



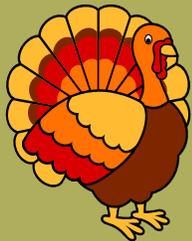
# WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 3

NOVEMBER 7, 2008

## SPECIAL POINTS OF INTEREST:

- Fall Fitness Tips
- Great American Smokeout
- Benefit Fair Scheduled



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## 10 Tips for Fall Fitness



1. **Take advantage of the weather:** These months are a great time to exercise outdoors and enjoy the cooler temperatures. **Remember:** It does not have to seem like exercise to be a great workout. Raking leaves is a great way to burn calories!
2. **Think outside the box:** Fall is a great time to gain new physical skills. Lots of gyms have new classes starting in the Fall. Try something new like kickboxing or Pilates!
3. **Be an active TV watcher:** Walk or jog in place while watching the Fall Premiere of your favorite show!
4. **Integrate exercise into your daily life:** Take the stairs at work instead of the elevator, take a walk during your lunch break or park further away from your destination.
5. **Rejuvenate yourself:** Fall is the time to rejuvenate your body, mind, and spirit. Get a massage after you run or walk. Take an art class. Treat yourself not just with exercise but with activities that promote wellness.
6. **Remember the 30 day rule:** It takes the body about 30 days to adapt to a lifestyle change. Stick with a fitness program for a month and it will be much easier to stick with after that!
7. **Strive for the 3Cs:** Exercise takes a *commitment*. Put it on the calendar because late always turns into never. Choose a gym that is *convenient* or an activity that is close to home. Finally, there is *consistency*. It is better to work out for 10 minutes a day than one hour per month!
8. **Deal with darkness:** Just because it is dark outdoors does not mean you cannot exercise. Wear a reflective vest and carry a flashlight. Make use of local tracks or fitness facilities.
9. **Dress in layers:** Layer your clothing if exercising outside. You may feel chilled at first; however, once your blood gets pumping, you may feel overdressed.
10. **Find your motivation:** Choose an activity that you are interested in and will likely keep up with. Set goals. **Remember:** Anything worth having takes work!

Info adapted from [www.webmd.com](http://www.webmd.com)

Join Gold's, Snap Fitness, Curves or Aerofit Today!

Your monthly fees are payroll deductible. Come by Risk Management to sign up!



# Great American Smokeout... November 20th

*Kick the Habit this Month!!*



Every year smokers across the United States take part in the American Cancer Society's Great American Smokeout by quitting for the day. This event brings awareness to smokers and reminds them of the many ways to quit for good!

**Come to Risk Management on or before November 20th and participate in the "Cold Turkey" Challenge!**

Pledge to avoid smoking for 24 hours or support a co-worker in their efforts to quit and be entered in a drawing to win a Thanksgiving turkey!



## The Four Ds to help QUIT!

**D**eep Breaths

**D**o something to take your mind off of the craving

**D**rink lots of water throughout the day

**D**elay reaching for the cigarette-the urge will pass!

Sign up for the American Cancer Society's Quitline at [www.cancer.org](http://www.cancer.org) or by calling 1-800-ACS-2345.

## "Healthy" Pumpkin Pie Recipe

### Ingredients:

- \* 1 (15 ounce) can pumpkin (about 1 3/4c)
- \* 8 ounces skim milk
- \* 3 egg whites
- \* reduced fat graham cracker crust
- \* 3/4 cup Splenda sugar substitute
- \* pumpkin pie spice



### Directions:

1. Preheat oven to 425°F
2. Mix pumpkin, milk and egg white, until smooth
3. Gradually stir in Splenda (1/4 cup at a time)
4. Add the pumpkin spice; taste and add more if need be.
5. Pour into crust\*\* and spread evenly
6. Bake in the oven for 15 minutes then reduce heat to 350°F and bake for another 45 minutes (may vary depending on ovens).
7. Let cool and serve
8. \*\*To make crust shiny and less soggy, brush with beaten egg whites and bake at 350°F for about 5 minutes.

## Healthy Eating During Harvest Season

- Apples*
- Pumpkin Seeds*
- Corn on the Cob*
- Fresh Tomatoes*
- Garden Vegetables*
- Pecans*



*Lunch N' Learn*  
*Scheduled for*  
*November 12, 2008*  
*MOB Training Room*  
*Topic: Basic Nutrition*  
*Must RSVP*



# Know Your Benefits



## Benefits Fair Scheduled

November 17, 2008

11 AM-1:30 PM

Municipal Office Building (Basement)

3:00 PM-5:00 PM

Municipal Service Center (Training Room)

Representatives from the following will be on hand to answer questions about available benefits and programs:

Blue Cross Blue Shield, CVS/Caremark, Spectera, EAP, Minnesota Life, ICMA, Aerofit, Gold's, Snap Fitness

[BeSmartBeWell.com](http://BeSmartBeWell.com)



**Be Smart. Be Well.** Is brought to you by Blue Cross Blue Shield of Texas. Their mission is to build awareness of largely preventable health and safety issues.

**Featured Topic:  
Mental Health**

**Each year 58 million Americans experience a diagnosable mental disorder.  
That is one in five American families!**

*Visit the website to learn all about signs and symptoms of mental disorders along with hearing from medical experts and stories from those who have experienced this first hand.*

## Retiree Corner

Holiday Luncheon

December 3, 2008

11:00 AM

Municipal Office Building Basement

Speaker: Rick Stern, ICMA



**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.**