



Wellness E-Letter for Employees of Twinsburg City Schools



Healthy & Wise[®]

Helping You Be Your Best



FEBRUARY 2012

INSPIRE TO MOVE

Make It A Group Activity

Humans are by nature social beings. If you're having a hard time staying motivated to exercise, you may want to gather some health buddies. Go to the gym, and it's called a "work out". Meet up with a group in a field, and it's called a "game." Sports psychologists know that psychological factors affect performance and participation in physical activities. Group activities such as dancing have been a long time practice of human cultures for centuries.

Exercise in a group can lead to a powerful commitment and a long-lasting practice. People who share a common direction and sense of community can reach their goals more quickly when they are working together as a team. The group dynamic creates ongoing encouragement, helps us accept help and lend support to others in return.

*"We cannot live only
for ourselves.
A thousand fibers
connect us with
our fellow man."
- Herman Melville*



NOURISHING YOU



Food Not Love

Do you snack when you are bored or restless? Are your food choices based on what kind of mood you are in or your level of hunger? Is eating your favorite or most common way to celebrate? If you are answering yes to two or more these questions, you're likely an emotional eater.

Filling up on sugary and fatty foods can make you feel better in the short term, but in the long-term only makes you feel worse. It's not easy to learn new ways to cope with the emotions that cause you to head to the fridge, but it can be done. Learn to identify which emotions cause you to comfort yourself with food and learn to replace them with healthier behaviors when those feelings strike.

Explore new ways to relax. When under stress your body actually creates a hormone that makes the body crave sweet and salty foods! A few quick and easy stress relievers:

- Take your vitamins in the morning.
- Listen to music during your commute, while working, cleaning, or preparing meals.
- Practice breathing exercises. Deep breathing oxygenates the blood, relaxes your muscles, and quiets the mind.
- Visualization. Imagine yourself achieving goals.
- Exercise. It's an outlet for frustration and a diversion from stress.
- Call a friend. Talking it out is a healthy way to work through your stress.

"If hunger is not the problem, then eating is not the solution."

- Author Unknown

Red and Green Bell Pepper Bites

- 1 med. green bell pepper
- 1 med. red bell pepper
- 1/4 C ground almonds
- 4 oz. fat-free or reduced cream cheese, softened
- 1 tsp lemon pepper seasoning blend
- 1 tsp fresh lemon juice

Cut each bell pepper in half lengthwise. Cut each half into six pieces. Arrange with skin side down on a serving dish. Set aside. Mix cream cheese, lemon pepper seasoning and lemon juice until creamy. Mix in the ground almonds. Spoon the mixture into each bell pepper piece. Garnish with a sliced almond.

Serving size 3 pieces. calories 39, total fat 1.5 grams, cholesterol 3 mg, sodium, 71 mg, fiber 1 g, protein 3 grams. Source: American Heart Association



Heart-Checked Foods

The American Heart Association has a heart-check marker symbol on food packaging at the grocery store to help anyone create a sensible eating plan. It's called the Heart-Check Food Certification Program. A product must meet the specific nutrition levels within their guidelines to be certified. These levels are based on a single serving size and other aspects of federal health claim regulations.

Foods they don't certify include medical foods, dietary supplements, meal replacements or alcoholic beverages. Don't bother looking up your favorite packaged snacks. Unsweetened popcorn is the only certifiable product in the snack category. Desserts aren't eligible for the certification either. Beverages do make the cut, however, beverages are limited to milk, dairy alternatives, drinkable yogurts, fruit and vegetable juices.

When products are close to exceeding the guide limits for fat, saturated fat, cholesterol, trans fats or sodium, the AHA conducts lab testing to verify that it meets their nutritional criteria. A heart-check mark is a symbol to trust when shopping for heart healthy foods in the grocery store.

