

Providing your wellness committee with updates and relevant health information!

Wellness Works Coordinator's Bulletin

February 2016



Highlights from this Month's Bulletin:



Are You Going to Eat That?

A closer look at what's in our food.

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Check This Out!

Our new water bottle inspires hydration. See how on

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Fitness Assessment Update

Find out what's new with our program.

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Feeling Winter's Chill?

A great winter wellness idea.

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Don't Forget About State Parks

Winter weather provides a whole new way to enjoy this natural resource across the State of Maine!

Many of us love to visit our beautiful state parks in the summer and fall months, but as temperatures dip, we forget that they even exist. However, many of the parks throughout Maine are open for outdoor recreation in the winter months, some even host days for individuals to come and try out snowshoes or cross country skis for free! Visit www.parksandlands.com for a full list of winter park activities and events. Promoting these events, or even hosting a day at a park for employees is a great way to keep people active during the winter months!

Not sure that you can hack a cold day outdoors getting active? Maybe you need to offer Danielle's Winter Workouts class so you will be prepared to brave the outdoors no matter what the temperature! Contact her at dyale@memun.org to schedule this great wintertime class for employees at your worksite!

Are You Going to Eat That?

Do you know what Sorbitan Monostearate is? If you're not sure, chances are your coworkers won't have a clue either! The truth is that processed foods with complicated ingredients like this now comprise a significant portion of the American diet. While processed foods offer much in terms of convenience, they offer very little in the way of healthy nutrition. This month, raise awareness about the hazards of nutritionally-inept processed foods by offering employees a fun quiz (we have attached a PDF of this quiz to this month's bulletin so you can send it to your coworkers).

Try to identify which common food these ingredients are from:

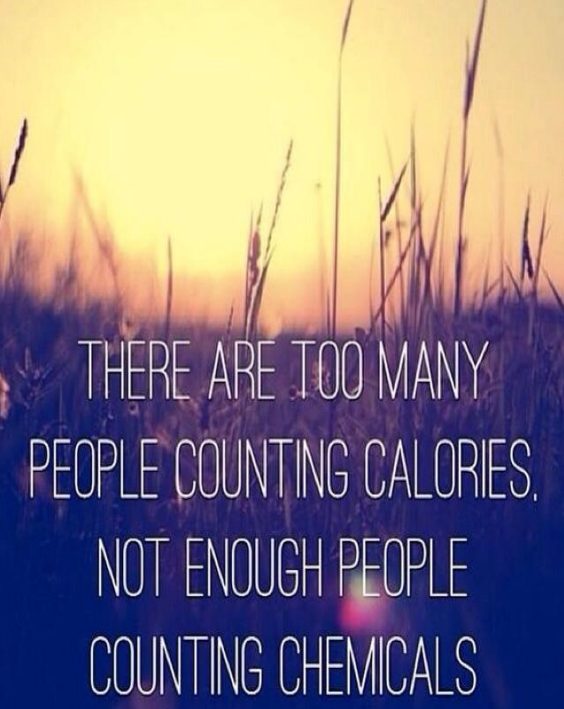
INGREDIENT LIST A: WATER, CORN SYRUP, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNAL OILS), HIGH FRUCTOSE CORN SYRUP, LESS THAN 2% OF SODIUM CASEINATE (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, XANTHAN AND GUAR GUMS, POLYSORMATE 60, SORBITAN MONOSTEARATE, BETA CAROTENE (COLOR).

INGREDIENT LIST B: SUGAR, CORN SYRUP, MODIFIED WHEY, COCOA, HYDROGENTATED COCONUT OIL, NONFAT MILK, CALCIUM CARBONATE, SALT, DIPOTASSIUM PHOSPHATE, MON- AND DIGLYCERIDES, ARTIFICIAL FLAVOR, CARRAGEENAN.

INGREDIENT LIST C: SUGAR, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WATER, CORN SYRUP, CORN STARTCH, ARTIFICIAL FLAVORES, MONO AND DIGLYCERIDES, CELLULOSE GEL, SALT, PROPYLENE GLYCOL, MONOSTEARATE, CARRAGEENAN, ARTIFICIAL COLOR RED 40 AND YELLOW 5, POLYSORBATE 80, POTASSIUM SORBATE, CITRIC ACID, CELLULOSE GUM, SOY LECITHIN, SODIUM STEAROYL LACTYLATE.

