



WORKSITE WELLNESS NEWS

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JANUARY 8, 2009

SPECIAL POINTS OF INTEREST:

- City of Bryan Blood Drive
- Fitness Fanatic Award
- City of Bryan Weight Loss Competition
- Long-term Disability

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January is... National Blood Donor Month

Blood supplies are traditionally low during winter months. The holidays, inclement weather, travel and illnesses can cause our nation's blood inventory to become critically low. The month of January is especially difficult for blood centers such as the American Red Cross to collect donations.

Did You Know?

- **That one donation can save up to THREE lives!** Each unit of whole blood donated is separated into different components such as red blood cells, white blood cells, plasma, platelets. These can be transfused to people with different needs.
- **Every TWO seconds in America someone will need a blood transfusion!** Blood is used for accident victims, heart surgeries, cancer patients, premature babies, organ donations, sickle cell patients and in many other life threatening situations.
- **Blood has a limited shelf life.** Platelets must be used within 5 days of donation while red blood cells must be used within 42 days. Plasma is usually frozen and must be used within one year. Since blood products are perishable, new donations are needed daily.
- **You may donate whole blood EVERY 56 days!** Platelets can be donated up to 24 times per year, and plasma can be donated every 28 days.
- **60% percent of the United States population is eligible to give blood but only 5% of those actually do.**

Source: American Red Cross

Start the New Year Right. Give Life!



Friday, January 23, 2009
MSC Training Room
10:00AM-4:00PM



To sign up to donate or for more information, email lbecker@bryantx.gov or call 209-5050.

“ If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medication in the nation.”

-Robert H. Butler

Fitness Fanatic Named!!

And the winner is....Ted Fox

BTU employee Ted Fox has been selected as January's Fitness Fanatic. Mr. Fox is an avid bike rider and often rides his bicycle to and from work. Living in College Station near the Texas A&M University Campus makes his trip to work no short ride! He states that the trip is 10 miles round trip.

In addition to bike riding, Ted has a passion for running as well. He has competed in several 10K events and marathons as far away as New York City! He usually runs approximately twenty-five miles per week.

Ted's co-worker, Marie

Angonia nominated him for this award and admires him for his dedication to a healthy lifestyle.



This is a monthly award that will be given to an employee who is working towards or has achieved a health/wellness related goal. A nomination reminder will be sent out each month. The winner will receive a \$20 gift card and the nominator a \$10 gift card. Keep the nominations coming and keep working towards those goals!



Try something new...Sweet Potato Fries

Research shows that orange and deep yellow fruits and vegetables contain nutrients that can help maintain heart health, vision, immune system and can lower the risk of some cancers. Try this simple recipe that your whole family will enjoy!

- **3 medium sweet potatoes**
- **2 teaspoons Extra Virgin Olive Oil**
- **1-1 1/2 teaspoons of your favorite seasonings (Cajun, garlic, rosemary, paprika, cinnamon)**

Wash sweet potatoes, trim ends and cut out any bad spots. Cut into 3-4 inch long and 1/4 inch thick strips (like steak fires). Place in a bag with olive oil and seasonings. Shake to coat. Arrange on cookie sheet in a single layer. Bake at 400 for 30-40 minutes. Enjoy!

City of Bryan Weight Loss War About to Begin!



- Contact the Wellness Coordinator with your intent to participate by January 9, 2009.
- Attend initial weigh-in on January 12, 2009. All numbers will be recorded by a Snap Fitness Trainer. Sorry, no late registration.
- Pay \$10.00 to the "Weight Loss War Pot" at initial weigh-in.
- Attend weigh-ins each Pay Day.
- Attend optional walking classes, lunch n' learns and fitness sessions throughout the duration.
- The employee with the greatest weight loss at the final weigh-in on April 9th will win the pot!

This is a great opportunity to lose weight and feel better about yourself with the New Year now in progress. This is also a great chance to compete against co-workers to see who can lose the most!

For more information or to register, e-mail lbecker@bryantx.gov or call 209-5050.

