

THE WELLNESS WIRE

A QUARTERLY NEWSLETTER FROM THE
SMCH WELLNESS COMMITTEE

CONGRATS Q1 CHALLENGE WINNERS

Employees were challenged to reach at least 10,000 steps per day during our Q1 Challenge. Eight employees successfully hit this daily goal!

1st PLACE \$100 to Brown's Shoe Fit
PAM HOSPELHORN: 1,068,135 STEPS

2nd PLACE Up to \$50 to SMCH Apparel
ASHLEY MORK: 928,839 STEPS

3rd PLACE \$25 to Hibbett Sports
KEVIN BEAN: 820,846 STEPS

In honor of Ragbrai's 50th Anniversary, the Wellness Committee presents our **Q2 Challenge: "Daily 20-Minute Bike Ride,"** taking place from June 1 - 30. The top 3 participants with the most logged minutes will receive prizes.

- 1st Place will receive a \$50 gift card to ISEC Bike Shop in Carroll
- 2nd Place will receive a \$25 gift card to ISEC Bike Shop in Carroll
- 3rd place will receive a CamelBak Podium Bike Water Bottle.

Register in the BAM app or website to get started!



MAIN ENTRANCE

MISSION: TO PROMOTE WELLNESS FOR ALL SMCH EMPLOYEES.
VISION: PROVIDE OPPORTUNITIES FOR EMPLOYEES TO LEARN MORE ABOUT THEIR HEALTH.

June is

NATIONAL MEN'S HEALTH MONTH

Encourage the men in your life to take care of their bodies by eating right, exercising, and working to prevent disease.

Starting in your 20s & 30s

- Annual flu shot and tetanus booster every 10 years
- Blood pressure check every two years
- Cholesterol screening at 35, earlier with heart disease risk factors
- Diabetes screening if you have high BMI, family history or high blood pressure
- Height, weight and BMI checked every year
- Skin cancer exams annually
- Teeth cleaned and examined once or twice each year
- Vision screening every two years, more often with diabetes

Visit www.stewartmemorial.org to learn more about available preventative screenings.

In your 40s & 50s, add

- Diabetes screening when older than 44 and then every 3 years
- Colorectal cancer screening at 45, earlier with high risk factors
- Shingles vaccine beginning at 50
- Prostate cancer screening beginning at 50
- Lung cancer screening at 50 for current or former smokers

After age 60, add

- Bone density testing at age 70, earlier if you break a bone after 50
- One-time abdominal aortic aneurysm screening at 65-75 for current or former smokers
- Pneumonia vaccine beginning at 65

THE POWER OF WORDS

from Japanese author Dr. Masaru Emoto

Dr. Masaru Emoto performed a series of experiments observing the physical effect of words, prayers, music, and environment on the crystalline structure of water. By doing thousands of experiments over a period of several years, he realized that human words, expressions of love or hatred, affect the molecular structure of water.

He first froze water, then examined its molecular structure. He allowed the ice to completely melt, then he would express negative attitude, like hatred or anger, to the water. After refreezing and examining its crystalline structure, he found its molecules were scattered and lacked symmetry, unlike its previous form. Again, he would allow the ice to melt, speak positive and encouraging messages then refreeze it. The positive messages created beautiful, crystalized structures that were symmetrical and aesthetically pleasing.

This experiment proves that words have the unique ability to destroy or create. Think of the incredible power we wield and the impact we can make if we become more intentional about the words we think and say to others and ourselves!



EIGHT TIPS FOR EXERCISING IN SUMMER HEAT

A beautiful, sunny day is the ultimate motivation to go outside and play, but the summer heat and exercise can be a risky combination.

