



# The Wellness Chronicle

## March 2014

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LEADWellness@us.army.mil

### Wellness Program Managers

**Chairperson:**  
Melinda Torres, x7-8851

**Vice Chairpersons:**  
Katie Bryant, x7-4192  
Tanya Ranck, x7-9706

**Food Council:**  
Maria Glenn, x7-5320

**GYM Membership:**  
James Holmes, x7-5316

**IT Support:**  
Art Barnett, x7-9171

**Newsletter:**  
Janet Gardner, x7-8404

**Nursing Mothers:**  
Abigail Perdew, x7-8271

**Pedometer Program:**  
Jennifer Frey, x7-8084

**Sharepoint Support:**  
Gina Loose, x7-5609

**Wellness Fair Coordinator:**  
Elizabeth Robinson, x7-8048

### We need your help!

What wellness topics are you interested in learning more about?

Let us know what we can do to help improve your quality of life.

Contact any program manager listed above.

### Inside this edition...

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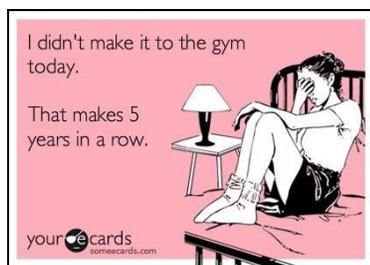
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Word Scramble

## FOCUS ON: GETTING FIT!

Contributed by Melinda Torres



**AS** you shake off the chill of winter and look forward to the balmy days of summer, now is a good time to reevaluate your eating habits and reinvigorate your exercise routine. Soon sweaters and coats will be shed in favor of shorts and t-shirts, so you will want to be fit and flexible to make the most of the warm sunny days to come.



If you need a little motivation to get back to the gym, contact James Holmes at x7-5316 or e-mail at james.c.holmes.civ@mail.mil to enroll at a participating gym. If walking is your preference, contact Jennifer Frey at x7-8084 or e-mail Jennifer.n.frey.civ@mail.mil to sign up for a pedometer and the 'LEAD GOT STEPS' walking program.

### Melt the Pounds Away

If you gained a few pounds over the winter, now is the time to take a fresh look at your diet. Combine balanced diet and regular exercise, and you may find losing weight less of a challenge than you expected.

Here are a few suggestions for easy ways to cut calories and incorporate fluids, fiber, essential vitamins and nutrients, and protein into your diet.

**1. Drink water.** Water is a natural appetite suppressant that banishes bloat as it flushes out sodium and toxins. Drinking enough water will also help keep you from mistaking thirst for hunger.

**2. Have a calming cup of green tea.** Studies show that green tea extract boosts metabolism and may aid in weight loss. This tea has also been reported to contain anti-cancer properties and may help prevent heart disease.

**3. Eat an apple or pear.** Next time you need to satisfy a sugar craving, reach for one of this low-calorie, high-fiber snack. You'll feel full longer and eat less.

**4. Buddy up to broccoli.** At just 20 calories per cup, this weight-loss super food not only fights fat but also contains powerful phytochemicals that boost your immunity and protect against disease. It's also high in calcium and loaded with vitamin C, vitamin A, folate and fiber.

**5. Spoon up low-fat yogurt.** Dairy products can boost weight loss efforts, according to a study in the April issue of Obesity Research. Low-fat yogurt is also a rich source of weight-loss-friendly calcium, providing about 450 mg. per eight-ounce serving, as well as up to 12 grams of protein.

**6. Eat turkey.** Studies show that protein can help you boost your metabolism, lose fat and build lean muscle tissue so you burn more calories. A three-ounce serving of boneless, skinless lean turkey breast has just 120 calories and provides 26 grams of appetite-curbing protein, 1 gram of fat and no saturated fat.

**7. Have a jalapeno.** Researchers at Laval University in Canada discovered that eating hot peppers can speed up your metabolism and cool your food cravings. Capsaicin (a chemical found in jalapeno and cayenne peppers) temporarily stimulates your body to release more stress hormones. This speeds up your metabolism and causes you to burn more calories.

Volunteers needed and always welcome. Contact any of the program managers listed above!

