

# Wellness

## Logo Contest Winner

Located above is our new wellness logo—submitted by Kellie Prokuda of Planning. Kellie was awarded with a gift certificate to a local sports store. Many thanks also to the other 12 logos which were submitted by fellow employees.

## Poker Walk

Despite rainy and windy conditions, 122 employees participated in the Wellness Committee's Poker Walk. Employees who walked one mile (or 2000 steps) were given water, healthy snacks, lunch, a pedometer, a healthy-living magazine along with a chance for a \$50 sports store gift certificate. The employees with the best poker hand in all 4 walks were: Sandy Cooper, Sherry Godlewski, Bonnie Knight and Hope Wisely. Everyone had a great time despite the weather. Many thanks to those who helped with this successful event— more walking events will be planned for the future.

## Troopers

## Drink to Your Health ... with Water

Some nutritionists speculate that 80% of the country is walking around dehydrated. We drink too much coffee, tea and sodas containing caffeine which prompts the body to lose water. Water is necessary for

your body to digest and absorb nutrients. It detoxifies the liver and kidneys and carries waste away from the body. If you're dehydrated, your blood is actually thicker and your body has to work much harder to cause it to circulate. As a result, the brain becomes less active, it's harder to concentrate, your body feels fatigued and you just "poop out". Water is truly a "wonder drug." It will:

- ◀ Improve your energy
- ◀ Remove toxins & waste products from your body
- ◀ Help you lose weight (appetite suppressant)
- ◀ Allow for proper digestion
- ◀ Act as a healing tool for kidney stones
- ◀ Make you less susceptible to viruses
- ◀ Increase your mental & physical performance
- ◀ Keep skin healthy & glowing
- ◀ Reduce headaches & dizziness
- ◀ Help to keep you more alkaline
- ◀ Help prevent urinary tract infections
- ◀ Helps you recover quicker from viruses



<http://www.BetterWayHealth.com/drinking-water.asp>

## Walking Club Formed

On Mondays starting at 5:15 pm a walking club has formed and meets behind the Old County Courthouse to walk either a 20 or 40 minute walk. If it's a holiday or raining, we will meet on Tuesdays instead. Come and join the fun!

## HOW TO INCREASE YOUR WATER CONSUMPTION

An easy way to boost your fluid intake is to start the day with a 1-2 cups of water or herbal tea. These first glasses of water are so critical because you are reversing any mild dehydration that may have occurred overnight. You could leave a bottle of water handy for you to drink near your dressing routine. Try to get in the habit of taking a bottle of water with you in the car; freeze a half bottle of water and then just fill up the rest on your way out the door. *Remember not to reuse plastic bottles more than once or twice because they can leech harmful chemicals as the plastics begin to break down.* If you get bored with water, try adding lemon, lime or various flavored teas to your water.





### Flavored Water Recipes

**Flavored Water:** add 1/2 to 1 oz. flavored syrup to 16 oz. water.

**Sparkling Water:** add 1/2 to 1 oz. flavored syrup to 12 oz. club soda, water or seltzer.

**Low Calorie Flavored Water:** add 1/2 to 1 oz. sugar-free syrup to 16 oz. water.

Did you know . . .

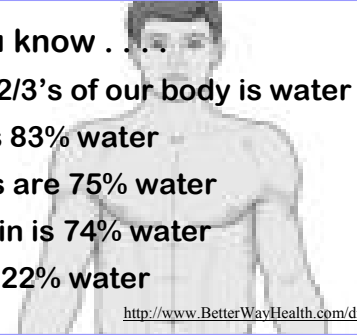
Almost 2/3's of our body is water weight:

Blood is 83% water

Muscles are 75% water

The brain is 74% water

Bone is 22% water



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## Vitamin and Mineral Supplements: What to Buy

When choosing vitamin and mineral supplements, pick one that contains no more than 150 percent of the Reference Daily Intake (RDI) for each nutrient. Some nutrients can be toxic in high doses, and much is still unknown about toxicity levels. Supplements of iron, zinc, chromium, selenium and other minerals can be toxic at levels not much higher than the recommended allowances. High levels (daily vitamin A intake of greater than 25,000 IU) can cause headaches and liver damage. More than 1,000 mg of vitamin C can cause cramps and diarrhea and may interfere with the body's ability to use other nutrients.

Natural and synthetic vitamins are virtually identical. Synthetic vitamins are cheaper to make because it would require mountains of natural foods to extract enough material to make all the vitamins sold. (The one exception is vitamin E: The natural form is biologically more active than the synthetic version. This has been taken into account, so when you buy 30 IU of synthetic vitamin E, you're getting the same as 30 IU of the natural form.)

<http://www.intelihealth.com>

### Is Bottled Water Better than Tap ?

Commentary by John Stossel, ABC News, 5/6/05

**Americans are spending billions on a drink that's virtually free—**

Many people say they buy bottled water because it tastes better. People also say they drink bottled water because they feel it's safer than tap water. Watching bottle water ads, you'd think that tap water might not be healthy. But it's not true. "20/20" took five bottles of national brands of bottled water and a sample of tap water from a drinking fountain in the middle of New York City and sent them to microbiologist Aaron Margolin of the University of New Hampshire to test for bacteria that can make you sick, like e. coli. "There was actually no difference between the New York City tap water and the bottled waters that we evaluated," he said. Many scientists have run tests like that and have consistently found that tap water is as good for you as bottled waters that cost 500 times more.

### Swamp Water with a Floating Hand (Great for Halloween & a kid-friendly recipe)

- OJ (lower sugar with pulp) 1/2 gallon (& 3 c. for frozen hand)
- Diet Ginger Ale—1 2 liter bottle
- 4-5 large scoops of lime sherbet
- Blue food coloring & clean rubber glove
- Gummy worms

Put a few drops of food coloring into punch bowl with OJ and diet ginger ale (the color and pulp gives the special effect). Add sherbet along with frozen hand: **Frozen Hand:** Freeze OJ and gummy worms in a clean rubber glove. Peel off glove and float in the punch. Looks disgusting but tastes great!!

Recipe

Station

### DON'T FORGET

#### OUR WALKING CHALLENGE:

Our goal is to log 8,600,000 steps by Halloween (100 participants to walk 5000 steps four times a week). Send in your walking log to HR after October 31st to become our "Walking Idol".

**Safety Tip: Always walk facing traffic but ride (i.e., bike) with traffic.**

**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.