

Wellness Program Newsletter

Wellness Matters

All benefitted and benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Other employees, family members and friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

Spring is almost here! What are you doing to prepare for its arrival? Personally, I feel the need to get all of the inside projects done, as I know once the weather gets warmer, there will be plenty to do outside! It's almost time to start thinking about and planning a vegetable garden, growing herbs and/or veggies in pots on a patio, or deciding which flowers you want to see in your surroundings that bring a smile to your face.

You can read about National Nutrition Month on page 2; did you know that March is also National Colorectal Cancer Awareness month? If you are turning 45 this year, your doctor may refer you for a colonoscopy. Please don't put it off! Screening is the best way to prevent this type of cancer. Most of us aren't thrilled at the thought of a colonoscopy, so to ease the process, the Wellness Program offers a \$100 gift card once your preventive screening is complete! Contact me if a colonoscopy is in your near future and for more information on colorectal cancer, please go to <https://www.ccalliance.org/screening-prevention/get-screened>.

With warm thoughts ~

~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You are most welcome to "like" us on FB for info on various health topics: <https://www.facebook.com/scanticvalleywellness/>

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The Strive weight loss program is underway! We had a great turnout—48 folks weighed in and 32 attended the kick-off seminar. Congratulations to all who are taking the time and making the effort to approach weight loss the tried-and-true way—by making behavior changes to eating and exercise patterns which can be sustained for a lifetime. Hooray!



March is National Nutrition Month®!

The Academy of Nutrition and Dietetics encourages everyone to eat healthfully at work. Follow the same guidelines as you would at home: Enjoy a wide variety of foods from all the food groups and pay attention to your portion sizes.

"Healthful eating habits shouldn't stop once you get to work," says registered dietitian nutritionist Jennifer Bruning, a national Academy Spokesperson in Chicago. "Whether you are buying lunch or bringing your lunch and snacks from home, a few simple steps can make the workday a healthful one."

Nearly 25 percent of employed adults consume foods and beverages at work at least once a week – items that often are high in calories and include refined grains, added sugars and sodium, according to a study from the U.S. Centers for Disease Control and Prevention published in the *Journal of the Academy of Nutrition and Dietetics* in 2019. The study looked at foods and beverages purchased from vending machines or cafeterias, or obtained for free in common areas, during meetings, or at social events.

Brown Bag It Skip the prepackaged foods from the vending machine and instead pack a nutritious lunch and snack following these tips from Bruning:

Lunch:

- >Use healthful recipes to create your meals.
- >Use a grocery list to shop for nutrient-rich foods.
- >Make your meals colorful and satisfying by including lean sources of protein, whole grains, vegetables, fruits and low-fat or fat-free dairy.
- >Turn your healthful dinner leftovers into the next day's lunch.

Snacks:

- >Pack whole fruit or cut, raw vegetables for snacks with a crunch.
- >Keep unsalted nuts, dried fruit, a jar of peanut butter and whole wheat crackers in your desk.
- >Snack on protein foods and sources of dietary fiber, such as an apple with peanut butter, to fill you up and keep you satisfied until the end of the day.

Plan It If you plan to have lunch in the cafeteria or a fast-food restaurant:

- >Look for key words on the menu such as "grilled," "broiled" or "steamed," which means the food is cooked with less fat.
- >Consider swapping French fries for a green salad and ask for sauces on the side.
- >Be mindful of your portion sizes and consider splitting large portions into two meals.
- >Eat your meal slowly to give your stomach time to tell your brain that it's full.
- >Drink plenty of water to stay hydrated throughout the day.

Celebrate It It's difficult to resist the lure of the office snack table or birthday celebration, so:

- >Eat lunch before perusing the snack table.
- >Savor foods you truly enjoy and pass up those that don't interest you.
- >Move your socializing away from the food to minimize unconscious nibbling.

"Small changes, such as planning your meals in advance, eating foods from all food groups and practicing portion control can lead to big health benefits in the long run," Bruning says. "Incorporating healthful foods and physical activity habits into each day is something all of us can do."

Taken from <https://www.eatrightpro.org/media/press-releases/national-nutrition-month/workplace-nutrition>

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition
and Dietetics



And the Winners Are....

The Wellness Subcommittee is thrilled to announce the winners in this year's "Make Your Site a Little More Well" Contest! Yes, WINNERS, because we chose 3 winners this year! Meadowbrook School in East Longmeadow will use funds toward a "Sunshine Cart," delivering healthy snacks, a smile and uplifting messages to everyone who works in the building. The LPVEC Longmeadow/East Longmeadow transportation office and the East Longmeadow Fire Department will both acquire fitness equipment for employees to use on-site. Thank you to all who entered and please start thinking about how YOU would like to improve the well-being for everyone in your work environment. Applications can be requested through me and are due December 31, 2020.