Full article by Eugenia Killoran for Pritikin.com

1. Know when to ease up! Chances are, you won't be able to exercise at the intensity you normally do, and that's okay.
2. Avoid the hottest part of the day. Rise early to catch the cool of the morning or go out at or after sunset.
3. Wear light-colored, lightweight clothing. Dark colors absorb the heat!
4. Apply sunblock with UVA/UVB at two-hour intervals, even if the labels have sweat-proof or water-proof claims.
5. Drink up and keep track of your hydration levels. Aim to drink the recommended 8 - 10 ounces of water for every 20 minutes of activity.
6. Steer clear of sports drinks, unless you're exercising for long durations at high intensities. Even then, it's a good idea to dilute sport drinks to avoid excessive calorie consumption.
7. Never let yourself get to the point where you're feeling faint, dizzy, or sick. Headache, cramps, nausea, and vomiting, are signs that you should find air-conditioned comfort fast.
8. Know the signs -- heat stroke can be fatal, and there is often little warning. Symptoms include *absence* of sweating with flushed skin, rapid pulse, difficulty breathing, hallucinations, disorientation, and seizure.

Vegetables -- Seconds, Please! By Casey Wetter, RD

After receiving your recent SMCH Safety Tips mailer, did you feel the nudge to UP your vegetable intake? It's time to get excited about **PRODUCE** as we transition to summer, and fresh, local veggies become more available.

Vegetables play a key role in a healthy meal plan, whether your goal is weight loss, health maintenance or disease prevention. Most of us would agree that vegetables are "good for you," but many don't realize *how* good!

- Vegetables pack a *punch* of vitamins and minerals like potassium, folate, vitamins A and C. Plus, their antioxidants help reduce chronic inflammation.
- Diets rich in potassium may help promote healthy blood pressure. Veggies highest in potassium include tomatoes, sweet potatoes, green beans, and spinach.
- Vegetables are great sources of fiber, which helps us feel full, keeps our bowels regular and can reduce blood cholesterol levels. Women should have 25 grams per day, and men 38 grams per day. (*The average American only consumes 10-15 grams of fiber daily!*)

As the MyPlate model recommends, fill half your plate with produce, with fresh or frozen varieties being your best choices. If you choose canned veggies, rinse well to remove around 30 percent of the added sodium.

For those teammates who work at the Lake City campus, we invite you to enjoy the variety of vegetables offered in the Junction daily. Our salad bar offers a variety of fresh, raw vegetables and our Nutrition Services Team strives to include a hot (*non-creamy*) vegetable as part of the daily menu.

THE FOUR PILLARS OF FINANCIAL WELLNESS

Financial experts agree that financial health includes four key components: Spend, Save, Borrow, and Plan. Here are valuable tips to strengthen each component.

Spend: With a little time, you can put together a clear budget to improve your spending habits. You can easily find budgeting tips online, and tools and apps to download that can automate the budgeting process for you.

Save: Aim to save a minimum of 10% of your monthly income, but any amount saved helps improve your financial fitness. Once you start saving, those funds should be considered untouchable. Use them to begin building an emergency fund and save for long-term goals.

Borrow: Healthy debt payments should be no more than 15% of your income (*not including mortgage and transportation loans*). While credit cards can have perks, such as raising your credit score, they can also be dangerous. Paying down debt fast should be a priority.

Plan: Where do you see yourself financially in 5 years, and where would you like to be? Do you want to be able to buy a house or maybe an income property? Will you help a child with college tuition costs? By focusing on long-term goals, you can re-prioritize your budget.

Remember, improvements are possible! Take time to analyze your financial health, set a plan, and actively work towards your goals.



BIKE WITH US

Log some biking minutes for the Q2 Challenge at our group rides! Family, friends and pets welcome!

JUNE 3, 9:00 AM -- Twin Lakes bike trail -- one lap is 6.2 miles, 12 roundtrip -- start at east side park.

JUNE 17, 9:00 AM -- Sauk Trail starting at trail head -- Carnarvon to Lake View -- 6.2 miles one way, 12 roundtrip.

ASPARAGUS helps relieve arthritis, prevents cancer and progression of cataracts, dissolves kidney stones, helps control blood sugar, strengthens the heart, and is even a diuretic.

Follow the recipe below to enjoy this summertime favorite!

Oven-Roasted Asparagus

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 ½ tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice (*optional*)

STEP 1

Preheat the oven to 425 degrees F.

STEP 2

Place asparagus into a bowl; drizzle with olive oil and toss. Sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange asparagus in a single layer in a baking dish.

STEP 3

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

