

Take the Five A Day Challenge

The Wellness Committee is kicking off our newest competition between teams—the *Five A Day Challenge*.

This nationally sponsored program increases consumers awareness that eating more fruits and vegetables will help them reduce the risk of cancer and heart disease and improve their health.

We are challenging team members to eat 5 or more servings of fruits or vegetables a day up to a maximum of 9 per day. The team which averages the most points (servings) per day will be eligible for prizes at the end of this five-week program.

So challenge your co-workers to form a team, pick a team captain, choose a creative team name for 25 extra bonus points (i.e., Mad Mangoes) and send the information in to Becki Heinonen, Clerk, by

Friday, July 14th.

Each participant will receive a registration packet along with weekly supplements including a weekly log, rules, fruit and vegetable recipes and brochures along with easy ways to incorporate them into your daily eating habits.

The program will run July 23rd through August 26th. Fruits and vegetables can be fresh, frozen, canned or dried. They may be eaten plain or in recipes but should be prepared in a way that is low in sugar and fat (sorry, ketchup and fries do not count).

You will also receive two bonus points if you eat at least 3 vegetable and 2 fruit servings on the same day. Point reporting is on the honor system. Questions: call Terry Lee at x8792.

What is a Serving?

- One medium piece of fruit (apple, orange, etc.)
- 1/2 cup cut-up fruit (fruit salad, canned or cooked)
- 1/4 cup dried fruit (raisins, dates, etc)
- 6 ounces of fruit or vegetable juice (note: only 1 serving allowed per day)
- 1/2 cup raw or cooked vegetables
- 1 cup lettuce, spinach, leafy vegetables
- 1/2 cup dried, cooked or canned peas or beans.



Members of the winning LJC's Cardio-Competition Team with an average of 376 cardio exercise minutes per week !!!

Upcoming Events in & Around the Area:

- Fowlerville Fair (now through Sat., July 15)
- Wyandotte Art Festival (July 12–15)
- Children's Appreciation Days at all Metroparks (Sun. July 16th)
- Brighton Gazebo Concert at the Mill Pond (July 16-7pm) Elvis Tribute
- Ann Arbor Art Festival (Wed., July 19 to Sat., July 22)
- Tall Ships Celebration in Bay City (July 20 to July 23)
- Country Fair—Kensington Park (July 22-23) games, events, hayrides.
- Brighton Gazebo Concert / Mill Pond (July 23-7pm) Bonnie Rockets
- Brighton's Summerfest / Sidewalk Sales (July 27-29)

SNEAKING THOSE VEGGIES IN:



Slit a baked potato and fill with chopped spinach, tomato sauce & mozzarella cheese.

Toss sautéed veggies into an omelet or scrambled eggs.

Make your famous casserole & toss in carrots, broccoli or tomatoes.

Try a baked sweet potato or butternut squash instead of fries.

Pair sweet, crunchy veggies with salsa or your favorite dip.

Bake zucchini muffins, carrot bread or sweet potato pancakes.

Make a big pot of vegetable soup and add evaporated milk for a creamier version.

Saute veggies in sesame oil with sesame seeds (*Chinese*) or with olive oil and feta cheese (*Greek*) or olive oil, tomatoes & oregano (*Italian*).

Eating Fresh Berries is one of the pleasures of summer. And they deliver more than just a burst of sweetness (from Women's Health):

- **Blueberries**, one of nature's best protectors against cancer and heart disease (loaded w/ radical-fighting antioxidants and they are great brain food).
- **Raspberries** are a great source of ellagic acid and have more fiber than any berry and most fruits.
- **Blackberries** contain antioxidants, help lower cholesterol and blood pressure.
- **Strawberries** pack more Vitamin C than other berries and have fewer calories.
- **Cherries** can help lessen arthritic pain.

Other Five a Day Resources

<http://www.5aday.org/>

<http://www.dole5aday.com>

<http://www.cdc.gov/nccdphp/dnpa/5aday/index.htm>

● **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.

Series: 3

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 lowering your risk by taking steps to make yourself less vulnerable to hazards.

Perform a risk assessment: Look at your weaknesses and prepare ahead of time (tie down your mobile home, purchase smoke detectors and fire extinguishers, etc.)

Set up a Support Network: If you live in a mobile home park, make arrangements with a friend or family to go to their home during a tornado watch.

Determine your Insurance Needs: Bad things happen. Meet with your insurance agent to review your policies. Renters are just as vulnerable.

Flood Insurance: Regular homeowner policies do not cover flooding. Go to www.floodsmart.gov for more information.

Goal: To lower your risk by taking steps to make yourself and your family less vulnerable to hazards.

Go to www.do1thing.us