Health New England Member Updates

Calling all HNE Members! March/April challenge on WebMD: All HNE members are encouraged to participate in the **Seize the Zzzz** sleep challenge! This challenge runs from March 11 through April 8 and will earn you 10 Wellness Program points and 50 Healthy Choices points, and a chance at a raffle prize! You can enroll now through March 13 at webmdhealth.com/hne The winner of the Five to Thrive challenge raffle was Valerie Fritz! Enjoy your copy of Dr. Ann's 3-Book Series, *Eat Right for Life*, *Weigh Less for Life* and *Eat Right Cookbook!*

The deadline to submit the **HNE Wellness Reimbursement claims** for 2019 is **March 31, 2020**

Save the Date and Join Us at **your** Benefits Fair!

For employees in HWRSD, Wilbraham and Hampden:

Friday, March 13 1:30 - 4:00 PM Minnechaug High School Cafeteria

For East Longmeadow employees:

Tuesday, April 28 1:00 - 4:00 PM Birchland Park Middle School Gym

For Longmeadow employees:

Wednesday, April 29 Noon - 4:30 PM Longmeadow Community House

This is your chance to meet with insurance representatives, learn about other employee benefits and opportunities in the community, get some swag and have a chance at door prizes!

The results from the **Maintain Campaign** are so impressive that I just have to share them with everyone! During the past holiday season, 204 employees/retirees participated. Of these, 38% lost weight, 28% maintained their weight within 2 pounds and 21% gained weight (13% were unavailable for the final weigh-out). The group that gained weight was the smallest and the group that lost weight was the largest! This seems to be the trend in recent years, which is great! Carrying around excess body weight is an issue in the U.S and is a contributing factor to many chronic diseases. Taking steps to prevent weight gain, or catching it early and making changes to halt it, is why we do this. If you didn't join in and would like to, we will be doing it all over again in November, so look out for more info then!

Upcoming Classes

Longmeadow Parks and Recreation Department*

Zumba March 9 - April 13 Mondays 5:45 - 6:45 PM Greenwood Center \$57

Karate (starts 3/3), Tai chi (starts 3/3) multiple **volleyball** and **basketball** games offered as well!

Go to https://issuu.com/lprd.net/docs/fall_winter_2019_final or call 565-4160 for more info and to register.

East Longmeadow Recreation Department*

Cardio Strength March 30 - June 1 Mon & Wed 6:00 - 6:50 PM BPMS cafeteria \$50

Yoga April 1 - May 27 Wed 7:00 - 7:50 PM BPMS cafeteria \$40

Go to <https://www.eastlongmeadowma.gov/DocumentCenter/View/9014/East-Longmeadow-Recreation-WinterSpring-2020-Brochure>

for more information and **visit in-person to receive the employee discount.**

*If you are a town employee working 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on Park & Rec activity classes upon registering for their classes when you confirm that you are a town employee (eligible employees pay 60% and SVRHT pays 40%). You must register with the Park and Rec Department for any of their classes.

Mindful Movers Class

You will practice vinyasa yoga, mindfulness, breathing techniques, and meditation. Wear comfortable clothing, bring a yoga mat, and a water bottle.

Thursdays, 3:30 - 4:30 PM March 5 - April 9 No class 3/19 5 week session for \$50**

Center School, 837 Longmeadow St, Longmeadow

Gentle Yoga Class

This class includes stretching, balancing, movement and relaxation for every-body. Come curious and leave relaxed and refreshed. The benefits of the practice will extend far beyond the class we share together.

Mondays, 5:15 - 6:30 PM 3/9, 3/16, 3/23, 3/30, 4/20, 4/27 No class 4/6 & 4/13 6 week session for \$50**

Old Town Hall, 417 Longmeadow St, Longmeadow

Pilates Mat Class

This is a group class that offers much individual attention, as there are up to 12 participants. It takes place on the floor with a mat using some small equipment (resistance bands, circles, fitness balls and light weights). The focus is on core strength and stability with some arm and leg work.

Next session starts April 9th Thursdays, 3:45 - 4:30 PM 6 week session for \$74**

The Pilates Center of Western MA 167 Dwight Road, Suite 105 Longmeadow

Please contact lyn@scantichealth.org or 413-896-9080 to register for yoga & Pilates classes

****Attending all classes in session (1 missed is okay) will earn you a \$10 voucher gift card at a choice of retailers.**

EVERY employee (regardless of insurance type) has an open invitation to a month of free online yoga and meditation when and where you want it with Ompractice! Here's how to get your 30 free days, which start when you redeem it: **Special link to purchase 30 day unlimited subscription:** <https://ompractice.yoga/scantichealth> Use code **HNEGOLD** at checkout to make it 100% free!

Visit us on the web! www.scantichealth.org