



# Wellness Matters September/October 2009

The wellness newsletter of the Scantic Valley Regional Health Trust

## Healthy Happenings

All municipal employees in Hampden, Wilbraham, HWRSD, Longmeadow, East Longmeadow and LPVEC may participate in any of the following programs in any location. Family members and friends are also invited to participate.



### Self Care Yoga with Kate Forest

**Tuesdays, 3:30-4:15pm, Longmeadow**

Wolf Swamp Road School, Music Room  
**Wednesdays, 3:45-4:30pm, Wilbraham**

Minnechaug High School, Room J3-J4

**Thursdays, 2:45-3:30pm, West Springfield**

LPVEC, Brush Hill Rd., Gymnasium

All programs are 10 weeks beginning the week of September 28. The cost for the session is \$60. Please bring a check payable to SVRHT Wellness to the first class...pre-register by contacting Amy at amyhiggins2003@yahoo.com or 323-4309 by Friday, September 25.

### Weight Watchers at Work

**Wilbraham-** A registration/informational meeting will be held on October 1<sup>st</sup> from 3:15 - 4:00 in the Superintendent's Conference Room at Minnechaug High School. Actual meetings will start Thursday, October 8, same time - same place.



The program will run for 12 weeks at a cost of \$144.00. HNE, and BCBS of MA may reimburse up to \$150.00 for this program. In addition, the SVRHT Wellness Program will give a \$25 Visa Check Card to anyone who reaches goal weight- and it doesn't have to be within the 12-week session.

We need 15 paid members to get started, so bring your friends! If you have questions, call Poppy Nelson at 596-9011 ext. 238 or e-mail pnelson@hwrtd.org.

**Longmeadow-** If you are interested in attending a Weight Watchers meeting in Longmeadow, please send Amy an email with the days and times you are available.

### "30 in 30" Activity Challenge

We are happy to report that 290 employees and family members participated in the Go Walking Program this summer. Good job!

**Are you ready for a new challenge?**

**CAN YOU ACCUMULATE 30 OR MORE MINUTES OF PHYSICAL ACTIVITY PER DAY FOR 30 CONSECUTIVE DAYS?**

The Surgeon General, President's Council on Exercise, CDC and the American College of Sports Medicine all agree that we should accumulate 30 or more minutes per day most days of the week. Give it a shot and see how you feel. Simply keep track of your activity minutes and days and send Amy a note by October 31. Just say, "Hey Amy, I did 30 in 30" and your name will be entered into the drawing for a \$50 LL Bean Gift Card.

*Coming later in the fall...*

**TOBACCO CESSATION, BACK CARE  
HEALTHY CHOICES**

**THIS NEWSLETTER HAS 2 PAGES.**

### Is Your Salad Making You Fat?

from Health.com

I'm having a salad." It's amazing how these four simple words can make you feel so virtuous. But whether you choose a vinaigrette that's loaded with oil or add an overly generous sprinkling of honey-toasted nuts, it's easy to pile on extra fat and calories without realizing it, says Joan Salge Blake, RD, clinical assistant professor at Boston University and author of *Nutrition and You*.



In fact, a restaurant salad with dressing can have as many as 1,000 calories. With Blake's help, we've remade a few popular salads, which also happen to be favorites of three *Health* editors. Find out how to lighten up your greens by using the following link:

<http://eating.health.com/2008/04/23/is-your-salad-making-you-fat/>

### A Few Simple Techniques for Managing Stress:

- **Exercise:** Regular exercise is one of the best ways to manage stress.
- **Relax:** Practice meditation, quiet reflection time, yoga, aromatherapy, guided imagery, or massage. Listen to your favorite soothing music, read a novel or take a warm bath.
- **Keep a Stress Diary:** Write down events that were stressful to you. This can help you to adopt beneficial coping strategies in managing these stressors.
- **Organize and Prioritize:** Be Realistic! Prioritize what you need to accomplish during your day and check off each item as you go. Time management is a key step to lowering stress levels.
- **Delegate!** Learn to delegate chores and responsibilities at home and work; learn to say "NO".
- **Stop Smoking and Limit Alcohol Consumption:** Smoking might affect the ability of the coronary arteries to respond to stress. Alcohol disturbs regular sleep patterns and masks the cause of stress without eliminating it.
- **Sleep:** It is hard to work efficiently when you are tired; that can be stressful.
- **Talk about it:** Friends and family can provide you with support and guidance to help reduce stress and enhance well-being.

You can learn to successfully manage stress. Start by taking an honest look at yourself. Every day there are responsibilities, obligations, and pressures that change and challenge you. Learn how to identify stress in your life, and find helpful ways for reducing or controlling stress. Find the techniques that work best for you.

Taken from HNE.com (Health New England)

### Blue Cross Blue Shield 24-Hour

#### Nurse Care Line

When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat?

Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? If you are a Blue Cross Blue Shield member you can. Just pick up the phone and call the Blue Care Line toll free at **1-888-247-BLUE (2583)**.

#### Additional Benefits and Resources

**My Blue Health-** MyBlueHealth can help Blue Cross Blue Shield Members reach their wellness goals- whether it be to quit smoking or get in better shape- by providing them with personal wellness plans and valuable tools designed to address their specific health needs. Visit

<http://www.bluecrossma.com/member-central/healthier-living/mybluehealth.html> to find out more.



Scantic Valley Regional Health Trust

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