

" To succeed... You need to find something to hold on to, something to motivate you, something to inspire you." **Tony Dorsett**

THE MOTIVATOR

FC Health & Wellness Newsletter

NOVEMBER 2006

FROM YOUR WELLNESS AMBASSADOR

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November's health and wellness theme is **PREVENTION**. As your wellness ambassador I will try to help you find ways to keep your goals and honor the promises you have made to your good health.

It is well known that hectic schedules during the holiday wreak havoc on our health. With family, holiday planning and work demands, healthy eating habits and exercise often drop off the to-do list.

And then there are the irresistible desserts this time of year. Why do the Santa shaped treats with red and green sparkles or the blue and silver frosting star cookies taste so good that one is never enough? It is so difficult to walk away from those holiday desserts.

And what holiday ordinance says that second helpings should be encouraged this time of year? As a result, we end up disappointed around the New Year with the extra weight. We can find balance with defensive eating habits & continued exercise this season.

Begin by reminding yourself that having seconds could result in many overtime hours in the FC Fit Club. Filling your plates with turkey and gravy and a side order of Aunt Sue's buttered mashed potato's may lead you back to eating prison meals at lunchtime- carrot and celery sticks, hold the utensils.

This holiday make a promise to yourself that **no matter what**, healthy eating and having control are back on the "to-do"

list. Adopt a defensive eating strategy to avoid overeating and remain in control. Find a fitness buddy to help you stay on your exercise schedule. Make friends and socializing the area that you choose to overindulge in this holiday season.

Wishing you fitness & health,
Becky McKelvey
FC Wellness Ambassador



"Blessed are those who can laugh at themselves, for they shall never cease to be amused" ~Anonymous

SELF DEFENSE

Many call it the most wonderful time of the year, but with the increase in car and purse thefts during the holiday season, it's all too easy for someone to snatch our holiday cheer. Mall parking lots are dangerous spots this time of year. Criminals take advantage of distracted shoppers, weighed down with packages. But by being prepared and staying alert, you can kick danger out of your way.

In a real world situation, an attack is over within a few short seconds. These seconds are filled with panic, chaos and con-

fusion, and you won't have time to think at this point.

Self protection (self defense) is more than learning a few simple yells or carrying pepper spray to ward off attackers. It is a habit of mind. Self protection is the way you think, dress, and walk. You have a traffic light in your head that tells you stuff all the time. When something doesn't seem just right about that guy -- listen to that yellow light in your head. A Narcotics officer, for example, learns to listen to their 'gut' feelings (so should you.) Self Protection is a study in options:

Whether to reduce risks, talk, run or fight. People who tell you what you should have done -- they weren't there -- were they?

The FC Health & Wellness program

DEFENDING YOURSELF

with **Bill Whithar**

Self Defense Instructor

Tuesday November 28th

3:00 ~ 4:00 pm

FC Performance Center

No charge ~wear work out

"Happiness is not having what you want. It is wanting what you have"

Anonymous

"The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not." ~Mark Twain

FC FIT CLUB UPDATE

The FC Fit Club opening is soon approaching. The ribbon cutting has been scheduled for Tuesday January 2, 2007 to open the new FC Fit Club. Depending on the progress at the East Wing of the FC, the FC Fit Club could be open sooner! Until the FC Fit Club formally opens, you can still use the equipment in the Performance Center.

The FC Fit Club will also be a home for the district wellness coordinator, Shawn Roderick. Shawn will be spending 2 days a week at the FC Fit Club to work with the FC employees. He will be happy to discuss health, fitness and design a personal workout schedule for each member.

The FC Fit Club will be available 6:00 am-8:00 PM Monday-Friday or any time the FC is open. Due to insurance reasons, it will be used ONLY by FC Staff members. Family members and other district employees will not be able to use the FC Fit Club.

This is an awesome opportunity for the Freshman Center that is not being offered to any other schools in the district at this time. Now is the time to put yourself first.

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HEART-HEALTHFUL TURKEY REUBENS

Serves 4

- 1/4 cup nonfat Thousand Island salad dressing
- 8 slices dark rye or pumpernickel bread
- 8 ounces thinly sliced low-fat, low-sodium cooked turkey or chicken
- 1/2 cup sauerkraut, rinsed and well drained
- 4 slices low-fat Swiss cheese (1 1/2 ounces)

Vegetable oil spray

Spread salad dressing on one side of each slice of bread. Top 4 slices of bread with turkey or chicken, sauerkraut and cheese. Top with remaining bread slices, dressing side down.

Spray a large skillet with vegetable oil. Cook 2 sandwiches over medium heat for 4 to 6 minutes, or until bread toasts and cheese melts, turning once.

Repeat with remaining sandwiches.

