

July 2014 Newsletter PEIA Pathways to Wellness

INSIDE THIS ISSUE

- Cover: Perks of Public Parks
- 2: Hydration and Heat
- 3: Baked Parmesan Tomatoes
- 4: Dynabands: Chest Pull Down
- 5: Exercise of the Month
- 6: Releasing Tension
- 7: Diabetic Portion Control
- 8: In the Sleep Zzzone
- 9-10: Region Summaries



Perks of Public Parks

By: Charity Kabaiku

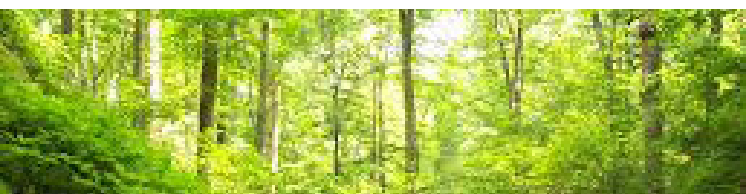
Public parks come in different sizes and are located in different locations around the neighborhood. They are a great resource to you, and you can take advantage of them either alone or with a group of friends. For the most part, they are free (or cheap) and offer an abundance of fresh air, an opportunity for 'me-time', as well as a way to make new friends or chit-chat with already existing ones.

Parks offer the space and in some cases many items that can be utilized as exercise machines such as park benches, trees, and in most cases other permanent fixtures that may be put in place just for your exercise needs. You can do a variety of exercises such as:

- Throw ball or Frisbee with a friend
- Walk or jog
- Play soccer, baseball, basketball, rugby, football, or tennis
- Swim
- Weight-lifting exercises
- Yoga or Stretching exercises

Take the time to explore your neighborhood and find your closest public park and regardless of what you choose to do at your park, don't forget that it's always a good day to take a 'walk in the park.'

REST WELL. EAT WELL. FEEL WELL.



Hydration and Heat

Preventing Heat-Caused Illnesses

By: Janelle Humphrey-Rowan

Think of how a plant looks without water. As a living organism, our bodies react the same way when we don't stay properly hydrated. During the summer months this is particularly important as the temperature and humidity increase. It is essential to make it a daily task to get an adequate intake of water since our body is constantly losing some through body functions such as sweating, urination, and breathing. Some water intake is provided through other beverages and foods, particularly fruits and vegetables. By the time you begin to feel thirsty your body's hydration level is already becoming low. Water contributes to many functions of the body which include: helping to maintain fluid balance, regulating the body's temperature, lubricating joints, comprising many of the body's fluids, and eliminating wastes.

Two types of heat related illness that are prominent during the summer months are heat exhaustion and heat stroke both of which are brought on by exposure to high temperatures, humidity, and dehydration.

They are usually more prominently seen in those over 50 years of age and young athletes. According to WebMD heat exhaustion due to dehydration can have signs and symptoms such as excessive thirst, weakness, headache, loss of consciousness, confusion, dark-colored urine, dizziness, fainting, fatigue, muscle cramps, nausea, pale skin, profuse sweating, and rapid heartbeat. Without intervention

this can progress to heat stroke which can be life threatening. If symptoms of heat exhaustion begin to onset it is best to move to a cool area, drink fluid that doesn't contain caffeine, and apply other cooling measures such as fans, cool cloth(s), even a shower if possible. If symptoms are still present within 30 minutes of their onset contact a health professional. If heat exhaustion isn't treated it can lead to heat stroke, otherwise known as sunstroke, which is the result of a failure in the body's temperature regulating system. Signs and symptoms of heat stroke according to WebMD include: nausea, seizures, loss of consciousness or coma, throbbing headache, dizziness and light-headedness, lack of sweating despite the heat, red, hot, and dry skin, muscle weakness or cramps, vomiting, rapid heartbeat, rapid, shallow breathing, and behavioral changes such as confusion, disorientation, or staggering. In the case of heat stroke seek medical attention immediately.

Staying hydrated and paying attention to your body's signals will lead to a more fun-filled summer.

Summer Snacks: Baked Parmesan Tomatoes

By: Angela Watkins

A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Try sandwiching them between slices of your favorite whole-wheat country bread.

Makes: 4 servings

Total Time: 20 minutes

Ingredients

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

Preparation

1. Preheat oven to 450° F.
2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Nutrition

Per serving: 91 calories; 6 g fat (2 g sat, 4 g mono); 4 mg cholesterol; 6 g carbohydrates; 3 g protein; 2 g fiber; 375 mg sodium; 363 mg potassium.

