

# WELCUP

Wellness Council of the Upper Peninsula

*"Promoting worksite wellness and physical activity  
within Upper Peninsula businesses and communities"*



**May/June 2006**



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## National Employee Health and Fitness Day Winners Announced

National Employee Health and Fitness Day (NEHFD) was May 17, 2006 which took place during our Get Moving U.P. program. WELCUP encouraged all worksites to promote physical activity on-site during this one day or over a day during this week.

WELCUP agreed to award cash incentives to one small, one medium and one large sized member worksite who participated in this event. To assist member worksites, WELCUP provided a sample physical activity policy that would allow employees to exercise during their workday for this special event.

Awards were based on the highest percentages of employees participating and were awarded as followed:

**Worksites with 49 or less employees had a chance at the \$50 award.**

**Worksites with 50-100 employees had a chance at the \$100 award.**

**Worksites with 101 or more employees had a chance at the \$150 award.**

Six worksites participated. These include: Great Lakes Center for Youth Development, Portage Health, Marquette-Alger Regional Educational Service Agency, Dickinson-Iron Intermediate School District, Public Health Delta-Menominee and Grand View Health System.

In the small worksite category, Great Lakes Center for Youth Development was the winner of the \$50 award and Portage Health was the winner of the \$150 award in the large worksite category. There was no medium sized worksite winner.

*"Look to your health; and if you have it,  
praise God, and value it next to a good  
conscience; for health is the second  
blessing that we mortals are capable of;  
a blessing that money cannot buy."*

— Izaak Walton



*Great Lakes Center for Youth Development Group*

## Eat Your Way To A Better Work Day

If your busy day means breakfast is a cup of coffee as you run out the door and lunch is a quick bite at your desk between meetings, e-mails and phone calls, you may be negatively affecting your company's health along with your own.

Everyone wants to have the energy at work to think clearly and focus on priorities, but many people don't realize that what, when and how much we eat and exercise can significantly influence productivity, morale and safety.

Below are some ideas for office workers to eat healthfully and get moving -- with minimal effort:

- Bring healthy snacks to work, such as pre-cut vegetables or fruit.



- Set an alarm on your computer or block out time on your daily calendar to remind you to stop working and eat lunch.

Join a gym near work or take a walk around the block during the middle of the day to boost your energy for the afternoon.



### New Guide to Living Well With Heart Disease

**If you have heart disease, make living well with the disease a priority.**

A new guidebook from the U.S. National Heart, Lung, and Blood Institute (NHLBI), *Your Guide to Living Well With Heart Disease*, provides the latest information on how you can protect and improve your heart health. This booklet is a step-by-step guide to living a full, healthful, and enjoyable life as you cope with your heart condition. It also includes a heart attack survival plan and information about how to recognize heart attack signs and get help quickly.

*Your Guide to Living Well With Heart Disease* is available free online at <http://email.nhlbihin.net/> or for \$4.00 plus shipping and handling by calling the NHLBI Health Information Center at (301) 592-8573.

## Mediterranean Diet: What is it and How Can it Benefit Your Health?

Studies have linked a Mediterranean diet with a lower risk of cancer and heart disease and a longer life. Just what is a Mediterranean diet and how does it get these results?

There is no one "Mediterranean" diet for the 16 countries that border on the Mediterranean Sea. But there are common characteristics in the traditional Mediterranean diets of areas such as southern France, Italy, Spain, and Greece that make it so healthful. These include:

- **An abundance of plant-based foods, especially vegetables**—First and foremost, a Mediterranean diet is high in vegetables, fruits, whole grains and beans. Vegetables, especially, are celebrated, not just tolerated.
- **Rich in "healthy fats"**—The fat content is moderate and the major source is olive oil. Because olive oil does not raise blood cholesterol and does not seem to promote cancer development, it is a healthful oil and a good source of fat. Some studies suggest that natural compounds in olive oil may even protect against cancer. Fish, rich in healthful omega-3 fatty acids, is served often. Little red meat is eaten, and any meat portions are small.
- **Lots of beneficial herbs**—Many of the tasty herbs used to flavor Mediterranean foods, such as rosemary, oregano, onion, and garlic, are believed to contain cancer-fighting antioxidants.
- **Wine in moderation**—



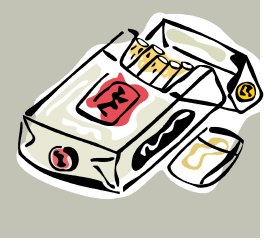
Traditionally, wine is also part of many Mediterranean meals, and its antioxidant phytochemicals may provide some health benefit. But note that wine is used primarily with meals and in moderation. No more than one five-ounce glass a day is recommended for women, while two is the limit for men.

You need to remember that people in Mediterranean countries traditionally lived a highly active lifestyle with a higher calorie requirement and did not need to moderate their use of olive oil. If you want to eat a Mediterranean diet, you must adapt it to today's less active lifestyles and be careful not to overdo this healthful oil.

Sources: "Nutrition Wise" by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org); *30 Secrets of the World's Healthiest Cuisines*, by Steven Jonas, MD, and Sandra J. Gordon, and the American Heart Association.

