

# Wellness Works Coordinators' Bulletin

## October 2018

Providing your wellness committee with  
updates and relevant health information!



### Prevent Diabetes & Change Your Life

Schedule a Prevent T2 meeting program at your worksite.

**Page 2**



### A Few Exercise Tips

Practical suggestions to encourage you to make activity happen!

**Page 2**



### Fight Fatigue With Food

Energy choices without the caffeine!

**Page 3**



### Strategies to Kick the Sugar Habit

Yes, it is possible!

**Page 3**

## Looking Forward to 2019!

Yes, you heard us right, we are already looking forward—and booking classes—for 2019! Over the past couple of years we have made a concentrated effort to get out a slew of new courses for our groups, which has been well received, however it has brought about an unexpected complication...not enough time in our schedules to get everyone booked.

With that being said, next year we will not be introducing as many new programs, but instead concentrating on helping our members create more comprehensive programs. For instance, offering a Fitness Assessment, followed up by a Wellness Your Way weekly or month-long challenges (which are already created for you), and classes that support employee health goals and then ending with another assessment to track progress. Combining the fitness assessments with a motivational program such as Wellness Your Way and classes will motivate employees in a fun and engaging way. *(See attached flyer for more information.)*

We are aware that this change may disappoint some of you, but we are hopeful this will add a new dimension to some existing programs and spur more participation in groups with new employees. Of course, you can still book classes as you have always done and we encourage you to do that as soon as you know what topics, dates and times work for you!

**If you want more information on how this new idea can fit into your workplace or to schedule any of our programs, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org) or Abby at [adipasquale@memun.org](mailto:adipasquale@memun.org)**

## Prevent Diabetes and Change Your Life

The Prevent T2 program is a program of the National Diabetes Prevention Program and can help people with prediabetes prevent or delay type 2 diabetes and other serious health problems and improve their overall health. It's scientifically proven, and it works.

More than 84 million US adults—that's 1 in 3—have prediabetes. With prediabetes, blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. People with prediabetes are at high risk for type 2 diabetes (the most common type of diabetes), heart disease, and stroke.

In the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the US population has aged and become more overweight. Now more than 30 million Americans have diabetes, which increases their risk for a long list of serious health problems, including:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs

The good news: Prevent T2 is a free program offered by Wellness Works for employees right at your worksite! We have offered this program for the past three years and have seen tremendous results. While this program is time intensive (one class a week for the first 5 months and then once a month for the remaining 7 months of the year), the results speak for themselves...an average of 7% weight loss in participants and improved energy and physical activity!



**Scheduling early is essential for the T2 program, as we can only accommodate a FEW select groups. If you are interested in preventing diabetes, contact Abby today to get started at [adipasquale@memun.org](mailto:adipasquale@memun.org).**

## A Few Exercise Tips:

**1. Ease into an exercise routine.** If your days and evenings are packed, try exercising in the morning. Start by getting up 30 minutes earlier twice a week, and hop on the treadmill or stationary bike while you



listen to the radio or watch the morning news. Or step outside for a brisk walk. Once you've adjusted to early-morning workouts, add another day or two to the routine

**2. Prioritize exercise.** Do you find yourself making excuses to skip a workout? Start coming up with solutions to your obstacles. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Be creative! Opt for the stairs instead of the elevator at work, or do strength training exercises with free weights or resistance tubes while watching TV at night.

**3. Start a walking group.** There's motivation in numbers. Tell family, friends, neighbors or co-workers that you're starting a walking group—you may be surprised by how many people are ready to lace up their walking shoes! Agree on how often to walk, when and where to meet, what to do in case of bad weather, and how much distance to cover. Having a plan will help keep you accountable.



Copyright © 2011 EasyClosets.com L.L.C.

**For more ideas, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org) to schedule some fitness classes such as:**

- Snap Into Shape**
- On the Ball**
- Stretching/Deskercise**
- Fit Over 40**
- &**
- Fit ME**
- (to name a few!)**

## Fight Fatigue with Food

When run down, many people reach for an extra cup of coffee. But there are plenty of energy-boosting foods that don't contain caffeine.

The National Sleep Foundation recommends eating:

- Magnesium-rich nuts, such as hazelnuts, cashews or almonds.
- Iron-rich spinach, which promotes oxygen in the cells and boosts energy.
- Eggs, including the yolk. They're packed with protein and B vitamins, which help convert food into energy.
- Edamame, which is rich in B vitamins, phosphorous and copper, which also help convert food into energy.
- Fresh fruit, which offers natural sugar. It also has beneficial fiber. Opt for vitamin C-rich offerings, such as oranges, kiwi, mangoes, pineapple and strawberries



**Looking for more ways to increase your energy and maintain a healthy diet?  
Contact Abby to schedule the “Fighting Fatigue with Food” class at your worksite.  
She can be reached at [adipasquale@memun.org](mailto:adipasquale@memun.org)**



## Here are a few strategies to Kick the Sugar Habit

Sugar is sugar and there is no nutritional value in real sugar or manmade sugar. Moderation is key but it is a good idea to kick the fake sugar habit all together. Fake sugar (aspartame, truvia, Splenda...) is toxic to the body because the body does not recognize it; therefore it wreaks havoc on the body. Try some of these strategies to cut back or eliminate sugar:

1. Start by purging your kitchen or workspace before you begin— “out of sight, out of mind” tends to be a good strategy when first starting.
2. Then get some support...don't be afraid to ask for help. It's more difficult to cheat when your friends catch you reaching for something sweet. A good support system can strengthen your willpower when you feel it dwindling.
3. Set a time frame. Knowing you are doing this for 30 days is easier to swallow than an endless date of no sugar.
2. Educate yourself on what you can and cannot eat. It seems easy, but sugar is hidden in a lot of foods so reading the nutrition facts label and ingredients list is very important, especially since sugar has many names. Remember to give yourself some extra time at the grocery store to scrutinize the labels.
3. When eating out, scout the menu out ahead of time so you are more prepared when you get there. Don't be afraid to ask questions of the wait staff or ask for substitutes.
4. Fruit is a great substitute. Yes, it has sugar but is a natural sugar and could help ward off your bad-sugar cravings.

Give it 30 days—you will find the sugary foods you used to crave will no longer taste as good and that the healthier foods will taste even better.



### Contact Us:

Wellness Works

60 Community Drive

Augusta, ME 04330

1-800-452-8786

[Wellness\\_Department@memun.org](mailto:Wellness_Department@memun.org)

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