

WELCOME

to the kick-off of our newest employee benefit – Wellness. As many of you have been reading or hearing in the news, health care benefit costs are soaring and crippling many companies. One of the most cost-effective ways to control these costs is to keep our employees and their families healthy. We plan on offering employees each month this Wellness Newsletter along with healthy-living tips, recipes, exercise programs and incentives for those who participate. We will also be offering bi-monthly classes, county-wide materials and quarterly activities.

If you are interested in joining our wellness committee to develop many of these programs, brochures and events, please contact Terry Lee at HR, 8792.



August, 2005

Wellness

How to Stay Hydrated

The average adult loses approximately 3 cups of sweat per day (and more than 2 quarts during exercise or hot days).

- Drink lots of fluids, not just when you're thirsty.
- Stay away from caffeine in coffee, soda and tea (caffeine is a diuretic).
- When you feel thirsty, you've already lost important fluids & electrolytes.

Heat Exhaustion

These last few weeks have been hotter than usual so beware of heat-related illnesses such as heat exhaustion or heatstroke. Seek immediate attention if you or someone else develops symptoms such as confusion, lethargy, agitation, intense muscle aches, feverishness or nausea or has convulsions or loss of consciousness.

Source: hapwise newsletter, Volume 7

Fun in the Sun Tips



To prevent premature aging, sun damage and skin cancer you can protect yourself in the sun by taking these precautions.



- Apply sunscreen 20-30 minutes prior to sun exposure.
- Apply a sunscreen with SPF 15 or higher; reapply every 2 hours or after swimming, sweating or towel drying.
- Avoid the sun between 10am-3pm (You will be able to avoid about 75% of the sun's most damaging rays.)
- Wear a brimmed hat, protective clothing and sunglasses!
- Avoid tanning beds; while UVB rays are more likely to cause sunburn, the rays from a tanning bed absorb deeper into the skin.
- Be aware that certain medications (including some antibiotics), dramatically increase sun sensitivity. Check with your doctor.

A full 50% of all newly diagnosed cancers are skin cancers, according to the American Academy of Dermatology. This means that approximately 1.3 million new cases will be diagnosed in the U.S. each year alone. It takes only one blistering sunburn to double your risk of melanoma.

Source: Div. of Dermatology, Ohio State Medical Center and Health Link-Medical College of Wisconsin.

Moolatta

Moolatta

Recipe Station

2 c. skim milk
Sugar substitute equal to 4 T. of regular sugar
3 T. instant coffee
1 t. unsweetened Hershey's cocoa
1 t. vanilla
ice

Place all ingredients into a blender and fill to top with ice. Blend; pour into glass and top with low-fat whipped cream (optional).

**Wanted:
Wellness Logo**

Logo Contest

The Wellness Program needs a logo which will be used for all of its wellness activities.

If you can come up with a logo signifying the importance of healthy living, we would love to hear from you. Please submit your entry to Human Resources by August 15th. The winner of this contest will be awarded a \$50 gift certificate from a local sports store.

Heat Stress Risks and Exercise Guidelines

(by Gary Westlund, ACSM H/FI charitieschallenge.org)



Summertime brings a special training and racing caution: heat-stress risks. You want to know what to do before, during and after unusually hot/humid conditions. Know the signs of heat stress, heat exhaustion and heat stroke. It can kill. Know, too, that the higher the heat-index, the slower will be your "racing pace" and that's normal. We're human; we're not super-human.

Our activities are for enhancing our health and fitness, not impairing them or worse. Some macho types think that more suffering in the sun, heat and humidity, even withholding from themselves fluids, is going to toughen them to the conditions. Unless you're training for what you know will be a hot/humid race for which you need to acclimate, avoid training or hard racing in risky conditions.

Factors affecting our risk of heat illness include metabolic rate (higher intensity exercise), temperature, hydration (dehydration is dangerous), humidity, clothing (must not hinder the heat-loss mechanism of radiation), fitness level, medical risks (diabetes, alcohol, etc.) and acclimatization (your tolerance for heat).

How to feel cooler when exercising in the heat: Reduce your pace (slow down), take intervals of rest and recovery during long workouts, hydrate-hydrate-hydrate (drink fluids before, during and after), acclimate yourself to the heat/humidity gradually over at least 7-14 days, avoid direct sunlight and wear loose, high-tech, cooling fabrics including a hat.

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.

We want to hear from you: Attached is an employee survey which will only take you a few minutes to complete. We would like to design this wellness program around your interests and needs and we need your input. Please return this completed survey to HR by August 15th and be eligible to win a portable walkman/radio.



Employee Wellness Interest Survey



Thank you for completing this survey. Employee responses will provide us with the type of activities that are of interest to you. Your participation in this survey is voluntary. The information you provide will only be shared by the wellness committee in order to develop a program that benefits you and your family.

1. Gender: Female Male
2. Age Group: Under 21 21-35 36-50 51-60 61+
3. Would you participate in any wellness activities if they were provided to you? Yes No
(If no, STOP. You have finished completing this survey)
4. Are you interested in being part of a wellness committee or planning wellness programs and/or activities?
Yes No If yes, please provide name and number _____
5. Indicate which of the below activities you would like offered within the next 12 months (choose top 6):
Indicate what time of day you would like the activities/classes/screenings offered:

Activities / Classes	Rank top 6 (1=1st choice)	Before Work	Lunch Hour	After Work	Sat / Sun AM	Sat / Sun PM
Back Care and Health						
CPR / First Aid Training						
Cancer Education						
Cardiovascular Health						
Cholesterol/blood pressure screening/educ.						
Diabetes Education						
Emotional Wellness						
Health / Fitness Education						
Nutrition / Healthy Cooking						
Physical Education Classes						
Smoking Cessation						
Stress Management						
Substance Abuse Awareness						
Time Management						
Weight Management						
Relaxation Programs (meditation/yoga)						
Other _____						

6. How would you prefer to receive communications regarding wellness (choose 2):
Bulletin boards E-mail Paycheck Stuffer Website Other _____
7. Please list any specific health foods you would like added to our vending machines:

8. Do you have any particular expertise or health-related specialty that you could share with a group? If yes, please list: Name _____ Specialty _____
9. As part of some wellness programs, other worksites offer books, videos, minor exercise equipment, etc. as a lending library. Would you use this kind of resource center, if available? Yes No

Please return your completed survey to Terry Lee, Human Resources by August 15, 2005.