

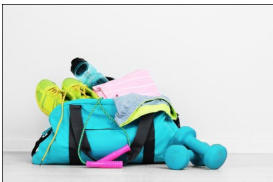
# Wellness Works Coordinators' Bulletin

November 2018

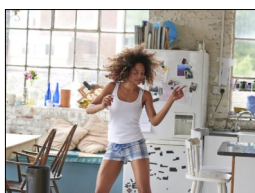
Providing your wellness committee with  
updates and relevant health information!



**Go For The Garlic**  
There may still be  
time to plant garlic in  
your garden!  
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Better Health**  
It's fun and so much  
more!  
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## Wellness Your Way

Many of you have started planning what your wellness program will look like for 2019. Beyond offering wellness classes consider offering the Wellness Your Way program to your employees...**what is Wellness Your Way???** Wellness Your Way is a program designed to help you create a program your way! It is a great way to promote different wellness messages and themes in short, easy to implement steps. Whether you want a multi-week program (4, 6, 8 or 12 weeks), once a month, once a quarter, or just to fill in during months when other wellness activities are taking a back seat—we designed this program with you in mind!

We understand that it can be hard to gather information, create programs, promote what you are doing and then track it all on top of that. Wellness Your Way will take the guess work out of implementing a wellness program at you worksite and give you step by step directions to begin a wellness challenge today!

Each challenge will include the following information for you to use:

- ◆ **Getting Started Guide**—which will walk you through the basics of getting the program going.
- ◆ **Promotion**—all the flyers, email messages and promotional materials you will need to get people interested in this program.

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- ◆ **Resources**—Wellness Works offers a wide variety of education topics, some of which would go along perfectly with these wellness challenges. Here is where you will find potential class ideas and websites to add value to your program.
- ◆ **Incentives**—a good challenge always has good incentives. We have created lists of potential incentives that might increase the interest and participation in each of the wellness challenges.
- ◆ **Pre- & Post- Tests**—having measurable results is a great way to add credibility to your program and get people excited about wellness. These tests may be in the form of handouts or assessments that you can offer at your worksite to track changes in health and fitness.
- ◆ **Track It**—what good is a challenge if we don't track it? Tracking forms and program handouts will be included in this section.
- ◆ **Step It Up**—a one week challenge is a great way to get people motivated, but how can we continue to build on the momentum we have created? With month long challenges, of course! These 30 day challenges will inspire and push participants to make lifestyle changes that will improve their health and wellbeing.

For more information, please contact Anne Charles at [acharles@memun.org](mailto:acharles@memun.org).

**Wellness Your Way topics include:**

- 5-2-1-0 Let's Go!
- Hydration
- Let's Get Flexible and Stretch!
- Physical Activity
- Kick the Sugar Habit
- Kindness
- Eat Your Fruits and Vegetables
- Portion Control
- Tech Detox
- Take Care of You!
- Go Green

## Go For The Garlic

As scientists look more deeply into the effects of diet on health, they're finding that more and more everyday foods offer benefits that go well beyond making dishes tastier.

Garlic, an ingredient found in almost every type of cuisine, is emerging as one such superfood.

Part of the allium family, which includes onions and leeks, garlic has a number of compounds that supply its health-boosting effects as well as its pungent aroma. According to wide-ranging research, garlic seems to improve immunity and heart health, help fight certain cancers, and lower triglycerides and total cholesterol.

Some of these benefits can be seen after eating just one meal with raw garlic. Yet overall there's enough evidence to have at least half a clove every day, researchers suggest.

Garlic is readily available and relatively inexpensive. Buy one whole head of garlic at a time -- the skin should be dry and papery and the visible bulbs should be firm and full, not shriveled.

To get the most benefits, chop, slice or crush fresh garlic to use it. This fires up a process that makes its compounds more potent. Wait 5 to 10 minutes before eating or adding to a dish, especially if you'll be mixing it with a highly acidic food like lemon juice.

Some easy ways to use minced raw garlic are to blend it into avocado, along with red onion, jalapeno and cilantro for guacamole; into chickpeas for hummus; or into cooked white beans for bean dip. Whisked into oil and vinegar with your choice of herbs, garlic adds zest to salad dressings and marinades.

But you don't have to always eat it raw. As long as the garlic is prepped as suggested and added toward the end of a recipe, it will retain its nutritional value when cooked.

If you act quickly, you may still have time to get your garlic in the ground before the snow flies. Garlic is one of those unique crops that is planted in the fall and stays in the ground through the winter and spring and is harvested in the summer months. For more information on planting garlic in your Maine garden, visit: <https://extension.umaine.edu/agriculture/garlic/> or simple search for "Grow Garlic in Maine."

**It is never too early to start thinking of your 2019 garden or to begin booking gardening classes with Abby, contact her at [adipasquale@memun.org](mailto:adipasquale@memun.org) to schedule a class today!**

Source: Health Day News, 2018

# Fitness Strategies to Stay Motivated

If you're not jazzed by solitary workouts, branch out. Invite a friend, neighbor, co-worker, your partner and/or kids to join you. You can also take a class at your gym or local fitness center. Social support can help keep you motivated.



It's tough to fit in a daily workout, but being prepared to exercise can make all the difference. Lay out workout clothes the night before; stock the fridge with water bottles and healthy grab-and-go snacks. Keep athletic shoes and socks in your car so that you can sneak in laps during your child's practices or rehearsals, during a lunch break, or in between running errands.

Don't forget to reward yourself! After you exercise, take a few minutes to sit down and relax. Reflect on what you've just accomplished and savor the positive feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise.

External rewards can help too. When you reach a long-range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.

## Dance Your Way to Better Health

By Abby DiPasquale

I recently signed my kids up for a recreation dance program. It was meant to be a “no-pressure” introduction to dance, but I have found it is so much more! My oldest daughter has cerebral palsy, so needs some extra assistance to participate in the program, so that means I am doing a recreation dance program too! Not something I thought I wanted in my world, but I have found that it is FUN to dance around and act silly for an hour.

I think we all know that exercise is good for our bodies and minds, but did you know that scientists with the U.S. Centers for Disease Control and Prevention (CDC) have found that areas of the brain that control memory and planning and organizing skills tend to get stronger with exercise. The CDC reports that dancing is a particularly good form of exercise, since it adds the dimensions of rhythm, balance and music.

**So how do you incorporate dancing into your life? Try these options:**

- ⇒ Grab a friend and sign up for a dance class. Check your local adult education programs for some low-cost and fun options!
- ⇒ Dance at home by following instructional videos or simply turn on music and bounce around your kitchen to the beat.
- ⇒ Use 2-to-5-pound weights in each hand while dancing to build up strength—although I find that just busting a move keeps me pretty winded!



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[CLICK HERE TO SEE OUR CLASS LISTING](#)