

L.I.F.E.

Lifestyle Improvements
for Employees

LIFE NEWSLETTER

December 2016



Coping with Holiday Stress

The holiday season, while being one of the most wonderful times of the year, often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken a toll on you in the past.

For tips to help prevent holiday stress and depression and earn **4 LIFE Points** see below:

- ❖ Review the “Holiday Stress and How to Cope” PPT - <http://maconnc.org/LifeWellness.html>
- ❖ Complete the Holiday Stress Quiz - <http://maconnc.org/LifeWellness.html> and email to Melissa mleatherman@maconnc.org
- ❖ or send to Melissa at Macon County Public Health.



WELLNESS NEWS

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Don't Forget! – You can learn about all different types of health topics and earn LIFE Points by using the **BCBS Healthy Outcomes** website. It's quick, easy and fun to do! If you have not already registered go to the LIFE Program webpage for instructions. Take the BCBS Health Assessment and earn **5 LIFE Points!**

<http://maconnc.org/LifeWellness.html>

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Free Pedometers Available
If you are interested in receiving a free pedometer please call Melissa at 349-2459

The Macon County Employee & Family Health Program

Offering you and your family easy access to sick visits, Chronic Disease Management and other services.

Quality Care at a Low Cost

Call 349-2081 and ask for Employee Health to schedule your appointment.

Employee Health Clinic Hours:

- Monday – 7:30 am – 3:30 pm
- Tuesday – 1:00 pm - 3:30 pm
- Wednesday – 7:30 am – 3:30 pm
- Thursday – 7:30 am – 3:30 am
- Friday – 7:30 am – 11:30 am

For more information about services offered through the Employee Health Program call Melissa at 349-2459

Upcoming LIFE and Wellness Programs

Ladies Night Out Earn 5 LIFE Points

Programs are hosted monthly by Angel Medical Center in partnership with Macon County Public Health. The **November 13th** program topic for **Ladies Night Out** is **"Holiday Recipes"**. First meeting is from 4 pm – 5 pm and the second meeting is from 6:30 – 7:30 pm. You will earn 5 LIFE points for attending any LNO event with a maximum of 15 points allowable. For more information regarding LNO, please contact Lynn at 349-2437 or email lbaker@maconnc.org.

Preventive Health Care – 5 LIFE Points Each

Even if you feel fine, you should still see your health care provider for regular checkups. These visits can help you avoid problems in the future. For example, the only way to find out if you have high blood pressure is to have it checked regularly. High blood sugar and high cholesterol levels also may not have any symptoms in the early stages. A simple blood test can check for these conditions. Earn **5 LIFE Points** each for the following preventive visits: **Annual Physical – Eye Exam – Annual Dental Exam – Mammogram – PAP Smear – Bone Density Screen – PSA Test – Skin Cancer Screen**

Diabetes Prevention Program & Pre-Diabetes Assessment – Earn 3 LIFE Points

COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step.

1. **Find out your risk for prediabetes. See the attached link to take the test. Send results to Melissa at Macon County Public Health or email to mleatherman@maconnc.org to receive 3 LIFE Points.**
2. If you are at **risk for prediabetes** learn more about how the Diabetes Prevention Program offered through Macon County Public Health can help you (see information below in newsletter).

Deskercize! – Earn 10 LIFE Points

"Beat the Seat" Deskercize Challenge begins January 9, 2017. Having a regular fitness routine is good; however, it may not counteract the effects of a prolonged lifestyle. This 4 week challenge will go into greater detail in showing you ways to get that much needed exercise during work hours. Play "Deskercize Bingo" and learn exercises such as Water Bottle Workouts, No Sweat Calorie Burners and Copy Machine Calistenics, just to name a few! **Learn more about the challenge and register at:** <http://maconnc.org/LifeWellness.html>



Nutrition at Work and Home



Host a "**Healthy Holiday Potluck Lunch**" with your section or a group of coworkers during the month of December or January and earn **8 LIFE Points!**

To participate:

1. Register your Potluck with Melissa at mleatherman@maconnc.org
2. Plan the dishes/menu (**dishes must be healthy**)
3. Send menu and list of staff participating to Melissa to receive LIFE Points after your lunch

Hearty Beef & Vegetable Stew

A heart-healthy one-dish meal made with lean top round beef, lots of vegetables, and an aromatic herb mixture.