Carbohydrate Servings: 1/2

Exchanges: 1 vegetable, 1 fat

Nutrition Note: What you get: Vitamins A & C, potassium, calcium.

From EatingWell: August/September 2006



DYNABANDS: Chest Pull Down

By: Debbie Turner

Chest Pull Down

This movement works your Pectoral Muscles. Stand tall with chest upward, grasp the band at both ends with a wide enough distance to give resistance, raise band over your head and in front of your body and pull straight down touching your upper chest with band (8-10 reps)

Tip: When doing standing exercises, remember not to lock your knees.



Exercise of the Month: Lateral Raise

By: Marjan Washington



How to Do a Lateral Raise

1. Grab a set of dumbbells and stand straight up with the dumbbells at your sides. If you don't have dumbbells, you can even grab two cans of food to perform this exercise.
2. Your palms should be facing your body. The starting position is to hold the dumbbells slightly off your body in order to keep tension off of your side delts. Your palms should be facing the sides of your body.
3. Slowly raise the dumbbells up to around shoulder height. Make sure you don't let your wrists go above your elbows while raising the weight because you will be working the front of your delt (shoulder) instead of the side.
4. Pause at the top and then slowly lower the weight back to the starting position without letting the dumbbells touch sides of your body.
5. Repeat the exercise for a total of 10-12 repetitions for 3 sets.

Tip: Feel free to start out slow with this movement and remain seated while doing your lateral raises. After you've become comfortable with the movement, try it out while standing.

Releasing Tension in Neck and Shoulders

By: Kerry Gabbert

Are your neck and shoulders tense?

Many people subconsciously tighten their shoulders, neck, and jaw due to stress. In addition, sitting at a desk, working on a computer all day, can cause rounded shoulders and tense muscles in the neck and shoulders. Simple stretches are an easy way to identify tight muscles and encourage them to relax and release.

Sit in a chair with your feet flat on the floor. Let the chair support your back as you sit upright. Move within your own range of motion, breathing smoothly. Do not force or strain. *If you have any neck or shoulder injuries or limitations, consult with your doctor before doing the following stretches.*

1. Neck stretch 1: Inhale. As you exhale, slowly release your chin towards your chest. Inhale, come back through center, lifting your chin towards the ceiling to stretch your throat. Keep both shoulders relaxed and even. Exhale, release chin to chest. Inhale, lift chin to ceiling. Repeat 2 – 5 more times.
2. Neck stretch 2: Sit tall, with your shoulders relaxed. Rest your hands in your lap. Inhale, lift your right ear towards the ceiling as the left ear gently moves towards the left shoulder. Keep both shoulders even and relaxed. Take 3- 5 breaths, gently stretching the neck. On an inhale, lift your head back up to center. Exhale, lift your left ear up towards the ceiling, gently releasing your right ear towards the right shoulder. Take 3- 5 breaths. Inhale, and lift your head back to center.

3. Shoulder shrugs: Relax your arms loosely at your sides. Inhale and shrug your shoulders up to your ears. Exhale slowly and release your shoulders down. Repeat 3 or more times, moving slowly and smoothly.
4. Shoulder stretches: Inhale and pull your shoulders towards each other, in front of your body. Exhale, come back to center. Inhale, pull your shoulders together behind your back. Exhale, come back to center. Repeat 3 times.
5. Shoulder circles: Slowly and with control, inhale and raise your shoulders towards your ears, then forward towards the front of your body. As you exhale, smoothly circle the shoulders down and back. Inhale, up and forward. Exhale, down and back. Repeat for 3-5 cycles. Next, reverse the direction of your circles: Inhale, circle shoulders up and back. Exhale, circle shoulders down and forward. Repeat for 3 – 5 cycles.

When finished, relax your arms at your sides and gently shake your arms out. Rest for a few seconds and notice how your shoulders and neck feel. Repeat whenever you become aware of tightness and tension in your neck and shoulder area.

