



WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 9

MAY 7, 2009

SPECIAL POINTS OF INTEREST:

- Sleep Tips
- Sleep Seminar Scheduled
- Walk Across Texas Concludes

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May is...Better Sleep Month

It's important to make sure that you get enough sleep each night and that it is healthy and restorative. The Better Sleep Council recommends the following tips to make sure that you are getting a good night's rest!

1. **Make sleep a priority** by keeping a consistent sleep schedule even on the weekends.
2. **Create a bedtime routine that is relaxing.** This may include reading, taking a hot bath or listening to soothing music.
3. **Make sure that the room that you are sleeping in is dark, quiet, comfortable and cool** to get the best possible sleep.
4. **Evaluate your mattress and pillow to ensure comfort and support.** If your mattress is five to seven years old, it may be time for a new one. Pillows should be replaced once per year.
5. **Keep work materials, computers and televisions out of the bedroom.**
6. **Exercise regularly,** but make sure your workout is complete at least two hours before you go to bed.
7. **If you sleep with a partner, your mattress should allow each of you to move easily.**
8. **Avoid meals, alcohol, nicotine and caffeine close to bedtime.**

Source: www.bettersleep.org, www.nhlbi.nih.gov



If You Don't Snooze, You Lose!

Wellness Seminar scheduled for May 27, 2009

Topics covered include: the importance of sleep and how much is enough; sleep disorders; alternative methods to promote better sleep

MOB Basement Training Room
12pm-1pm



Call Risk Management to RSVP by May 22, 2009

Body Fit Class

An Aerobic Class With Flare!

Monday/Wednesday
5:15-6:00pm
MOB Basement
\$75 with voucher available in Risk Management





Fitness Fanatic Named!!

And the winner is....Sonia Cerda

BTU employee Sonia Cerda is May's Fitness Fanatic. Over the last couple of months Sonia has been very dedicated to a regimented fitness program. She has been working out at a local gym, jogging on her own and participating in a boot camp. Not only has she increased her

physical activity but she has also changed her eating habits as well. She has been given a diet suggested by her boot camp instructor and does her best to follow this on a daily basis. Her coworkers report that she has made noticeable improvements in her overall appearance since

deciding to live a healthier lifestyle. Sonia reports that she made these changes because she wanted to feel better about herself in general! Congrats to Sonia on her achievements! Keep up the good work. Give her a pat on the back when you see her and a encouraging word!



Walk Across Texas 2009 Concludes

Walk Across Texas! participants celebrated the completion of the eight-week physical activity program April 25th. The event was held at John Crompton Park and included a warm-up session, obstacle course and awards ceremony. The

City of Bryan had seven teams that recorded their miles for the duration of the program. The top COB team, Stroke Across Texas, accumulated 2,155 miles. Howard Hart served as the team captain. The seven COB teams combined

logged over 8,600 miles with six of the teams walking from El Paso to Orange! While the eight weeks of recording miles is over, all participants are encouraged to continue exercising daily and encouraging family, friends and coworkers to do the same.



Would you Recognize a Stroke?

The American Heart Association has designated May as American Stroke Month. They urge you to take the time to learn the risk factors for stroke and the warning signs.

Stroke can happen to anyone however the following can put you or a loved one at higher risk:

- High blood pressure
- Obesity
- Smoking
- Excessive alcohol use

Know the signs of stroke and call 911 immediately if you or a loved one experience any of these:

- Sudden numbness of the face, arm or leg
- Sudden confusion, trouble speaking
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness



Know Your Benefits



Tobacco Cessation and Weight Management Programs Available

Everyone can use a little-or a lot-of help sometimes. Every year Americans spend billions on fad diets, exercise equipment and nicotine cessation products.

Blue Cross and Blue Shield of Texas is committed to encouraging you to make healthy lifestyle choices and increase awareness of disease prevention. Through Blue Care Connection®, BCBSTX has tobacco cessation programs and weight management programs. Participants have access to a Personal Health Manager, BlueExtraSM Discount Program, and a 24/7 Nurseline Audio Healthy Library.

Members who choose to work with a Wellness Coach to reach their goal, receive a FREE toolkit that will provide additional support during their journey to stop smoking or lose weight. For more information, log on to www.bcbstx.com today!

To Eat or Not to Eat...what is the best snack choice?

Approximate number of calories **Snack**

10 calories	1 large stalk of celery
25-30 calories	1 cup raw vegetables 6 medium baby carrots
60 calories	2 cups air-popped or light popcorn 1 cup of cantaloupe or grapes 1 small can of vegetable juice
100 calories	1 cup sliced bananas and fresh raspberries 2 domino-sizes slices low-fat cheddar cheese 1 fat-free chocolate pudding cup
150 calories	1/2 cup frozen, low-fat yogurt with 1/2 cup blueberries 1 cup sliced apples with 1 tablespoon smooth peanut butter
200 calories	1/3 cup granola 1 cup low-fat cottage cheese topped with 1/2 cup sliced fresh peaches



Hand-washing Tips

1. Use clean water and apply soap. Use warm water if available.
2. Rub hands together to make a lather and scrub all surfaces.
3. Continue rubbing hands for 20 seconds. Imagine singing "Happy Birthday" twice!
4. Rinse hands well under running water.
5. Dry your hands using a paper towel or air dryer.



Save the Date!
2009 Health & Safety Expo
Thursday, June 11th
10am-3pm
@ the Brazos Center
Attend for a FREE t-shirt and a chance to win the grand prize valued at \$150.00!

If you have wellness 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.