

2015

September Coordinator's Bulletin

Need Exercise Motivation?

Are you hoping that exercise will help you lose weight? Boost your energy? Sleep better? Manage a chronic condition? Improve your mood? **Write it down!** Seeing the benefits of regular exercise on paper can help you stay motivated. Keeping an exercise log and documenting how you feel during and after is a great way to keep you going. The idea of seeing your progress on paper is enough to not skip a workout and plug through even if you are tired. Make sure you document how you are feeling before, during and after your exercise. You will be surprised but after a while you will feel better and energized during and after your activity. Give it a try and let us know how you do!



If you are interested in scheduling some classes that will help you stay motivated, try “Overcoming Exercise Barriers” and “Making Fitness Fit” by contacting Danielle at dyale@memun.org.

Let Them Eat Fruit!

Looking for a quick and easy way to expose your coworkers to healthy foods... particularly fruit? Put a monthly fruit basket in the break room with some interesting fruits for people to try (you might even be able to get some coupons from local orchards, fruit stands, or grocery stores to hand out too). Fall is a great time to try different varieties of apples, or spice it up with some tropical fruit.

Kiwis are an often overlooked fruit powerhouse that many people haven't tried. You can even include some interesting fruit facts, such as:



One kiwi provides an entire day's worth of vitamin C along with a nice dose of fiber, potassium, folate, and antioxidant phytochemicals!

September Health Observances and Holidays

September 7: Labor Day
September 1-7: National Childhood Injury Prevention Week
September 7-13: Suicide Prevention Week
September 27-October 3: Active Aging Week
September 30: National Women's Health & Fitness Day
Fruit and Veggies Matter More Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Cholesterol Education Awareness Month
National Menopause Awareness Month

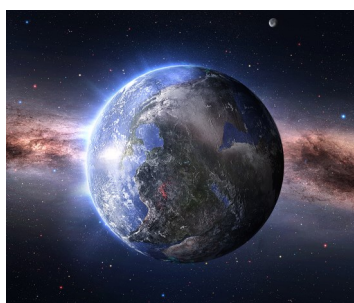
2 New Classes!

Ditching the Diet

Losing weight is not easy. It takes commitment, focus and hard work. If you're looking to "lose 10 pounds in 10 days" then this is NOT the class for you. But if you want to lose weight in a healthy way and learn strategies to keep it off for good, then come join us! The emphasis of this class will be on weight loss but focusing on using strategies that support a healthy lifestyle too. To schedule this one hour class, contact Anne Charles at acharles@memun.org or 1-800-452-8786, ext. 2292.



You Have Entered The Blue Zone – how you can create a blue zone around you!



What was discovered in the Blue Zones is that the path to a long, healthy life comes from creating an environment around yourself, your family, and your community that nudges you into following the right behaviors subtly and relentlessly, just as the Blue Zones do for their populations. Several communities in the United States have committed to making their community a Blue Zone. This can be done anywhere if people are willing to open their minds to being healthier. The Blue Zones have realized if you make the environment, also known as the culture around you, more conducive to health and wellness that everything else will fall into place and the people will begin or least have the resources to make healthier choices themselves. Contact Danielle at dyale@memun.org to schedule this NEW class!

Try Something New: Yoga!



September is National Yoga Month (a national observance designated by the Department of Health & Human Services) designed to educate about the health benefits of yoga and to inspire a healthy lifestyle. Although yoga has been around for thousands of years, it's become increasingly popular recently and has undergone quite the makeover. From the sweat inducing intense yoga, to very gentle beginner yoga, or even yoga for pregnant women or those who suffer from chronic health conditions...there is a yoga class for everyone!

Yoga offers many benefits, from reduced stress to improved strength and flexibility, but it can also be intimidating for those who have never tried it to sign up for a class. **This month (or in the near future), consider inviting a yoga instructor in to your worksite to showcase some basic yoga poses and introduce those in your office to the benefits of this great exercise.** In the meantime, you can distribute the attached "8 Gentle Yoga Poses You Can Do From a Chair" from SparkPeople.com to introduce employees to some relaxing and rejuvenating moves!

Upcoming...October Health Observances



- Domestic Violence Awareness Month
- Health Literacy Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression and Mental Health Screening Month
- National Mental Illness Awareness Week (October 4-10)
- Make a Difference Day (October 24)