Portion Control

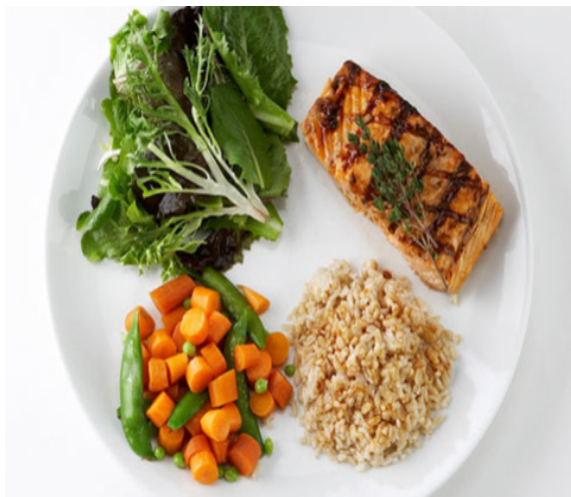
The Diabetes Dialogue

By: Corey Clendenin

Whether you have Type 1 or Type 2 diabetes, portion control is the key to regulating healthy blood sugar levels. Following an eating schedule with the right portion control helps keep ones blood sugar levels from dropping or spiking. It can also help keeping your body weight at a healthy weight and keep you fuller longer. Eating with either types of diabetes requires more focus on limiting carbohydrate intake and keeping a close eye on the overall calories consumed on a daily basis. There are tons of healthy meals, snacks, and foods diabetics can consume but over eating on any type of food can result in poor blood sugar readings and weight gain. Portion control also goes along with meal scheduling. By eating smaller meals and spacing them out, it allows the diabetic to take in consist carbohydrates resulting in more stable blood sugar levels. Along with smaller meals, eating snacks between meals can also be a great way for diabetics to keep their blood sugar levels optimal and reach their daily nutritional needs.

Use the following tips to bring your current portions down to a diabetic diet level:

1. Dine on smaller plates: Eating on smaller plates forces you to put smaller portions on the plate.
2. Use measuring cups: Instead of “eye balling”, use cups so you know the exact amount.
3. Sit and eat: Don’t put the entire meal in front of you while eating. This may help you not to consume seconds or even thirds.
4. Put snacks in a bowl: Putting the exact serving size into a bowl stops one from consuming more than one serving.
5. Fill up on low calorie vegetables: Make half of your meal plates non-starchy vegetables to help you fill up and get a good source of fiber. The most important thing to remember is not to let yourself go hungry but indulge in smart snacks. Not only will you feel more satisfied but you’ll also find better blood sugar levels and get to a healthier weight.



In the Zzzone Sleeping Soundly

By: Beth Metzger

We have all had those days that seem to drag on and on and no amount of coffee can help ward off your drowsiness. You followed all the rules: stayed on schedule, avoided your late afternoon coffee, read a little to make you sleepy, and got your 8 hours in. So how did you manage to wake up just as sleepy as you were when you laid down? You could have been the victim of a sleep stealing environment where the dripping of a faucet, snoring partner, kicking child, or snuggling pet steal your Zzzs.

There are ideal conditions for everything- sleep is no exception. Factors like noise, temperature, light, and technology all have an effect on your quality of sleep. So what does the ideal sleeping zone look like? Of course the common noises that disrupt sleep; snoring partners, neighbors loud music and ticking clocks, keep us from slipping into a sound snooze, but also the absence of common noises such as a ceiling fan or humidifier. That ceiling fan you run all night may also to regulate the temperature in your bedroom. According to the National Sleep Foundation (Foundation, 2014), sleep scientists recommend keeping your room slightly cool. Temperatures above 75 degrees Fahrenheit and below 54 degrees Fahrenheit will disrupt sleep. Keeping the room dark during the day, can help keep your sleeping quarters cool as well as regulate the light trying to peek in. Light helps regulate your natural sleep patterns,

the cycle that naturally makes you sleepy and wakes you up. So you want to think dark prior to sliding under the covers. If you work the nightshift, achieving this may not be so easy, but there are light blocking curtains and blinds available to help you mimic your night-time. Not all light is emitted through the windows, but may come from certain bedroom “staples” such as your alarm clock or television. Turning these items off will can improve your nights rest, but in 24 hour society that can become a challenge. So people use their cell phones as alarm clocks, yet are kept awake from updates from social media, text messages or phone calls. Thankfully there is a silent button to help prevent technology from robbing your snoozing.

Sleep is something everyone needs, though quality and quantity are sometimes jeopardized by our surroundings. As we spend lots of time and money for areas in which we entertain and eat, we owe it to ourselves to create the optimal environment for rest. When doing so we need to keep noise, light, temperature and technology in mind to create the perfect Zzzzone.

Foundation, N. S. (2014, July 14). The Sleep Environment. Retrieved from National Sleep Foundation: <http://sleepfoundation.org/sleep-news/the-sleep-environment/page/0%2C3/>

Region Summaries

1 Region - (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge): Recently fitness classes wrapped up in Ohio County (West Liberty University) and the 6-Week Dynaband program was completed by several sites, Hancock (Hancock County Court House), Harrison (Harrison County SSA and DDS), and Marion (John Manchin Senior Health Care Center). We are beginning to arrange programs, classes and presentations for the fall. The Walking program is being arranged to start at sites in Ohio and Marion County. Fitness classes are being arranged for sites in Ohio, Harrison, and Hancock counties. Presentations such as “10-minute Stress Relief” and “Rethink Your Drink” are to take place at several sites in Ohio, Hancock and Harrison counties. We are still looking for fitness providers for Wetzel and Tyler counties to be able to get fitness classes going in those areas as well.

