

# TAKE CHARGE!



for health and living

August 2011

nutrition watch

## Healthy Eats for Back to School



### Goodbye, MyPyramid; Hello, MyPlate

**MyPlate's message:** Fill half your plate with fruits and vegetables and the other half with lean protein and grains (make at least half of them whole grains). Fat-free and low-fat dairy foods are represented by a smaller dish.

**Visit** [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for features including sample menus, a daily personal calorie limit and recipes.

It's back-to-school time — you're probably seeing the signs and possibly enjoying some savings. If you're a busy working parent, it can be hard to juggle healthy meals around school and work. Even if you don't have kids, healthy eating options can be hard to come by at work and on the go.

*Did you know?* Good nutrition has been linked to better grades and fewer behavior problems in children. For grown-ups, good nutrition serves as the fuel for your day. Make it good.

*Remember these basics:*

*Focus on serving balanced, fresh, simple and portable meals.*

Wraps work well for a combination of nutritious foods. They are a nice change from the standard sandwich.

*Put emphasis on breakfast.* For kids and grown-ups alike, breakfast deserves a strong showing. Eat fruit first, include whole-grain cereal or no-sodium oatmeal flavored with a dash of brown sugar. A lean-protein egg, whole-wheat toast, fruit, and orange juice or milk are old favorites.

*Plan ahead.* Stay on track by plotting and posting meals on the refrigerator. Use this list at the grocery.

*Get kids involved in meal planning and preparation.* They can even help with the cooking when time allows. Even if it's just once a week, kids love quality time.

*Treats have their place.* Figure out how you can make treats a special event versus a regular choice, and then try to stick to a plan.



### City Events

#### Meeting the Challenges of Cancer

Wednesday, August 10  
12 noon – 1:00 pm  
SMT Room 4096

#### Deferred Comp – Women and Investing

Thursday, August 18  
12 noon – 12:45 pm  
SMT Room 4080

#### Big Day of Play

Saturday, August 27  
9:30 am – 4:00 pm

Warren G. Magnuson Park - 7400 Sand Point Way NE

More information – [seattle.gov/park/healthyparks](http://seattle.gov/park/healthyparks)

#### Blood Pressure Screening

Wednesday, August 31  
Stop by between 10:30 am & 1:30 pm  
SMT 4096

#### Excellence in Customer Service

Tuesday, August 16  
12 noon – 1:00 pm  
Room TBA

Registration required – [Employee Self Service](#)

#### Taking Sleep Seriously

Wednesday, August 24  
12 noon – 1:00 pm  
SMT 4080

#### Deferred Comp – Asset Allocation

Wednesday, August 31  
12 noon – 12:45 pm  
SMT Room 4020  
Registration required – call 206-447-1924



# in and out: august

## Getting a Handle on Stress

Some people are too busy living their stress to deal with their stress. If stress has control over you, take heart. You can get your life back.

**A healthy balance** between home, work and social activities is key to feeling good about life.

**If you are the type** to try to fill a million roles, take a few minutes to recall your favorite pastimes.

**Renew a friendship ...** learn something new ... stroll through a gallery, museum or arboretum with a loved one or friend.

## Use Caution With Supplements

A new look at data on 36,000 postmenopausal women suggests that adding vitamin D and calcium supplements may increase the risk of strokes and heart attacks. This finding was initially overlooked because so many women were already taking calcium when the study began. If you are an older woman considering calcium supplementation, review with your doctor or health care provider whether your risk of bone fractures outweighs your risk of heart disease.

## Why Is It Important to Immunize?

Immunizations are important in stopping the spread of disease, yet there is some concern about them. **The CDC offers this insight if you don't immunize:** ① You or your child will be at greater risk for catching preventable diseases. ② You or your child will be a threat to others by passing on a disease to babies or people who can't be vaccinated for medical reasons. ③ Your child may have to be kept out of daycare or school. Visit [www.immunize.org](http://www.immunize.org) and [www.vaccines.gov](http://www.vaccines.gov) for more information.