For a list of products by category

[CLICK HERE](#)



Click on the arrow to view a slide show of 24 Foods That Can Save Your Heart



Cold or Flu

The flu and common cold are both respiratory illnesses with similar symptoms, but caused by different viruses. Telling the difference can be hard to do. In general, the flu is worse than a cold. It can be difficult to know which virus it is by symptoms alone. Test your knowledge below to guess if it sounds more like a cold or the flu virus:

1. If a person has a runny nose, which virus are they more likely to have?
2. Is a cold more or less likely to result in serious health problems such as pneumonia, bacterial infections, or hospitalizations?
3. Which is more likely the culprit if symptoms include fever, body aches, extreme tiredness and dry cough?
4. Which is milder a cold or the flu?

Click on the link below to watch a video with flu-fighting tips



"If a doctor treats your cold, it will go away in fourteen days. If you leave it alone, it will go away in two weeks."

- Gloria Silverstein



Dryer Shrank My Clothes

Weight gain denial is common, and it's easy. Even when faced with the reality of clothes getting too tight, the rationale that the dryer is responsible is easier to accept than the painful reality of weight gain. A poll of Americans shows that many of us overlook and underestimate our extra body fat.

Just as a person suffering from anorexia can look in the mirror and have a distorted perception of being overweight, an overweight person can have a view of their physical size and weight that is inconsistent with reality. It's hard to face the truth when avoiding scales, using face mirrors and wearing loose fitting clothing with elastic bands. Denial is a defense mechanism, and it's logical that when a person faces a fact too uncomfortable to accept, he or she rejects it instead.

Whether getting on the scale is a dreaded moment or not, weighing yourself often can be a helpful warning system for preventing weight gain. The National Weight Control Registry found that individuals who have maintained 60 or more pounds of weight loss for a least a year weighed themselves daily. There are some mixed opinions about how often to weigh one-self. If your goal is to keep your weight at a certain level, you do need to have a way to get honest feedback to determine whether or not you are being successful.

Answers to the Cold or Flu Questions:

1. COLD
2. LESS
3. FLU
4. COLD



TIGER WELLNESS

Tiger Wellness Workshop Huge Success

Over 300 people participated in the annual Wellness Workshop at Twinsburg High School on January 21, 2012. A great volunteer team of students, coaches, parents, and Wellness Committee Members, helped 165 children participate in the health challenges and exercise demonstrations.

Mark Bindus, director of the Wellness Committee said "the kids were really excited to compete and win prizes". Over 20 Raffle prizes (provided by community vendors) were won by the children, as well as each participant was given a medal and exercise bands.

In addition many parents and other adults visited several wellness vendors to learn about the latest in health, exercise, nutrition and related products and services. Twinsburg City Schools is clearly committed to developing a "wellness culture" for its students, staff and entire community. What a great example the children make with their desire to exercise and compete. The pictures below reflect the fun and excitement of this event.



The following vendors provided information, raffle prizes or other valuable services at the event. We thank them all for their enthusiastic support: Fleet Feet Sports of Northfield, Twinsburg Karate Institute, Heinen's, Curves of Twinsburg, Dr. Gen Orthodontics, Twinsburg Giant Eagle, Pinnacle Chiropractic of Twinsburg, Yoga Lounge, Motion Evolution and First Flips Gymnastics, Airbonne – Health & Wellness, PNC Bank, Cleveland Clinic, Twinsburg Rec Center, Relay for Life, American Heart Association & Subway.





Coupons 101

Coupons can be an efficient way to lower your grocery bill. There's no need to go extreme. These simple tips can help you save money without having to spend too much time doing so.

- Look for coupons in the newspaper, in the stores, magazines, online, in the mail, and on the products you already buy.
- Keep coupons organized. A coupon does not do any good if it's lost in a pile only to be found after it's already expired. Try organizing by brand or product.
- Only use coupons for items you would buy anyway. You aren't truly saving a dollar if you purchase a product you didn't need just because you had a coupon.

"Who is rich? He that is content. Who is that? Nobody." - Benjamin Franklin



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