2 Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker): Participants at Taylor Co. DHHR utilize the waiting room area after work for a Boot Camp class

- In Monongalia County, participants at WVU Athletics just started a Yoga class while employees at the Mountainlair are signing up for the same, which is scheduled to start in Mid-August.
- In Mineral Co. the DHHR just started a Walking Program and participated in a Stress Relief presentation.

- Participants at the Taylor Co. DHHR are wrapping up a Boot Camp class.
- Kenneth J. Rubenstein Juvenile Ctr. in Tucker Co. is enjoying the Walking Program and also participated in the Stress Relief presentation.
- The Barbour Co. DHHR are busy with the Walking program.

3 Region - (Pendleton, Grant, Hardy, Hampshire, Jefferson, Morgan, Berkeley and Randolph): Walking programs are staying busy in most counties - Berkeley and Jefferson Counties already showing interest for fitness classes beginning when school resumes in the fall. Hampshire Co. getting on board with fitness/walking program/ Pendleton completing walking programs/Randolph beginning walking programs/completing dynaband - all counties have something going on except for Morgan, no responses from there.

4 Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming): Region 4 is Back on Path! McDowell DHHR is burning up the sidewalks down Virginia Avenue participating in the walking program. Raleigh County Rehabilitation Office is doing a kickboxing class. WV State University is holding a Container Gardening class at the WV Rehabilitation office in Mercer County. Peterstown Elementary in Monroe County participated in a Dynaband class to kick off summer break. Mercer County Board of Education is gearing up for back to school participating in the walking program

Mercer County Board of Education is gearing up for back to school participating in the walking program

5 Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster): We have lots of exciting things going on in Region 5! Walking programs in full effect at WV DHHR Fayette, WV DHHR Greenbrier, WV DHHR Nicholas, WV DHHR Summers, WV DRS Oak Hill, WVSOM Fitness Classes in full effect at WV DRS and WVSOM with the Robert C Byrd Clinic ReThink Your Drink program implemented at WV DHHR Fayette, WVDRS Oak Hill and WVSOM Coming Soon: Aerobics at Fayette County Commission and Zumba at WV DHHR Fayette.

7 Region - (Kanawha County State Government, Boone County): Several sites in Region 7 are participating in the walking program, including the Bureau for Medical Services, the West Virginia Courts, the Board of Risk, and the DMV. The Higher Education Policy Commission will start their 6 week walking program at the end of July. Rethink Your Drink and Office Stress Management are popular as well; the WV Division of Labor is having Rethink Your Drink in July. Interest in fitness classes continues – contact your HPC if you would like to schedule a class!

8 Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties): Several sites have completed their dynaband program such as Cabell County Dept. of Highways, Biotech Center at Marshall University, Marshall Health and Altizer Elementary School; in Putnam County, Winfield Middle School. The fitness classes at Marshall University Rec Center ended July 10th with a great response on the classes. They would like for classes to continue. Schedule has been made to offer Dynaband program, Walking Program, Fitness Classes, Rethink your Drink and 10-minute stress reduction program for all employees at Marshall

University for September, October and November 2014. Marshall University is extremely excited to get these programs started for their employees. MCTC has started a Zumba Class along with the Dynaband program. Cabell County Library has begun their Dynaband program. In Putnam County, Winfield Middle School has finished their Dynaband program. Putnam County Commission has begun their walking program and are enjoying it. Logan-Mingo Mental Health sites in both Logan County and Mingo County have started the walking program and are competing against one another to see which site walks the most steps. Logan County DHHR will begin walking program end of this month after already have completed the Zumba fitness class. They want to remain engaged in a program when they complete another program to continue to be active. Lincoln County DHHR is going to start Zumba class at end of the month and divide participation between employees for Walking and Dynaband programs.

9 Region - (Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants): Region 9 has taken full advantage of the walking program. With this great summer weather some sites like The City of Parkersburg, Jackson County Health Department, and Clay County Board of Education have moved outside with the walking program. Even Lakin Hospital has taken their class outside, with an outdoor area shelter on the hospital's grounds has made a perfect spot for an outdoor boot camp style class. Also many sites have been getting involved with the presentations. From Rethink Your Drink to Sleep/Stress, all the sites have loved the on-site presentations.