## LONGEVITY CORNER

### Staying Active Makes a Difference

A recent study showed that young adults, especially women, who were more active over a 20-year period gained less weight. We know that exercise burns calories, revs up metabolism and sometimes suppresses appetite. This study suggests that long-term habits make a difference — staying active consistently can help you maintain your weight.

— Zorba Paster, M.D.

Brought to you by Personal Best®

weight basics

## Tracking Progress Beyond the Scale

The bathroom scale is a good measure of weight loss — but if you replace fat with lean muscle through exercise, you may be frustrated to find that your weight has changed very little.

*Other ways to measure progress ...*

**CHECK FOR** a looser fit in clothes that were previously snug.

**MEASURE FOR** shrinkage of waist, hips and neck.

**NOTE IMPROVEMENTS** in energy, strength, ability to do chores, and feeling of well-being or confidence.



## How Fit Are You?

Do you remember those President's Physical Fitness Tests you took as a schoolchild? Now there's an adult version at [www.adultfitness.test.org](http://www.adultfitness.test.org). It measures aerobic fitness, strength, endurance, flexibility and body composition. Enter your numbers on an easy-to-use form, then submit them for a summary. If your results are less than ideal, the summary identifies areas needing improvement. **Note:** Get your doctor or health care provider's OK before taking the test.



Live Well, Be Well

## Dining Out Guilt-Free

Restaurant dining can mean a good time — and plenty of fat, salt and calories. Next time you go out, take charge and have a healthier experience with these strategies:

→ **Plan ahead.** Preview the menu online; choose another restaurant if you're not satisfied with the selections. Have a small snack before leaving home, so you don't overindulge at the main meal.

→ **Ditch the buffet.** Steer clear of all-you-can-eat situations. Enough said.

→ **Ban “bad” carbs.** Decline the usual basket of bread or rolls before they reach the table. If you can't wait for the entrée, start with a light soup.

→ **Cut the calories.** Ask for dressings, sauces, butter and sour cream on the side so you can control the amount. Order a half-portion, or split the dish when it arrives and pack up half to take home (or share with your dining companion).

→ **Switch it up.** Have a baked potato instead of fries, for example. Substitutions sometimes cost an extra dollar or two, but you'll save a lot more on medical bills by making healthier choices.

→ **Know your rights.** Ask to have entrées baked or steamed vs. fried, and ask that creamy sauces be replaced by wine or broth-based versions.

→ **Drink responsibly.** Those extra cocktails not only add a lot of empty calories, but may also affect your judgment on how much to order and consume.

→ **For specific tips by cuisine,** take a look at the nutrition center at [www.heart.org](http://www.heart.org).



### Know Your Numbers: THE A1C TEST

The A1C test, in combination with standard glucose testing, has helped people with diabetes monitor and control their disease. It is now being explored as an additional way to identify people at risk for diabetes. Criteria are being developed to improve the test's accuracy with different populations — making the A1C a powerful tool in the fight against the diabetes epidemic.

## PRODUCE PICK OF THE MONTH

### Berries

Berries are big on fiber, vitamin C and guilt-free sweetness. Peak berry season starts in June with strawberries; then blueberries burst on the scene, followed by the sweetest of the bunch — blackberries and raspberries. Top off your cereal or puree for sauce — they're berry, berry good.



## Functional Fitness



Have you ever injured yourself doing everyday activities, even though you work out? Although traditional exercise routines are good for you, they tend to work muscles in isolation, while real-life activities require multiple muscles to work together.

**Functional fitness programs** train and develop muscles to make it easier and safer to perform routine tasks, improve quality of life and prevent injury.

**Functional exercises** tend to be multijoint, multimuscle actions, often combining upper and lower body movements. The whole body is trained as an integrated unit instead of as separate parts. Some examples include multidirectional lunges (which can help you be able to do tasks like vacuuming and yard work) or a squat and bicep curl (similar to lifting a laundry basket or a child).

