

“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

10 Ways to Help Fight Cancer

1. Exercise! Physical activity lowers breast cancer risk.
2. Avoid being overweight by combining a healthy meal plan with regular exercise. Eat less fried foods and keep fatty snacks such as potato chips, sweet biscuits, rich cakes and fatty deserts for special treats only, not as everyday snacks.
3. Fat -- some evidence indicates that diets high in fat may increase the risk of cancers of the colon, breast, prostate and the lining of the uterus.
4. Use small amounts of mono-unsaturated and polyunsaturated spreads and mono-unsaturated and polyunsaturated oils (such as olive, canola, peanut or safflower oil) for cooking.
5. Use reduced fat and low-fat milk, yogurt and cheese for adults and children from school age onwards. Give regular milk and yogurt to pre-school children.

http://www.ediets.com/news/article.cfm/cmi_237124/cid_1

FRUIT PIZZA

Ingredients

- 1-flour tortillas (8 inches in diameter)
- 1/2-teaspoon sugar
- 1/8-teaspoon ground cinnamon
- 2 tablespoons soft cream cheese
- 1/2 cup chopped fresh fruit, (such as strawberries, blueberries, grapes, peaches), well drained

Instructions

1. Heat oven to 350°F. Place tortilla on ungreased cookie sheet. Bake about 10 minutes or until crisp. Meanwhile, mix sugar and cinnamon.
2. Place hot tortilla on cutting board; spread cream cheese on tortilla. Sprinkle with sugar-cinnamon mixture. Arrange fruit on top.
3. Cut into 4 wedges. Serve warm.

Tips for Mental Health

- ◆ **Volunteer** - Being involved in community gives a sense of purpose and satisfaction that paid work cannot.
- ◆ **Manage Stress** - Learning how to deal with stress when it threatens to overwhelm us will maintain our mental health.
- ◆ **Find Strength in Numbers** - Sharing a problem with others may help you find a solution and will make you feel less isolated.
- ◆ **Identify and Deal with Mood** - We all need to find safe and constructive ways to express feelings of anger, sadness, joy and fear.
- ◆ **Learn To Be At Peace with Yourself** - Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

<http://www.wholefitness.com/10mentaltips.html>

Good Habits for a Healthy Family!

- ◆ Today, fast food lures families in at a minimum of three times per week adding up to at least 12 times a month! That translates to excess calories, sodium and fat. Not good!
- ◆ Of course, cable TV encouraged more sitting, and as daily activity in our life began to decrease, the food options began to increase. More snacks, more fast foods, more sugar, more sodium, more processed ingredients.

Here are 4 of 12 Health Habits to adopt that may last a lifetime:

Habit #1 -- Lose the "hurry up" habit and opt for down time instead.

Habit #2 -- Get in the habit of reinforcing good health vs. condoning the search for perfection.

Habit #3 -- Make it a habit to prepare foods at home or opt for healthier fast food choices.

Habit #4 -- Don't get in to the habit of using food as a reward; find other options.

http://www.ediets.com/news/article.cfm/cmi_1322499/cid_1/code_24264/

Wellness Testing Coming Soon!

Free cholesterol, diabetes, blood pressure and other tests. Eligible employees can receive a **\$50** taxable incentive for participating in the testing. Testing dates: September 20th through November 9, 2005.

Appointments can be made by: 1. Logging onto TRAC and registering for Wellness Fitness Testing or email adeem@scgov.net or call 650-9908 with a preferred appointment time & date.

Complete the on-line Health Risk Appraisal (HRA) and receive an additional **\$100** taxable incentive. On-line HRA available at: www.simplestepslife.com The on-line HRA must be completed in order to receive \$50 incentive for Wellness Testing participation. See 2006 Wellness Incentive Program Rules on e-Hr or scgov.net for more details. Bargaining employees must refer to their collective bargaining unit agreement for eligibility.