



WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 8

APRIL 7, 2016

SPECIAL POINTS OF INTEREST:

- **Improve your Health with Humor!**
- **Brazos County Relay for Life Scheduled!**

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Help Your Health with Humor

Who doesn't love a good belly laugh? You know the kind that makes your stomach ache, your cheeks hurt and your eyes water? Not only is laughing fun, it is also good for your health. Laughter can make you feel better in the moment, but it also has long-term health benefits:

- It reduces stress hormones, increases immune cells and infection fighting antibodies. This improves your resistance to disease.
- It can lower blood pressure.
- It improves alertness, creativity and memory.
- It increases the intake of oxygen while stimulating the heart, lungs and blood vessels.
- It helps the body produce natural painkillers.
- It helps you get through tough situations and enables the body and mind to relax.



Give Yourself a Dose of Laughter

Try incorporating some healthy laughter into your day. Consider these ideas:

- Hang up silly pictures of your family and friends, comic strips or jokes around your home and office-make sure they are appropriate for the workplace!
- Look for the silver lining or comical aspects of everyday struggles. Associate yourself with others who try to do the same and avoid those who tend to focus on the negative.
- When you feel overwhelmed or negative, watch a funny movie, video clip, or play with your children or pet.
- Host a game night with family and friends.
- Listen to a comedy CD or radio on your commute to and from work.

You know what they say...laughter is contagious. So, spread some around to benefit your health and the health of those around you!

Sources: McGriff, Seibels & Williams, Zywave, Inc., <http://www.helpguide.org/>



Would you like to participate in Relay for Life Brazos County?

May 6th-7th, 2016 from 7:00 PM-7:00 AM
at Coulter Airfield

To register or for more info, click [here](#).

Can Disorganization Affect Your Health ?

Organization Seminar set for April 21st



Dr. Pamela Peeke, assistant clinical professor of medicine at the University of Maryland wrote in her book *Fit to Live*, “if you can’t find your sneakers, you aren’t taking a walk.” She is right! Getting organized is good for the mind and body. It helps reduce the risk of falls, helps eliminate germs and makes it easier to find items you need to exercise or to get the task at hand completed. Join us for this upcoming seminar that will cover organizational tips and answers to those tough spaces and how to get started one step at a time-these can applied at home or work!

Thursday, April 21st from Noon-1pm

MOB Basement Training Room

Speaker: Jill Wise, Wise Changes

Click [here](#) to register.

Asparagus Rice Salad Recipe

Ingredients

- 1 cup brown rice, short or long grained
- 2/3 cup water
- 1 bunch of asparagus
- 3-4 cloves of garlic, minced
- 1/4 cup olive oil, divided
- 1/2 cup grated Parmesan cheese
- Juice of 1/2 a lemon
- Salt and black pepper to taste



Combine the rice, water, and 1/4 t. salt in medium pot and bring to a boil, covered, over medium high heat. When boiling, turn the heat down to low and cook for 40 minutes. Leave cover on for an additional 10 minutes.

Meanwhile, bring 1/2” of salted water to a boil in a wide saucepan. Cook the asparagus spears in a single layer in the water until just tender. Remove with tongs and dunk in ice water. Drain and cut into 1” pieces.

Toss prepared asparagus with rice in a large bowl. Sauté the garlic in 2 T. olive oil for one minute. Pour over the rice mixture and drizzle on an additional 2 T. of unheated olive oil, the lemon juice, and the grated Parmesan. Stir to combine. Add salt and pepper to taste.

Serve at room temperature or chilled.

Source: www.localharvest.org

CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time

April 27th

8am-3pm at the MSC

CPR Renewal

April 27th

3-5pm at the MSC

Defensive Driving

April 28th

8am-4pm at the MSC

To register for a class, click [here](#).

Full CPR courses must have a minimum of four participants to make.

The Art of (Not) Falling

Contributed by: Howard Hart, Safety Officer

Did you know the act of walking is really nothing more than controlled falling? You lean forward and put your leg in front of you simultaneously. Your center of gravity shifts to the point where you fall in that direction, and your foot hits the floor. Repeat.

As long as you have good balance, you get to keep moving forward. Without good balance, (or timing) your choices are to fall forward, fall left or fall right. Regardless of the direction, as you get older, you will probably find that falling down happens more often and become more painful.

Where balance comes from is important, but it is more important to know how to keep or improve the balance you have. Here are a few tips:

When exercising, or when just standing, adjust the width of your legs. Try reaching out for something until you feel your center of gravity start to shift. Come back to the center. Knowing what your center of gravity feels like when it shifts is important. A wide stance should be easy. Try narrowing your stance and try again.

Once you've mastered that skill, try doing it on one leg. A common way to practice this every day is to put your socks on while standing. If you don't feel comfortable, stand near a wall that you can lean against if your center of gravity shifts too far.

To increase the challenge, and your balancing skills, try doing any of the above with your eyes closed. Your sense of balance is strongly tied to your vision. Don't forget to be careful as you test your body's limits. And, as always, Work Safe!



If you make an appointment at the City of Bryan/BISD Employee Health Center and decide you either no longer need the appointment or will not be able to attend due to scheduling conflicts, please call the Center to cancel at 821-7690. This will open your appointment slot up for another person in need. The Center reported 39 no-shows in February with 18 of those being City of Bryan employees/dependents. Let's work together to get those numbers down!



Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)
 Friday 7:30am-3:00pm (opened Noon-1pm)
 Saturday 8am-Noon (minor acute illness only-call for appt.)
 Limited walk-ins accepted from 7:30-8:30am during the week (acute illnesses only)
 Call 979-821-7690 for an appointment!
 Questions or concerns? Email CityOfBryanHealth@st-joseph.org

If you have wellness related news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:
 Lesley Ward
 Wellness Coordinator
 979-209-5050
lward@bryantx.gov
<http://wellness.bryantx.gov>