Turkey and Pasta Salad

Start to Finish: 20 minutes

Ingredients

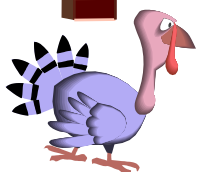
- 6 ounces dried radiatori or rotelli pasta
- 1 medium apple, cored and cut into very thin slices
- 1 tablespoon lime or lemon juice
- 1/2 pound smoked turkey breast, cut into bite-size pieces
- 1 cup fresh strawberries, quartered
- 1/2 cup sliced celery
- 1/4 cup fat-free plain yogurt
- 2 tablespoons fat-free mayonnaise dressing or salad dressing
- 2 tablespoons fat-free milk
- 4 teaspoons Dijon-style mustard
- 1/2 teaspoon celery seed
- 1 tablespoon fresh marjoram leaves

Directions

1. Cook pasta according to package directions; drain. Rinse with cold water and drain again. Toss apple slices with lime or lemon juice to coat. In a large mixing bowl combine the cooked pasta, apple, turkey, strawberries, and celery.
2. For dressing, in a small mixing bowl combine yogurt, mayonnaise dressing or salad dressing, milk, mustard, and celery seed. Drizzle dressing over pasta mixture; toss gently to coat. Top with marjoram. Makes 8 side-dish or 4 main-dish servings.

Find more heart healthy recipes at :
<http://www.deliciousdecisions.org>

Calories: 273 kcal
Protein: 24 g
Carbohydrates: 31 g
Total Fat: 5 g
Saturated Fat: 1 g
Polyunsaturated Fat: 2 g
Monounsaturated Fat: 1 g
Cholesterol: 48 mg



DEFENSIVE EATING FOR THE HOLIDAYS

One of the toughest times of the year for those trying to lose weight is the holiday season. While the holidays are a time to rejoice, celebrate and share fond memories, it also a time for eating, eating and more eating.

How can you try to maintain your weight and exercise commitment during such a tempting time? Adopting these eight defensive eating tips may help you.

Get moving

One of the most effective ways to maintain or lose body weight is to engage in regular, sustained aerobic activity (*). Here at Preventive Cardiology we suggest aiming for 200-minutes aerobic activity per week. But any length of time is still better than no time at all. Exercise is a great way to burn those extra calories you may be taking in this time of year. Check out the Pilates classes being offered in the Performance Center or do the Nautilus machine circuit...or better yet—do both!

Aim for five-a-day

Making sure you eat five or more servings of fruits and vegetables each day is a great way to help fill-up your stomach but not your calorie level. When compared to other snack foods like chips, crackers and cookies, gram for gram, fruits and vegetables contain fewer calories and tons more nutrients. What's more – the fiber in fruits and vegetables fill you up faster than traditional snack foods. One way to get healthy is to enjoy one of the salads being offered from Hy Vee.

Control the risk for temptation

Controlling even the slightest chance of coming in contact with 'tempting' foods is one way to effectively reduce your intake. While you won't be able to control all situations, focus on the many ones you can. For example, do you keep candy or cookies at your desk or workspace? How many times do you pass through an office to grab a chocolate?

Limit to one-a-day

While you can't control every situation, you can control how much food goes into your mouth. If you are constantly bombarded with holiday parties and displays of desserts or candies you can still effectively help prevent overeating and weight gain. One way is the one-a-day method. Allow yourself one small serving of a cookie or piece of candy each day during the holiday season. Remember that you may have to compensate for it later in the day by reducing your total caloric intake or by burning a few extra calories while exercising.

Never go to a party hungry

One of the worst things you can do is skip eating all day to 'save up' for some type of binge-eating episode at a party. Have a nutritious snack like a low-fat trail mix, a piece of fruit, cut-up vegetables, yogurt, whole grain crackers with peanut butter or even a glass of skim milk before the party. This way you'll be satisfied when entering the party and enjoy small portions of foods without overeating.

Plan ahead and bring a low-calorie dish with you

Offer to bring a dish with you to a holiday party. Whatever you bring, make sure it's low in calories such as fresh fruits, vegetables or low-calorie dips. At least you'll know you have at least one good dish to choose from.

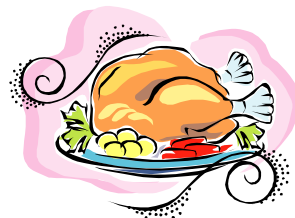
Say No Politely

Many times you feel forced to eat foods because people keep putting it in front of you. Learn to say no politely, such as "No thank you, I've had enough. Everything was delicious", or "I couldn't eat another bite. Everything tasted wonderful". You'll find saying no isn't so hard to do after all.

Focus on socializing

Don't stand around the food table when you are at a party – focus your energies on making conversation with others instead of focusing on foods. Conversation is calorie-free.

Remember, the holidays are meant to celebrate good times with family and friends. Enjoy the holidays and plan effective strategies to help you achieve your weight loss goals. Achieving what you sought out for will give you one more good reason for holiday cheer!



"A sad soul can kick you quicker than a germ" ~John Steinbeck

TAKE DEFENSE AGAINST THE FLU

FLU SHOTS
Wednesday Nov 15th
6:30 ~ 7:30
FC Conference Room



How effective is it?

