the right and left brains are stimulated, as shown by sophisticated brain imaging. The same parts of the brain are active when you read aloud. Brain images of people watching TV or



sitting and thinking showed that only tiny parts of the brain were stimulated.

Dr. Kawashima's research team helped Alzheimer's patients improve their thinking ability with simple calculation and reading exercise.

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**Think
Spring !!!**



Employees and their families flying down the 2-story slide.

Are you Prepared ?

Whether it's due to a blizzard or just an electrical outage, are you prepared for any type of emergency?

Lansing's Emergency Management office wants you to be prepared. That is why they have come out with a **DO 1 THING** campaign. Each month we will discuss one topic to help

you prepare. After 12 months, you will have a Family Emergency Preparedness kit and great information on how to be prepared should there ever be a disaster.

This month is dedicated to water supply. It is estimated you will need one gallon per person / per day in an emergency.

How much water would you need for children, people with medical conditions and pets? You can find a complete chart as well as tips on bottling your own water attached to this e-mail.

Future months will cover topics such as food, medicines, clothing, etc. *So Be Prepared!*
www.do1thing.us



Next Wellness Meeting:
Friday, April 21st
Noon—1pm
East Complex 'B'

If you don't want to purchase dyes for coloring your

Easter Egg Tips

Easter eggs, here are some natural substitutes per quart of water:

Orange: 4 T paprika

Blue: 4 cups sliced red cabbage

Red: Pomegranate juice in water

Green: 4 C spinach

To use: combine dye materials, 2 T vinegar and water in a large pot. Dip eggs in cold dye until desired color is achieved, soaking anywhere from 5 min. to several hours in the refrigerator. Turn eggs occasionally. Dry on paper towels.

www.easterrecipes.org

Instant Stress Buster

Slowly take a deep breath in through your nose, hold it for 3-4 seconds, then let it out through your mouth. Repeat five times.

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.

Project Healthy Livingston

Channel 7 is once again sponsoring **Project Healthy**

Living. This valuable program provides a month of free or low-cost health screening tests and educational health services, with thorough follow-up.

As a part of **Project Healthy Living**, quality tests are offered on the following dates and sites:

May 9 1-6 pm First United Methodist Church (1230 Bower-Howell)

May 19 1-7 pm St. Patrick Catholic Church (711 Ricket—Brighton)

Call their hotline at 1-313-531-9108 from 10 am—3 pm for more information. You must be at least 18 years of age.

Adults aged 50 or older may

Vitamin Corner

need more vitamin **B 12**.

Vitamin B12 is necessary for DNA synthesis and affects the development of red blood cells, normal myelination (covering) of nerve cells, and the production of neurotransmitters. Ten to 30% of people aged 50 or older have lost the ability to absorb adequate vitamin B12 from meat or dairy products. People need only 2.4 micrograms a day which is the amount found in three ounces of beef. However, due to malabsorption of protein-bound vitamin B12 by many older adults, especially those who are taking gastric acid reducing medications, it is recommended that older adults eat fortified foods or take a daily vitamin supplement to absorb enough.

Institute of Medicine, 1998.



Kay Foster and 'Ben' were the winners of the Idita Walk with the most minutes spent walking during the this 35-day national event. Kay received a gift certificate and Ben, a new leash!