



# “Stall Talk”

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## Its never too late!!

**I've been smoking for 30 years. The damage is done and it's too difficult to stop.**

True, it's hard to stop smoking after so long, but your body will start feeling better and stronger if you give up smoking. The minute you have your last cigarette, your body begins healing. A year after your last cigarette, your risk of heart disease lowers substantially. After five years, your stroke risk is reduced. Fifteen years after quitting, the risk of heart disease is the same as a nonsmoker's.

**It won't make a difference if I start exercising now. I'm too old for it to matter.**

Exercise is important at any time in your life. Even if you have been inactive up until now, you can still start an exercise program and feel better emotionally and physically because of it. Exercise can help with the pain of Osteoarthritis. It can also help you lose weight. Being overweight or obese can be risk factors for heart disease, diabetes and certain cancers. Even losing just a few pounds helps.

**At this point, changing my diet won't matter.**

It doesn't matter if you have health conditions or not, a good diet matters at any age. Fruits, vegetables, whole grains, legumes and nuts have antioxidants, which help fight cancer. Good foods help reduce the risk of heart disease. The fiber from these foods helps clear out bad cholesterol and helps maintain a healthy colon.

Information found at:

<http://www.healthatoz.com/healthatoz/Atoz/hl/fit/mind/alert04142005.jsp>

### Effective Listening: Listen, Learn, Achieve!

Techniques for becoming the best listener possible include containing your desire to ask questions during the process in which the speaker is sending the message to you. Instead, continue to listen intently. Remember, the answer to your question may be in the message, but you have to continue listening. [www.mindtools.com](http://www.mindtools.com)

**"The aim of medicine is to prevent disease and prolong life; the ideal of medicine is to eliminate the need of a physician."**

*William Mayo 1928*

## HOW 'BOUT A HUG?

In March 2003 the American Psychosomatic Society found that hugs greatly reduced the harmful physical effects of stress. People who experienced or re-lived a stressful event, following a 20 second hug had smaller increases in blood pressure and heart rate than the non-contact people did.

Laughter along with touch is found to lower your output of cortisol, a stress hormone. When cortisol levels drop, a surge of serotonin and dopamine are released, the brains feel good chemicals. Dr. Miles O'Brien Riley professes that a "Healthy, happy heart needs 32 laughs and 9 hugs a day."

### ARE YOU KEEPING YOUR HEART HAPPY?

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### Want to know about the upcoming benefit fairs, raffle prizes, flu shots and vendors that will be at the fairs?

Make sure you get your post card with all the information about times, locations and dates of the benefit fairs by ensuring your address is current in e-HR. Log onto e-HR via SCG's intra-net site. The link will be on the left column (e-HR portal)

<https://benefits.scgov.net>

### Pepperoni Pita Pizza:

- 1 whole-wheat pita
- ¼ cup lowfat marinara sauce
- 1 ½ oz. Finely shredded low fat mozzarella cheese
- 10 slices turkey pepperoni
- ½ cup chopped broccoli florets

1. Preheat oven to 450 degrees F.
2. Place pita on baking sheet. Top evenly with sauce, then cheese, then pepperoni and broccoli.
3. Bake 8-12 minutes until crust is crisp and cheese is melted. Slice and serve!