## Wellness Tidbits

### Sale of Cigarettes Drops to Lowest in 55 years



Good news for Americans' health: Cigarette sales in 2005 declined 4.2% from 2004 to 378 billion cigarettes in the United States. This is the lowest number since 1951. Cigarette sales have fallen by more than 21% since the state attorneys general negotiated the landmark 1998 tobacco agreement with the tobacco companies. The agreement imposed public health restrictions on the advertising, promotion and marketing of cigarettes by tobacco companies. This decline is even more impressive because the U.S. population has more than doubled since 1951.

Source: National Association of Attorneys General. [www.naag.org](http://www.naag.org)

### Americans Have Come a Long Way in Life Expectancy

Today American men can expect on average to live 74.8 years. American women can expect to live 80.1 years. Life expectancy in 1900 was 46 years for men and 48 years for women.

Source: Health, United States, 2005, CDC National Center for Health Statistics

### Add Heart-Healthy Flaxseed to Your Diet

Flaxseed is high in heart-healthy omega-3 fatty acid, as well as a source of fiber. Whole seeds cannot be digested, so grind them first before using them. Flax meal has a nutty flavor. Add ground flaxseed to hot and cold cereals, muffins, cookies, bars, pancakes, breads, yogurt, salads, vegetables, and soups. The easiest way to grind them is with a coffee grinder. Refrigerate the ground seed in an airtight container for up to 90 days.

Source: "Flaxseed," American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org)

### Americans Continue to Overeat

Although more Americans realize that food portions have gotten bigger and are often oversized, over half of all Americans clean their plates no matter how much food they find on them. Only 25 percent of Americans say that the size of the portion they eat at restaurants has gotten smaller since 2003. Only 37 percent of Americans say the size of food portions they serve and eat at home have decreased. In 2003, a flurry of media and scientific attention was directed on portion distortion and Americans overeating. However, few Americans are putting this awareness into action by cutting down on the amount of food they eat. With 64 percent of Americans overweight or obese, getting control of the amount of food they eat is important for weight management.

Source: February 2006 Portion Size Awareness and Eating Habits Survey, American Institute for Cancer Research

### Regular Exercise Lowers Risk of Alzheimer's and Other Dementia

Results of a large, six-year research study, suggest that people over 65 who exercise regularly are less likely to develop Alzheimer's or other dementia. Even modest activity, such as walking 15 minutes three times a week, seemed to help. The benefit was greater in those who were the least fit and started to exercise.

Source: *Annals of Internal Medicine*, January 17, 2006

### Take a Vision Break From Your Computer

To reduce eyestrain and fatigue from working on a computer, take a vision break every 20 minutes or so and look at an object 20 feet or more away to relax your eye muscles. Blink your eyes frequently to keep them lubricated. Also alternate your computer work with non-computer tasks to give your eyes a rest.

Source: U.S. Occupational Health and Safety Administration

## Shoes for Walking: Finding a Great Fit



Walking is a great way to improve your health. Selecting the proper shoe is key to walking comfortably and avoiding injury. Poor fitting shoes not only injure your feet, but can also lead to shin splints, knee pain and even problems with your hips.

Following are tips to help you select a good shoe for walking:

- Look for a shoe that has a comfortable soft upper, good shock absorption, smooth tread, and a flexible toe and rocker sole that encourage the natural roll of your foot during walking.
- Look for a shoe that is lightweight and breathable.
- Shop for walking shoes after you have been walking or at the end of the day when your feet will be their largest.
- Try on the shoes with socks that you will wear for walking.
- Stand when you are trying on your shoes. You should be able to wiggle your toes and there should be between three-eighths and one-half inch between your big toe and the end of each shoe.
- Try on both shoes.
- The shoe should be comfortable as soon as you try them on. There is no break-in period. Don't purchase a shoe that feels too tight.
- Your heel should fit firmly and comfortably in the shoe and not slip as you walk.
- Walk in the shoes to make sure they are comfortable.

Source: American Orthopedic Foot and Ankle Society

# MARK YOUR CALENDARS



# June 2006

- |       |  |    |  |
|-------|--|----|--|
| 10-11 | Michigan's Free Fishing Weekend  | 24 | Camp Batawagama Golf Outing, George Young Recreational Complex, Iron River, <a href="http://www.batawagamafriends.com">www.batawagamafriends.com</a>                       |
| 16-18 | Bridgefest Celebration, Houghton/Hancock, 906/482-5240 or <a href="http://www.bridgefestfun.com">www.bridgefestfun.com</a>   | 24 | International Bridge Walk, Sault Ste Marie, 906/632-3301   |
| 16-18 | Keweenaw Chain Drive Festival Mountain Bike Race, 906/337-4579 or <a href="http://www.chaindrive.org">www.chaindrive.org</a> | 25 | Menominee River Century Bike Ride Special Concert & BBQ, Great Lakes Memorial Marina Park, Menominee, 906/863-2679 or <a href="http://www.mrcride.com">www.mrcride.com</a> |
| 23-24 | Relay for Life, Houghton, 906/482-3550   | 25 | Tour-Da-Lake Annual Bike Ride, Lake Gogebic, 906/932-5858  |
| 23-25 | Superior Bike Fest, Marquette, 866/370-RACE or <a href="http://www.superiorbikefest.com">www.superiorbikefest.com</a>        |    |  |
| 24    | Superiorland Soccer Association 4v4 Tournament, Marquette, 906/249-9281  |    |  |

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