

Wellness Works Coordinators' Bulletin

Providing your wellness committee
with updates and relevant health
information!

September 2018

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Increase Class Participation

Are you looking for ways to increase participation with your wellness classes?

Below are some simple ideas for you to consider:

Feed them and they will come! Offer light refreshments such as a fruit or vegetable platter. Some of our groups even offer a full lunch – sandwich trays or homemade soups with bread are crowd pleasers!

Everyone loves a prize! Consider offering a chance to win a prize for those who attend. Tying the prize into the class presentation is always a great idea. For example, if you have the On the Ball exercise class at your worksite, raffle off an exercise ball. Another idea is to give small gifts to all of those in attendance. For example, if you host the Flu and You class, make flu prevention kits that can include items such as sample size hand sanitizer, vitamin C gummies, a can of chicken noodle soup, cough drops and a bottle of water.

Let them know the class is coming. Look for many ways to promote the class. We all get busy so the more reminders we have the better. Post flyers, send email reminders and verbally remind employees about an upcoming class.

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Survey says! Survey employees to see what they want for classes. Participation is likely to be higher if you offer classes that the employee wants. Color coding the paper the survey is on can give you an idea of what different departments are looking for (for example, use green paper for the highway department, blue paper the police department and yellow paper for town office, etc.).

Offer classes at different sites. Rotate the site of the classes. One time host a class at the town office, another at the highway department.

Eat Safely at the Fair



Fair season in Maine is underway, which is an unofficial welcome to fall and all things fried! While it may be hard to eat healthy at the fair, it is important to make sure you will stay healthy when eating fair food. The U.S. Centers for Disease Control and Prevention suggests considering these questions when deciding to buy food from an outdoor food vendor:

- ◆ Does the vendor's station look clean?
- ◆ Does the vendor have a sink for employees to wash their hands?
- ◆ Do the employees wear gloves or use tongs when handling food?
- ◆ Does the vendor have refrigeration on site?
- ◆ Does the vendor display a recent inspection report?

Fair season is only here for a short period of time, so enjoy it! But remember to keep unhealthy foods to a minimum and walk around the fairgrounds a few extra times to burn off the calories.

Source: Health Day News

Dispelling Myths about Diabetes

On behalf of the millions of Americans living with diabetes, the American Diabetes Association (ADA) says it wants to dispel some common myths about the disease.

For example:



- ⇒ **Myth 1: If you are overweight, you will develop diabetes eventually.** While being overweight is a risk factor for diabetes, it is not the only one. Family history, age and ethnicity also affect a person's risk.
- ⇒ **Myth 2: Eating too much sugar causes diabetes.** The problem isn't so simple. Type 1 diabetes is caused by genetics and unknown triggers, while type 2 diabetes is caused by genetics and lifestyle factors.
- ⇒ **Myth 3: Diabetes is not that serious.** In fact, diabetes causes more deaths each year than breast cancer and AIDS combined. For instance, having diabetes nearly doubles your chances of having a heart attack.
- ⇒ **Myth 4: People with diabetes should eat special food.** A healthy meal plan for a person with diabetes should be much like one for anyone else. The diet should be low in saturated and trans fats, moderate in salt and sugar, and include meals with lean proteins, non-starchy vegetables, whole grains, healthy fats and fruit.

If you would like to learn more about diabetes, consider offering the Diabetes 101 workshop at your worksite or you may want to offer the Prevent T2 year-long program for your employees.

Contact Abby at adipasquale@memun.org to discuss either option.



Walk Away Your Stress

You've probably heard the health warning: sitting is the new smoking. The importance of getting up and walking to prevent serious health issues when you sit at a desk all day long has gotten a lot of attention recently. Those health risks include increased blood pressure, high

blood sugar, excess weight and high cholesterol levels, all of which may increase the risk of death from heart disease and cancer.

Now, research points to even more benefits from taking a workday walk: boosting your mood and relieving job stress. One series of studies used participants' feedback to tell researchers how exercise affected them. The workers took three 30-minute group walks at lunchtime each week for 10 weeks. On two random days each week, they completed a morning and an afternoon cellphone report. When researchers analyzed the results, they found that, on the afternoons following a walk, the participants were less tense, more enthusiastic and better able to cope, compared to afternoons on days they hadn't walked. As a bonus, the workers showed gains in aerobic fitness and other measures of health at the end of the study. Another study found that taking daily 15-minute walks in a park during lunch hour led to better concentration and less fatigue in the afternoon. And the benefits were seen almost immediately.

As a bonus—if you can take a daily 30-minute walk, you'll also achieve the national guideline goal of 150 minutes of exercise per week.

You don't need an official worksite program to reap these benefits: just put on walking shoes and go. Of course, there's more fun in numbers, so you might want to band with a group of coworkers and bond as you de-stress. What's more, you'll provide motivation for each other to stick with the program. **If you would like help setting up a walking program for your employees, contact any member of the Wellness Works staff.**

Source: American Heart Association and Health Day News



Contact Us:

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

It's crazy to think that winter is right around the corner and those warm summer nights will be a distant memory.

To get ready for winter, perhaps you may want to schedule Winter Workouts or Stretching Solutions with Danielle this fall and early winter.



The **Winter Workouts** class will discuss helpful hints to keep you safe and avoid the cold weather hazards while exercising, doing outdoor activities or working outside.

Stretching Solutions is a wonderful class that discusses and demonstrates the importance of flexibility. This is a beneficial class for all your public works employees who will be spending endless hours in their plow trucks this winter. Stretching will show them how good it feels to be more flexible but also emphasize the more flexible they are the less prone they are to injuries during the upcoming winter months.

To schedule these classes, please contact Danielle at dyale@memun.org.