



Health Promotion Partnership

Wellness Update



10 Best Foods for Your Heart

WINTER ISSUE

JANUARY-FEBRUARY
2012

February is **Heart Month** and focusing on fresh foods full of heart-healthy fats and antioxidants can decrease your risk of developing heart disease and cut your chances of a heart attack. These **10 foods** will help keep your ticker in top shape:

1. **Oatmeal:** Full of omega-3 fatty acids, folate, and potassium. Lowers levels of LDL (or bad cholesterol) and helps keep arteries clear.
2. **Salmon:** Super-rich in omega-3 fatty acids, salmon can effectively reduce blood pressure and keep clotting at bay. Also contains the powerful anti-oxidant carotenoid astaxanthin.
3. **Avocado:** The monounsaturated fat in avocados can help lower LDL levels.
4. **Olive Oil:** Full of monounsaturated fats, olive oil lowers bad LDL cholesterol.
5. **Nuts:** Almonds, walnuts, and macadamia nuts are all full of omega-3 fatty acids and mono- and polyunsaturated fats.
6. **Berries:** Blueberries, raspberries, and strawberries are full of anti-inflammatories, which reduce your risk of heart disease and cancer.
7. **Legumes:** Fill up on fiber with lentils, chickpeas, and black and kidney beans. They're packed with omega-3 fatty acids, calcium and soluble fiber.
8. **Spinach:** Can help keep your heart in top shape thanks to its stores of lutein, folate, potassium, and fiber.
9. **Flaxseed:** Sprinkle some on other foods like breakfast cereal to provide fiber and omega-3 and omega-6 fatty acids.
10. **Soy:** Soy may lower cholesterol, and since it is low in saturated fat, it's still a great source of lean protein in a heart-healthy diet. Find it in soy milk, tofu and edamame.



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DID YOU KNOW?

Regular full time employees have 12 hours of release time each fiscal year to attend wellness sponsored programs and activities? (with approval of your supervisor)

Watch for 2012 Exercise Challenge!

The 2012 Exercise Challenge begins February 6 and ends April 14, 2012 .

This year we will be taking a Departmental team approach and arranging some friendly and fun competition between our groups here at Monterey County.

Trophies will be up for grabs for highest number of participants per Department , most minutes of activity per Department and other fun categories.

So start thinking about organizing your Department's Team! We will still be looking for Team Coordinators and will be happy to hear from those of you interested in volunteering. More to follow.....watch for it soon!



2011 Wellness Survey Results...Now What?



This year's Survey provided us with a wealth of information, feedback and insights regarding our current and for our future programs. Here are a few of the highlights:

- **Participation is UP!** 18% MORE employees are using their 12 hours of work release time to attend wellness activities than in 2010.
- **MORE managers/supervisors are encouraging their employees to participate in wellness activities**....a 14% increase over last year!
- **Overall satisfaction with the program is high**, with an average rating of 3.4 out of 4. Areas of lowest satisfaction: availability of offerings (time and location) and incentives offered for participation.
- **Most requested areas of interest for additional programming:**
 - ***WEIGHT***: Watch for an online interactive Personal Nutrition class, a January Weight Loss contest (with incentives!), and more Resting Metabolic Assessments.
 - ***FITNESS***: New this year will be Fitness Assessments, Department team events like a Fitness Scavenger Hunt, and a Fit Olympics this coming summer.
 - ***HEALTHY AGING***: We've added workshops on Joint Wellness, Younger Next Year, Over 50, 10 Best Foods for Your Heart, and Ageless Mobility.
 - ***MENTAL HEALTH***: Join us for Laughter is the Best Medicine, Laughter Yoga, Personality Styles and Conflict, Calm Thoughts, and Calm Minds, or 5 Ways to Stay Calm and Focused Under Stress in the upcoming months!
 - ***FINANCIAL WELLNESS***: We are working with our Credit Union to provide workshops in this topic area for our employees.
 - ***PARENTING***: New this year are classes on: Secrets of Happy Parenting, Bullying, and Texting, Facebook and social media.

Finally, we welcome 15 new Wellness Council volunteers from 8 additional departments! It's going to be a busy year!

New! Wellness Library Additions

The Wellness Library has added a number of new selections in the following areas:

- Parenting in a digital world of Facebook, texting, etc.
- Fit in 5: 5, 10 and 30 minute workouts
- Health benefits of chocolate (Yes....it's true!)
- Parenting children with ADHD
- Dealing with bullyingand much, much more.....



Go to: <http://www.mtyhd.org/wellness> and select "Lending Library" from the menu on the left side of the page to "check out" what you want to check out!



6 Ways to Stay Active This Winter



With the onset of cooler weather, winter rains, and darker days, many people unintentionally become less active and eat more. But unlike bears, groundhogs and hamsters, people don't burn off the stored fat as they sleep — and therein lies the problem.