Ingredients:

1 lb. top round beef	1/8 teaspoon dry mustard
1 tablespoon paprika	8 red-skinned potatoes, halved
1½ teaspoon oregano	3 cups finely chopped onion
½ teaspoon chili powder	2 cups beef broth
¼ teaspoon garlic powder	2 large garlic cloves, minced
¼ teaspoon black pepper	2 large carrots, peeled, cut into very thin 2½" strips
1/8 teaspoon red pepper	2 bunches mustard greens, kale, or turnip greens, stems removed, torn

Directions

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8" thick and 3" wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes.
6. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

Physically Active Lifestyle

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of [tempting treats](#). It's no surprise that many of us see our waistlines expand during the holiday season. Even the most disciplined people can find it difficult to stick to their health and fitness routines. **But this year can be different.**

Here are 8 secrets to [staying fit during the season](#) of overindulgence:

1. Keep moving.

In addition to staying active, try to [avoid sitting](#) for prolonged periods of time, such as when watching football games or eating. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just three minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other [heart disease](#) risk factors.

2. Be the man or woman with a plan. And hydrate.

The holidays can be a real land mine in terms of disrupting your best exercise and weight-control intentions. Start each day with a game plan. First, [track your food intake and activity level](#). Doing so makes you aware of the amount of calories in certain foods. Also, stay hydrated. Your brain can sometimes confuse thirst with hunger. A large glass of water before a meal (and especially before considering seconds) can help lessen the amount of food you consume.

3. Make lists, exercise early and sleep.

The holiday season is one of my favorite times of the year, but I recognize that it has the potential to be hard on my health. To alleviate the potential negative impacts of the season, I recommend making sure [workouts are in the morning](#) so you don't get distracted later in the day by parties, events or other holiday hoopla.

4. Expect the unexpected.

We are [glass half-full people](#), so we hope for the best, but we prepare for the worst. We always have an emergency [bag of healthy food](#) that requires no refrigeration and can be readily eaten as is – a health umbrella of sorts.

5. Be creative and get rid of 'all or nothing' mindsets.

The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to [healthful eating](#) and physical activity. In reality, there is more than just one way to live healthfully and be active. "During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building [physical activity into holiday traditions](#) – like taking a family walk around the neighborhood on Christmas.

6. Plan – and remember there is always time and opportunity for a workout.

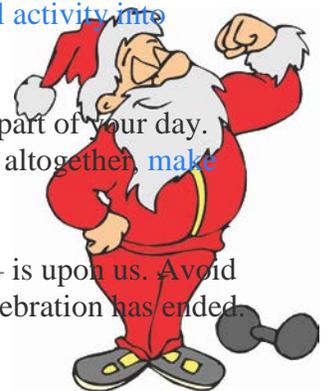
Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, [make time for a quick workout](#).

7. Indulge for a night, not a season.

It's easy to overindulge when the season of parties and [leftovers](#) – *so many leftovers* – is upon us. Avoid allowing 'treats' to become staples by not letting them linger in the house after the celebration has ended. When the party is over, it is time to dump the junk!"

8. Remember it's a single day.

"Enjoy the holiday. If you worry about eating too much on this single day, the reality is that one day won't make or break your health plan. Unfortunately, most people start a pattern of daily 'treats' in some form or another or skip exercise due to visiting relatives. [Enjoy the holiday](#), but don't let it go from a day of indulgence to a month of indulgence that leads to unwanted habits that continue beyond the holiday season."





Want to Prevent Type 2 Diabetes??

You can! With the

Macon County Diabetes Prevention Program

Macon County Diabetes Prevention Program is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes and includes:

- A total of **50 Life Points** for employees who complete the program!
- Program is **Free** for all eligible county employees
- A trained lifestyle coach and Registered Dietitian
- Fun and interactive group support atmosphere
- 2-Phase program
 - 1st phase: We meet weekly, for one hour for 16 weeks
 - Second phase: We meet monthly, for one hour for 6 months

The idea behind the program is that by improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — (*that is 10 to 14 pounds for a person weighing 200 pounds*). If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes by more than half!

To qualify for the program, you cannot already be diagnosed with type 1 or type 2 diabetes and.....

- Had a fasting blood sugar of 100-125 or A1c of 5.7-6.4 done within the past 12 months
- **And/Or** score a 9 or higher on the CDC Prediabetes Risk Assessment test (*follow link below*)

<http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>

Classes will be located at the Health Department and are available at various times throughout the year. We want to offer this program at the most convenient time for employees. Please follow the link below to take a **confidential survey** to give feedback on a class date/time that would work best for you if you were to sign up for the program. Class date/time will be based on these results. **Be sure to type your contact info (email or phone number) beside your name in the participant box.** <http://doodle.com/poll/k9za5ra27pbwybqr>

Come by the Health Department and sign up today!! Please contact April Innis at 349-2455 for details or if you have any questions.

Merry Christmas

&

Happy New Year