**Programs can be customized** for any job or lifestyle. A series of simple functional exercises can improve strength, agility/balance, stamina and flexibility in just a few weeks. For athletes, these programs may target vulnerable muscles and joints, making injuries less likely. Seniors can live more independently if they can carry groceries or get up from a chair. The military and other organizations use such programs to ensure top performance in the field.

**Find a certified personal trainer** (e.g., by ACE, ACSM, NSCA) or physical therapist who can help you design a program. As always, check with your doctor before starting any new exercise routine.

## Stay in Touch

Keep those questions and suggestions coming!

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## NEWS AND NOTES

- **OPEN ENROLLMENT:** Make your 2012 benefit choices Monday, October 3 through Monday, October 31. Watch your home mail for an open enrollment postcard.
- **READY TO SAVE MONEY?** Improving your health cannot only help you live a longer, better quality life, it can help you [save money](#). Preventive care and making smart lifestyle choices are solid investments.
- **TOBACCO FREE:** You and your covered adult dependents are eligible for free coaching and medication, if appropriate. Enroll by calling [866-784-8454](tel:866-784-8454).
- **YOUR VISION BENEFITS AND COSTCO:** Good news for Most and Local 77 employees who are Costco members. Your vision benefit at a participating Costco location is even easier — claim forms are no longer necessary. Pay your copays and any amount over your allotted coverage, and Costco and VSP will handle the rest. (This does not apply to the SPOG plan.)

If your Costco store does NOT participate with VSP, you'll need to pay the provider and submit for reimbursement using the form available on [vsp.com](http://vsp.com) or by calling VSP at [800-877-7195](tel:800-877-7195).

### Summer Berry Parfait



## EASY | RECIPE

from Personal Best®

2 cups plain, nonfat Greek yogurt\*  
2 tbsp honey  
1 cup chopped nectarines

½ cup fresh blueberries  
½ cup fresh strawberries, stemmed and quartered  
½ cup fresh raspberries  
20 whole unroasted almonds

- 1] Mix yogurt and honey until smooth.
- 2] Gently combine nectarines, blueberries and strawberries.
- 3] To assemble, fill 4 (8-oz) glass parfait or other dessert dishes as follows: Place an equal scoop of the nectarine mixture in bottom of

each dish; add a layer of yogurt-honey cream, then a layer of raspberries, then a second layer of yogurt, and top with almonds.

\* Greek-style yogurt is strained to remove excess water, creating a thicker, creamier texture than regular yogurt; it stands up well in a dessert. Option: Use nonfat sour cream.

**MAKES 4 SERVINGS. Per 1-cup serving:**

175 calories | 13.4g protein | 1.6g fat | trace sat fat | 0mg cholesterol  
23.5g carbs | 18g sugar | 3.2g fiber | 37mg sodium

## Wing It Without the Meat

Buffalo chicken wings are a popular appetizer, but a vegetarian version can be just as tasty with a lot less fat.

**BUY** 1 pound of seitan (wheat gluten), tear into strips, dust with paprika and onion powder, and then saute until lightly browned.

**MIX** ¼ cup of hot sauce with lime juice, salt, pepper and maple syrup to taste. Combine this mixture with the seitan and simmer for several minutes.



top dollar

## Clean for Less With These Ideas

DIY recipes for saving and sparkling:

**Baking soda and water ...** works for most surfaces. **How:** Dust the area with baking soda ... scrub with a moist sponge. If something more abrasive is required, add kosher salt.

**Lemon juice and/or vinegar ...** works for stains, mildew or grease streaks. **How:** Spray or douse with lemon juice or vinegar. Let sit a few minutes, then scrub with a stiff brush.

**Disinfectant ...** good for killing germs without bleach. **How:** Mix 2 cups of water, 3 tablespoons of liquid soap and 20 to 30 drops of tea tree oil. Wipe surface.

**White vinegar, water and newspapers ...** good for cleaning mirrors and windows. **How:** Mix two tablespoons with a gallon of water in a spray bottle. Wipe clean with newspapers, not paper towels, which sometimes leave streaks.