INGREDIENT LIST D: SUGAR, WATER, ENRICHED BLEACHED WHEAT FLOUR, PARTIALLY HYDROGENATED VEGETABLE OILS, HIGH FRUCTOSE CORN SYRUP, COCOA PROCESSED WITH ALKALI, PALM OIL, CORN SYRUP, SOYBEAN OIL, PARTIALLY HYDROGENATED VEGETABLE AND/OR ANIMAL SHORTENING, MODIFIED CORN STARTCH, SOY FLOUR, DATEM, SODIUM STEAROYL LACTYLATE, CORN STARTCH, MONO AND DIGLYCERIDES, SOY LECITHIN, LEAVENINGS, SALT, CALCIUM AND SODIUM CASEINATE, CELULOSE GUM, XANTHAN GUM, POLYSORBATE 60, SWEET DEAIRY WHEY, SOY PROTEIN ISOLATE, GLUCOSE, WHOLE EGGS, EGG YOLK, NATURAL AND ARTIFICIAL FLAVORS, SORBIC ACID.

Answers: A= Whipped Topping, B= Hot Chocolate Mix,
C= Vanilla Frosting (canned), D= Snack Cake



THERE ARE TOO MANY
PEOPLE COUNTING CALORIES,
NOT ENOUGH PEOPLE
COUNTING CHEMICALS

Want more information about nutrient rich foods? Danielle and Abby offer many classes that focus on clean eating, food as fuel, and other nutrition inspired topics. Contact them at dyale@memun.org or adipasquale@memun.org to find a class that is right for you!

Source: Wellness Council of America, www.welcoa.org

Fitness Assessments Update

As many of you know, we have changed the wellness profiles into two separate programs: the Blood Pressure/Cholesterol Clinic and the Fitness Assessments. We have been working with Maine General (who provides the technicians for the BP/Cholesterol Clinic) and are pleased to announce that we can now offer both of these assessments at one time. Our staff will work with Maine General staff to screen employees during the same time period on the same day. Each screening will take approximately 30 minutes to complete.

As an added bonus, Wellness Works now also offers the handbook "Fitness that Works: Simple Moves to Make Exercise Happen from 9 to 5" to anyone who participates in the Fitness Assessment. This booklet can offer your employees a proven fitness program that will help them move more throughout the workday—without breaking into a sweat or even leaving their cubicle to realize the benefits.

To schedule the Fitness Assessments, contact Danielle (dyale@memun.org) or Abby (adipasquale@memun.org).

American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Employers, health professionals, and families can work together to create opportunities for people to make healthier choices. By spreading the word about strategies for preventing heart disease and encouraging people to live heart healthy lives, your wellness team can touch the hearts of all employees.

February is American Heart Month, get involved by promoting heart healthy activities and foods at your workplace, or offer a Know Your Numbers class with Abby (adipasquale@memun.org). The American Heart Association has created a toolkit for promoting heart health. Check it out at <http://www.heart.org/HEARTORG/>

Feeling Winter's Chill?

We all know the best way to get people to show up is to offer them food...so why not host lunch for your employees this month?

February is a great time to tempt people's taste buds with a nice healthy, delicious soup or stew. Many soups and stews are naturally healthy or can be adapted to be on the healthier side!

Pull together members of the wellness team to each make a crockpot of a soup or stew and invite employees to come dine with you. If you don't have cooks on the team, consider hosting a soup day potluck where any employee can bring something (*preferably healthy*, to share).



Have You Seen Our New Water Bottle?

This 32 ounce water bottle is a great way to motivate you to stay hydrated. The water bottle is designed to help people track their water consumption throughout the day. Simply fill the bottle in the morning and follow the prompts to ensure you meet each timeline by the time listed (morning on the left, refill at 1:00 p.m., afternoon on right) This water bottle is equipped with a cap that unscrews for open-top drinking and is BPA free.

The water bottle is a 300 point item in our incentive program. For more information about the incentive program, contact Anne Charles at acharles@memun.org.



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