



# Wellness Matters

September/October 2010

The Wellness Newsletter of the Scantic Valley Regional Health Trust.

## HEALTHY HAPPENINGS

### Walking Works

A 6-week team-based challenge that encourages participants to log their walking minutes or miles using an on-line log— you can actually view the progress of all teams involved. Individuals may participate, just make sure to pick a team name for yourself. Running and other activities will count.

Step 1: Register your team with Amy Higgins

Step 2: Register yourself online and begin tracking your progress.

The person who does the most walking will receive a \$50 gift card. A drawing for a second \$50 gift card will be held for others who have completed the program.

*FREE pedometers will be given to those who want one, but they are not required.*

### New Diabetes Program

#### Rewards Good Health

If you have Diabetes and you want to improve your health AND receive FREE diabetes medication and supplies (\$0 co-pay) please visit

<http://www.scantichealth.org/programs.htm>

for more information on a great new program being offered by the SVRHT.

### Zumba

Join the party! The Zumba® program is described as “fusing hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away”.

*East Longmeadow, Mondays 4:15-5pm*

*Mountain View School, 77 Hampden Rd.*

8 weeks starting 9/27. Please contact Amy to register and send \$40 by Friday, 9/24 to Scantic Valley Regional Health Trust c/o Amy Higgins, Wellness Coordinator, 795 Longmeadow St., Longmeadow, MA 01106

*Classes coming to Wilbraham on Tuesdays beginning October 26. Location TBD.*

### PROGRAM REGISTRATION

Contact Amy Higgins, Wellness Coordinator, at 847-0249 or [amyhiggins2003@yahoo.com](mailto:amyhiggins2003@yahoo.com).

**This newsletter has 2 pages.**

### Self-Care Yoga

The focus of this 11-week session will be stress reduction, flexibility, physical health and emotional well-being.

WED Wilbraham Middle School Library  
3:30-4:20pm, starts 9/22

THURS Wolf Swamp Road School Music Room  
Longmeadow, 3:30-4:20pm, starts 9/23

Please contact Amy to register and send \$66 by Friday, 9/17 to Scantic Valley Regional Health Trust c/o Amy Higgins, Wellness Coordinator, 795 Longmeadow St., Longmeadow, MA 01106

### Weight Watchers @ Work

**Longmeadow**— A meeting is currently being formed on Tuesdays from 3:30-4:30 at the Police Station Meeting Room. If you are interested please contact [amyhiggins2003@yahoo.com](mailto:amyhiggins2003@yahoo.com).

**Wilbraham**— A meeting is currently being formed at Minnechaug Regional High School. Contact Poppy Nelson at [pnelson@hwrtd.org](mailto:pnelson@hwrtd.org) for more information.

## THE “GOOD”, THE “BAD”, AND THE UGLY

### TRUTH ABOUT CHOLESTEROL

#### *September is National Cholesterol Education Awareness Month*

According to the National Heart, Lung and Blood Institute, high blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease - the higher your cholesterol level, the greater the risk. You can have high cholesterol and not know it. Lowering cholesterol levels that are too high lessens your risk for developing heart disease and reduces the chance of having a heart attack or dying of heart disease.

**What is good and bad cholesterol?** **HDL** is “good cholesterol.” It helps clean fat and cholesterol from your blood vessels. Remember, the **H** in **HDL** for **H**ealthy, and the **H**igher it is, the better. **LDL** is “bad cholesterol.” It carries cholesterol to your blood vessels, clogging them like rust in a pipe. Remember the **L** in **LDL** for **L**ousy, and the **L**ower it is, the better.

**Have your blood cholesterol checked.** The blood test to measure the cholesterol levels is called a lipid profile. You can have this test done at your doctor’s office. If you are 20 years of age or older, check your cholesterol at least every 5 years. Your doctor may test you more often if your cholesterol levels are high.

According to the National Institutes of Health, high blood cholesterol itself does not cause symptoms; so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it.

#### **Steps you can take to lower your Blood Cholesterol Levels and keep it low:**

Keep your blood cholesterol in check. Start with a few changes and add more over time.

- Y Get your cholesterol level checked.
- Y Talk to your doctor about what your cholesterol numbers mean.
- Y Read food labels to choose foods lower in saturated fats, *trans* fats, cholesterol, and calories.
- Y Bake, broil, or grill foods instead of frying.
- Y Eat more fruits, vegetables, and whole grains.
- Y Drink water or sugar-free beverages instead of regular soda.
- Y Maintain a healthy weight.
- Y Do 30 to 60 minutes of moderate physical activity on most days.

## CLEAN EATING...what’s it all about?

(Livestrong.com)

It's doctor-recommended, celebrity praised and on the new-stands--its clean eating. If you loathe complicated diet plans or are watching your wallet, fear not, clean eating is simple. The core concept of clean eating only asks that you go for foods in their most natural state. The benefits of doing so include a slimmer waistline, improved cardiovascular health and life longevity. Do you want to learn more? Check out the link below for tips on clean eating shopping lists.

<http://www.livestrong.com/article/209724-clean-eating-shopping-food-list/>

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### **Deck Stretch: Great for Relieving Muscle Tension**

Holding tension in the neck can lead to headaches and upper back tension as well. Many of us drop the head forward when working on the computer, which can put extra stress on the neck muscles. This stretch feels great on the neck and shoulders.

**Do it right:** Sitting in your chair, reach down and grab the side of the chair with the right hand and gently pull while tilting your head to the left, feeling a stretch down the right side of the neck and shoulder. Hold for 10-30 seconds and repeat on the other side.

Visit [SCANTICHEALTH.ORG](http://SCANTICHEALTH.ORG)

for more

program information.



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