



# Wellness Works

A part of ISU Employee Wellness Program

www.public.iastate.edu/~workhlth

Issue 4

## Announcements:

- ISU classes will be back in session August 20
- Look for monthly newsletters beginning in September
- Lunch & Learns will begin during Fall 2007
- If you would like to receive the Wellness Works flyer via e-mail, please contact Sally Barclay at Barclay@iastate.edu

## Find the “new you” this summer

Why wait until the first of the year to make a “new you” resolution? Summer is the perfect time to change those lifestyle behaviors that leave you feeling not quite up to par. What better time to purchase those fresh, antioxidant-rich fruits and vegetables. Better yet, why not grow a garden of your own? Summer is also the perfect season to spend outside. Keep up your yard, take the dog walk, or just relax and go for an evening stroll. Check out the local park or fitness trails around your community. It’s the small decisions that add up to change, but don’t try doing them all at once. Set individual goals and reward yourself upon completion. Simple changes in diet or physical activity could make all the difference. You’ll be surprised how great you’ll feel and your body will thank you. This issue is full of ideas to make a summer “new you” resolution!



## No sweat summer meals

Summer may be a time you don’t want to spend too long in the kitchen. You also may be interested in no-cooking required meals that don’t heat up the kitchen. Salads are a great choice since this is the prime season for produce.

Add a protein source (lean meat, poultry, fish or beans) and you have a healthy meal in no time! Don’t let fat-laden dressings destroy those health benefits! Choose a healthy oil-based dressing such as a vinaigrette (bottled or oil and vinegar with added flavorings). Substitute plain yogurt or nonfat sour cream for mayonnaise in potato salads, coleslaw or chicken salad.

### Here are some other easy dishes to put together:

- Mediterranean Pasta dish made with leftover pasta, cherry tomatoes, fresh or leftover veggies, canned tuna, and sliced olives

tossed with an oil-based dressing and sprinkled with parmesan cheese.

- Asian Noodle Bowl-add shredded cabbage, slice radishes, cubed tofu, minced garlic and ginger to leftover cooked noodles. Toss with a few drops of peanut or sesame oil and soy sauce and garnish with chopped peanuts.

- Chicken salad-add low fat mayonnaise or plain yogurt to leftover chopped cooked chicken with added chopped celery and red bell pepper, halved grapes and a spoonful of curry powder. Serve stuffed inside a tomato or on whole grain bread with fresh spinach leaves

- Canned salmon made into a spread for whole grain crackers or into patties to brown in a skillet.

- Low fat cottage cheese with added veggies or served with fresh fruit and whole grain crackers or bread

- Gazpacho-in blender combine tomatoes, cucumbers, onion, bell peppers and garlic. Pulse until chunky. Season with lime, olive oil, salt and pepper



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## Summer food Safety

Summer heat can bring dangers with food contamination. Bacteria thrive in warm, moist surroundings such as mayonnaise based dressings, creamed dishes, milk, cottage cheese, eggs and raw or cooked meats.

The danger zone for rapid bacterial growth is between 45 and 140 degrees Fahrenheit. The best way to thaw frozen meats, poultry and fish year round is in the refrigerator. Other safe methods include thawing in the microwave oven or running package under cold water. The counter top at room temperature is not a safe method for thawing.

Be sure to wash hands, utensils, cutting boards and countertops with

hot soapy water after dealing with raw meat. Be careful not to leave perishable food items in your car after shopping. Get them into the refrigerator as soon as possible. Keep the refrigerator temperature between 35 and 40 degrees Fahrenheit and the freezer at 0 degrees or below.

Make sure when transporting picnic food it is well chilled beforehand and stays cool during transport and sitting time. Discard any left-



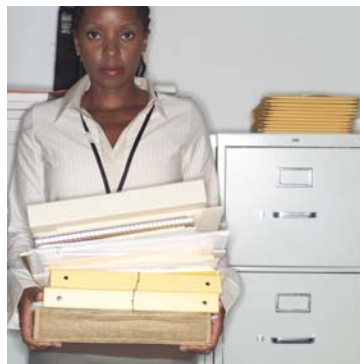
over food from outdoor picnics and barbecues unless it has been out of the refrigerator for one hour or less.

## Working out at Work

You hear the guidelines time and time again, but scheduling in even 30 minutes of physical activity everyday can be a challenge. We know it's hard to find time to exercise, but now there is no excuse. Here are a few little tips to help you squeeze in a bit of physical activity while you are still at work.

### Here's how...

- Sit on an exercise ball instead of a chair. Not only will you strengthen your core, you will work on your posture without even trying.
- Use the restroom on another floor and take the stairs.
- Wear a pedometer to keep track of the number of steps



you take each day. Try shooting for 6,000 to 10,000 steps each day.

- Deliver documents or messages in person rather than using phone or email.