Influenza vaccine effectiveness varies from year to year, depending on the degree of similarity between the virus strains included in the vaccine and those circulating during the flu season. The vaccine can prevent symptoms of flu infection in up to 90 percent of healthy young adults.

What are the side effects?

The flu vaccine causes no side effects in most people. Less than one-third of those who receive the vaccine have some soreness at the injection site, and about 5 to 10 percent experience mild side effects, such as headache or low-grade fever for about a day after vaccination. Rarely, an allergic reaction may occur among people who have severe allergies to eggs. Since the vaccine is not a live vaccine, it is not possible to get influenza from it.

When is the best time to get vaccinated?

The best time to get vaccinated is September to mid-November. It takes about two weeks after vaccination to develop antibodies against the flu.

In the United States, the flu season occurs from about November until April but peak activity usually occurs between late December and early March.

Who should not get the flu vaccine?

People who have had previous vaccine-associated allergic reactions should not get the vaccine. Also, people with egg allergies should avoid immunization because the viruses used in the vaccine are grown in hen's eggs. The vaccine may be given in the presence of minor illnesses, but adults with acute febrile illnesses should usually wait until their symptoms abate.

Defensive Health Tip:

To help prevent the spread of the flu...

Here are some suggestions:

- Avoid close contact with people who are sick.
- Keep your distance from others if you are sick.
- When possible, stay home from work, school, and errands when you are sick.
- Don't send children to child care or school if they are sick.
- Cover your mouth and nose when coughing or sneezing.
- Clean your hands often.

Resource: www.cdc.gov/flu

Freshman Center

FLU SHOTS

Wednesday, November 15th

6:30 a.m. ~ 7:30 a.m.

Front Conference Room

COST \$10.00



How effective is it?

Influenza vaccine effectiveness varies from year to year, depending on the degree of similarity between the virus strains included in the vaccine and those circulating during the flu season. The vaccine can prevent symptoms of flu infection in up to 90 percent of healthy young adults, but its effectiveness can be as low as 30 percent among very elderly, frail persons

What are the side effects?

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How often should you get it?

The vaccine should be taken every year because flu viruses are constantly mutating and each year the vaccine is updated to include the most current flu strains. The vaccine should also be taken annually because antibodies produced by a person in response to the vaccine decline over time.

When is the best time to get vaccinated?

The best time to get vaccinated is September to mid-November. However, if you miss your flu shot in November it is still not too late to obtain one. It takes about two weeks after vaccination to develop antibodies against the flu. In the United States, the flu season occurs from about November until April but peak activity usually occurs between late December and early March.

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BEYOND IMMUNIZATION.....

In addition to vaccination, experts say you can help fend off the flu by keeping your immune defenses strong. That means getting proper sleep, eating a healthy diet and engaging in regular exercise.

BE HEALTHY!

**BLUE SPRINGS FRESHMAN
CENTER WELLNESS
PROGRAM**

FC Wellness Ambassador
Becky McKelvey
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816-224-1325 ext 305



don't forget...

**HEALTH & WELLNESS PROGRAM
DISTRICT SCHEDULE OF ACTIVITIES NOVEMBER**

CATEGORY	EVENT	DATE	DAY	TIME	LOCATION	FOR
Fitness	Pilates Class/Instructor	11/1	Wed	2:45 –3:30	FC Performance Center	FC Staff Only
Fitness	Pilates Class/Instructor	11/6	Mon	2:45 – 3:30	FC Performance Center	FC Staff Only
Fitness	Sweating to the Oldies	11/7	Tue	2:45 - 3:30	FC Performance Center	FC Staff Only
Fitness	Pilates Class/Instructor	11/8	Wed	2:45 –3:30	FC Performance Center	FC Staff Only
Fitness	Pilates Class/Instructor	11/13	Mon	2:45 –3:30	FC Performance Center	FC Staff Only
Fitness	Sweating to the Oldies	11/14	Tue	2:45 - 3:30	FC Performance Center	FC Staff Only
Fitness	Pilates Class/Instructor	11/15	Wed	2:45 –3:30	FC Performance Center	FC Staff Only
Fitness	Pilates Class/Instructor	11/20	Mon	2:45 –3:30	FC Performance Center	FC Staff Only
Nutrition	Defensive Eating for the Holidays	11/20	Mon	6:00 –7:00	FC Commons	All District Employees
Fitness	Sweating to the Oldies	11/21	Tue	2:45 - 3:30	FC Performance Center	FC Staff Only
Self Help	Defending Yourself Self Defense Instruction	11/28	Tuesday	3:00 – 4:00	FC Performance Center	FC Staff Only

Events are presented by the BSSD Health & Wellness Program and all current and retired district employees are welcome to attend. If there is a specific health or wellness topic that you would like to see presented, please let Shawn Roderick, district Wellness Coordinator or your wellness ambassador , Becky Mckelvey know. Attendance at any of the activities counts towards your WellPoints.