



# WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 6

FEBRUARY 6, 2009

## SPECIAL POINTS OF INTEREST:

- **Go Red For Women!**
- **Weight Loss War**
- **Fitness Fanatic**
- **Walk Across Texas**

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## Go Red for Women Month

### 10 Ways to Love Your Heart

- ♥ Get regular check-ups.
- ♥ Know your blood pressure and cholesterol numbers.
- ♥ Follow your doctor's recommendations for diet and exercise.
- ♥ Take prescribed medication as directed.
- ♥ If you smoke, quit now!
- ♥ Get at least 30 minutes of moderate physical activity each day.
- ♥ Eat a heart-healthy diet, including fruits and vegetables, whole-grain foods and fish.
- ♥ Limit foods high in saturated fats and cholesterol.
- ♥ For average Americans, limit your salt intake to 2,300 mg of sodium per day.
- ♥ If you drink alcoholic beverages, drink in moderation-an average of no more than one drink per day.



Source: American Heart Association

**City of Bryan Goes Red!**

The City of Bryan joined the American Heart Association's fight against heart disease by holding our own Wear Red Day!  
Wednesday, February 4, 2009

**Participants donated \$5 to AHA and were able to wear red and jeans to work that day!**

**Thanks to everyone who participated! We raised \$230!**



### Weight Loss War Under-Weigh!

The City of Bryan "Weight Loss War" kicked off on January 12, 2009. Thirty-eight employees signed up to participate. Snap Fitness Trainers were on hand to take the participants' weights and measurements. All weigh-ins are held on pay day. Participants are competing against each other to see who can lose the most weight by April 9th and for a cash prize of \$380! Good luck to all of the "Weight Loss Warriors!"

# Fitness Fanatic Named!!

## And the winner is....Carla Zgabay



Water Services Employee Carla Zgabay is this month's Fitness Fanatic! Carla was nominated for her dedication to improving her overall health. She walks on a regular basis, often during her lunch break and also in the evenings.

Co-worker Linda Lindan reports that "you will never see Carla eating junk food or partaking in the goodies that are brought to work." Her food selections are always healthy. Carla has lost almost seventy-five

pounds since she started her health journey two years ago. She says that she stays motivated by treating herself to something yummy each week! Congrats to Carla! Be sure to give her a pat on the back if you see her!

*"Nothing is particularly hard if you divide it into small steps"*  
-Henry Ford

### Walk Across Texas to Begin in February!

**What?** Walk Across Texas is a statewide fitness program that encourages its members to increase their physical activity and take steps towards living a healthier lifestyle.

**When?** February 21-April 25, 2009

**Who?** You and seven of your friends, co-workers or neighbors!

Let's see how many City of Bryan Teams we can have participate! To register and for more details, contact Lesley Becker at 209-5050.

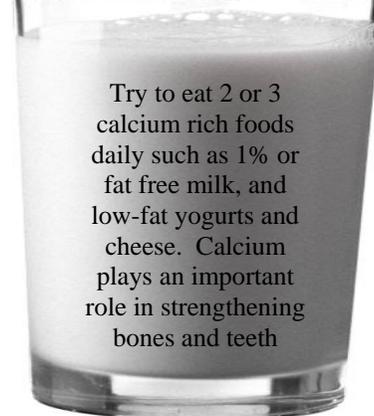


### City of Bryan Blood Drive a Success!

The City of Bryan hosted a blood drive on Friday, January 23, 2009 at the Municipal Service Center. The American Red Cross was on hand to accept donations. We were able to collect twenty units. Each unit is able to save up to three lives!

**Our next drive will be March 20th in the MOB Basement 10AM-4PM**

### Boost Calcium Intake



Try to eat 2 or 3 calcium rich foods daily such as 1% or fat free milk, and low-fat yogurts and cheese. Calcium plays an important role in strengthening bones and teeth

# Know Your Benefits



**Did you know that 1 in 3 Americans has one or more types of heart disease?**



Log on to [www.bcbstx.com](http://www.bcbstx.com) between now and February 20, 2009. Take a FREE Health Risk Assessment. By doing this you will learn about potential health risks, heart disease and get tips on how to improve your overall health! Blue Cross Blue Shield of Texas will also donate \$5 to the American Heart Association for your completion of the survey.

## Plan Ahead in 2009!

Become a Blue Access Member and take an active role in your health care. You will be able to view and print a preventative care checklist and make the most of the short time allotted for your future doctor visits. Visit the Blue Cross Blue Shield Website to learn more and begin earning Blue Access Points!

## Try this easy meal...Mushroom Quesadillas

- Vegetable oil spray
- 8 ounces slice fresh mushrooms
- 1/2 medium onion, sliced, separated into rings
- 1 teaspoon minced garlic
- 3 tablespoons chopped fresh cilantro
- 3 8-inch whole-wheat flour tortillas
- 6 tablespoons low-fat Monterrey Jack or low-fat Cheddar Cheese



Preheat oven to 350°F.

Spray a large skillet with vegetable oil spray. Cook mushrooms, onions and garlic over medium heat until onion is tender. Stir in Cilantro and remove from heat.

Arrange one-third of the mushroom mixture on half of one tortilla. Sprinkle with 2 tablespoons of cheese. Fold over and place on a baking sheet. Repeat with remaining ingredients to make 3 quesadillas total. Bake for about 5 minutes or until filling is hot. Enjoy!

Source: American Heart Association

Are you interested in hearing about ways to keep your heart healthy?

Heart Health Seminar  
February 12th  
9-10AM

MOB Basement

Speaker will be from Central Texas Heart!  
Please RSVP by emailing [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

If you have news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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Copies of this newsletter are available in Risk Management.