- Arrive earlier than usual and take the stairs instead of the elevator.
- Get a headset for your phone so you can move around while you talk.
- Leave your lunch in your car so you have to walk outside to get it. Don't forget to use the stairs.
- Set an alarm to go off every hour to remind yourself to stand up and move around. Even if you just swing your arms or take a deep breath you will feel more alert.

If you would like to learn more tips about exercise at work, visit [www.exercise.about.com](http://www.exercise.about.com).

## Quick Tip:

**For extra insurance against varicose veins and swelling**  
**Healthy Woman recommends lying with your legs propped up on an exercise ball for 5-10 minutes a day.**



## Did You Know?



Did you know that obesity in the United States is at an all time high, and the epidemic may be getting worse?

People who are overweight have an increased risk for conditions such as diabetes, high blood pressure, heart disease and stroke. Overweight people are also reported to experience a lower quality of life.

It is time to break the trend. How you may ask? It won't be easy, but the answer may be as simple as the old saying, "An apple a day keeps the doctor away."

It is true, what you do and do not eat and drink everyday impacts your health. The new dietary guidelines for fruits and vegetables call for five servings everyday. These foods are rich in antioxidants, which destroy free radicals within your body. These free radicals are responsible for destroying cells, which causes your body to eventually weaken.

For more information about these issues, and other tips for health, visit the CDC Web site at [www.cdc.gov](http://www.cdc.gov).

## Treat Yourself!

### Fruit Smoothies Can Keep You Cool!

A fruit smoothie is easy to make and can be served for breakfast, lunch or a snack. This treat will be helpful in meeting your fruit and dairy needs for the day. Choose your favorite fruits. Then add yogurt, milk, juice or soy milk and ice. Blend until smooth! For improved nutritional value add wheat germ, flax meal, toasted nuts, or nonfat dry milk powder.

#### Blueberry Banana Smoothie

1 banana, preferably frozen  
 A handful of blueberries,  
 frozen or fresh  
 1 cup of milk reduced fat or skim  
 milk (or soy milk)

Combine in a blender or with a  
 hand blender. Enjoy!



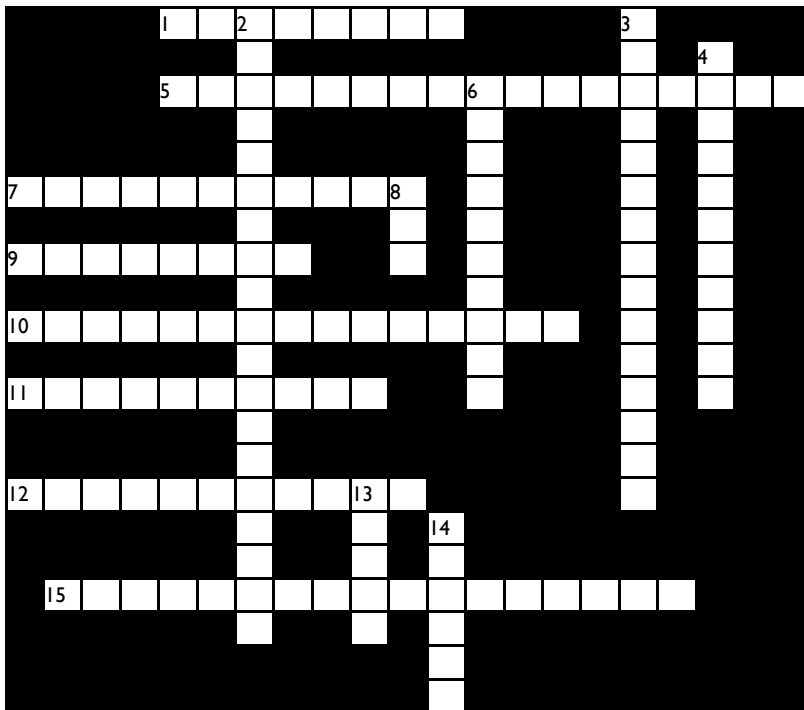
#### Raspberry Peach Smoothie

1 cup low-fat peach yogurt  
 3/4 cups peach nectar  
 1/2 cups fresh raspberries, frozen  
 1 1/2 cups diced fresh peaches,  
 frozen

Combine yogurt and nectar in a  
 blender. Add peaches and rasp-  
 berries. Blend until smooth.

## Fun & Games

### Food Safety



#### Across

- 1. a tiny living thing
- 5. when Bacteria doesn't multiply
- 7. when bacteria spread the most
- 9. meat that's not cooked
- 10. a container to help thaw
- 11. things you cook with
- 12. taking step to help keep food borne illness away
- 15. an illness caused by food not good to eat

#### Down

- 2. when bacteria cross from one food to another
- 3. when most bacteria are destroyed
- 4. thing you put away first after going to the grocery store
- 6. a food that can spoil easily
- 8. a perishable food
- 13. something you dry your hands with
- 14. something you wipe up immediately