If you normally fall prey to hibernation behaviors when winter arrives, do something different this year. Choose to stay active, eat mindfully, and greet the New Year feeling your best.

1. **Liven It Up.** We're all creatures of habit; it's easy to get stuck doing the same things week after week. But boredom puts you at risk for losing interest in your exercise program. To keep things fresh, try a new fitness activity or sport this season. Your body and mind will both benefit from a little variety.
2. **Join in the Fun.** Signing up for a fitness class, a training group, or running club is a terrific way to add fun and variety to your exercise routine — and will assist you in getting out the door when you'd rather cozy up to the fire. Working out with a group offers social support and accountability — which are helpful when you're dealing with shorter days and inclement weather. Just knowing that someone is expecting you to show up makes it far more likely that you will.
3. **Indoor Ideas.** Feel like staying inside, but still want to work up a sweat? Be resourceful. If you love to run, head to the gym and try the treadmill, elliptical, or stair climber — or acquire a piece of home exercise equipment. If you're a cyclist, convert your outdoor bike to a stationary model with a wind trainer. Visit your local pool to swim laps or train with a Masters Swim Club. Borrow fitness DVDs from your local library, or swap with your friends. Set up a circuit training workout at home, alternating cardio and strength exercises — using dumbbells, bands, or body weight and a jump rope, stairs, or even jogging in place.
4. **Outdoor Chores.** There is always a list of calorie burning chores — like raking leaves, cleaning gutters, and chopping wood. Put some extra effort into housework and yard work, and you'll build muscular and cardiovascular fitness while checking off your to-do list.
5. **Active Traditions.** Winter holidays like President's Day and Valentine's Day don't have to be all about feasts, alcohol and sweet treats. Why not add to your celebrations by adopting new, physically active traditions? Take your family for an extended walk. Go dancing or bowling. Make time for cross-country skiing or snowboarding in snow country.
6. **Embrace the Season.** Does cold weather prompt you to stay indoors until spring blossoms arrive? If so, you may be missing out on seasonal activities you might learn to love — if you gave them a chance. You can't change the weather, so dress for it and get out there. Sample a sport or activity you've always wanted to try. With so many to choose from, there's bound to be a cold weather pastime that brings a smile to your face. And here's the bonus— you'll get the satisfaction of knowing you're staying active and healthy during a time of year when many people are settling in for a long winter's nap.



January-February 2012 Wellness Workshops

NEW! BEATING BACK THAT POST HOLIDAY BULGE: (Instructor: John Wolf)

Tues. Jan. 17 Time: 11 am to 12 noon. Location: 302B Life Foundation Bldg., 1000 S. Main, Salinas

NEW! Willpower—New Research to Help You Achieve Your Goals for the New Year: (Instructor: Kathy Bauer).

Thurs. Jan. 19 Time: 2:30 pm — 4:30 pm Location: OET Conference Rm, 730 LaGuardia, Salinas

ASH KICKERS STOP SMOKING SERIES: (Instructor: Denise. Castro)

Thurs. Feb 9, 16, 23 and March 1, 8, 15 Time: 11:00 am—12 noon Location: Room 236, Health Dept.
1270 Natividad Road, Salinas **(MUST register for and attend all 6 sessions)**

NEW! INTU-FLOW JOINT WELLNESS: (Instructor: John Wolf)

Thurs. Feb. 9 Time: 11:00 am—12:00 noon Location: Monterey Room, Government Center,
168 W. Alisal, Salinas

CHOCOLATE: A HOLIDAY TREAT WITH HEALTH BENEFITS: (Instructor: Kathy Bauer)

Tues. Feb. 14 Time: 2:30-4:30 pm Location: Rm. 129, Hlth. Dept. 1270 Natividad Rd. Salinas

NEW! HEALTHY AGING—YOUNGER NEXT YEAR!: (Instructor: Kathy Bauer)

Tues. Feb. 21 Time: 2:30-4:30 pm Location: Beh. Hlth. Conf. Room, 957 Blanco Circle, Salinas

NEW! JOYOUS JUICING AND SLIMMING SMOOTHIES: (Instructor: Denise Carlson)

Tues. Feb. 28 Time: 10 am—12 noon Location: Rm. 129, Hlth. Dept. 1270 Natividad Road, Salinas



Don't Forget: To encourage participation, the Board of Supervisors and management approved 12 hours of release time each fiscal year for employees to attend Employee Wellness sponsored programs.

WEIGHT WATCHERS @ WORK AT THE GOVERNMENT CENTER:

Every Wednesday from 12:00-1:00 pm
Asilomar Conference Room, Second Floor

WEIGHT WATCHERS @ WORK AT THE LIFE FOUNDATION BUILDING (QUAD): Every
Tuesday. From Noon to 1pm. in Conference Room 302B. Third Floor



To Enroll: <http://learningdevelopmentnetwork>