**Get Moving with LEAD Got Steps** contributed by Melinda Torres

Regular exercise and physical activity are important to your physical and mental health. Walking is one of the easiest ways to incorporate exercise into your daily routine. You only need a comfortable pair of shoes to get started.



Letterkenny Army Depot's 'LEAD Got Steps' pedometer program encourages you to include walking as part of your daily routine and set personal wellness goals. It can be as easy as parking farther from the store entrance or taking the stairs at work. You can even make it a family routine by having a walk around the block every evening after dinner. The program offers a free pedometer to help you get started.

**Keep Moving Forward**

Hats off to you if you've maintained your walking routine throughout the winter months! Doing an activity you enjoy and that helps you feel strong and fit is important to your overall health. If you are also aiming for weight loss, it can be frustrating when you hit a plateau and can't seem to lose any more weight.

The LEAD Got Steps pedometer program makes it easy to measure your progress towards better health. Once you know how far you walk in an average day, increase your mileage by finding ways to add more steps to your day.

Your current routine may have too few steps to meet your ultimate health or weight loss goals. If this applies to you, aim to add more steps to your current daily total, increasing them every two weeks. You can also add hills, stairs or arm weights to your routine to make your walks more challenging.

Sign up for LEAD Got Steps Pedometer Program today by contacting Jennifer Frey at 7-8084 or [Jennifer.n.frey.civ@mail.mil](mailto:Jennifer.n.frey.civ@mail.mil). You may also contact any of the Wellness pedometer program points of contact to get your pedometer today.

No matter what exercise or activity you choose to do, the most important thing is to get moving and keep moving. There are so many ways to be active—you can get exercise in short spurts or plan longer workout sessions. Be sure to take it slow if you're just starting and give your body time to adjust.

<b>Upcoming 2014 Wellness Events!!!</b>	
<b>March</b> Lunch-n-Learn: Smoking Cessation Date: 6 March; 1230 hrs Location: Bldg 350	<b>April</b> Lunch-n-Learn: Vanpool Info Date: Wed, 16 April Time: 1200-1230 hrs Location: Bldg 10, Great Room
	<b>June</b> Lunch-n-Learn: Lyme Disease, Date to be determined Locations: Bldgs 350 and 370

<b>LEAD Got Steps Pedometer Challenge POCs</b>		
<b>Wellness Pedometer Challenge Program Manager: Jenn Frey, <a href="mailto:Jennifer.n.frey.civ@mail.mil">Jennifer.n.frey.civ@mail.mil</a>, 7-8084</b>		
<b><u>Pedometer POC list:</u></b>		
Bldg	NAME	Ext
5	<b>Jesse Womack</b> <a href="mailto:jesse.l.womack.civ@mail.mil">jesse.l.womack.civ@mail.mil</a>	9244
370	<b>Dianna Fryzlewicz</b> <a href="mailto:dianna.l.fryzlewicz.civ@mail.mil">dianna.l.fryzlewicz.civ@mail.mil</a>	9230
370	<b>Sandra "Dee" Shaffer</b> <a href="mailto:sandra.d.shaffer2.civ@mail.mil">sandra.d.shaffer2.civ@mail.mil</a> (2nd/3rd shift)	9272
5808	<b>Deb Kissel</b> <a href="mailto:deborah.j.kissel.civ@mail.mil">deborah.j.kissel.civ@mail.mil</a>	4269
52	<b>Jonathan Pretlow</b> <a href="mailto:brenda.l.danfelt.ctr@mail.mil">brenda.l.danfelt.ctr@mail.mil</a>	8398
350/1	<b>George Coble</b> <a href="mailto:george.m.coble4.civ@mail.mil">george.m.coble4.civ@mail.mil</a>	8487
10	<b>Gina Loose</b> <a href="mailto:gina.m.loose.civ@mail.mil">gina.m.loose.civ@mail.mil</a>	5609
10	<b>Karen McCausland</b> <a href="mailto:karen.m.mccausland.civ@mail.mil">karen.m.mccausland.civ@mail.mil</a>	9251
37	<b>Irene Myers</b> <a href="mailto:irene.t.myers2.civ@mail.mil">irene.t.myers2.civ@mail.mil</a>	5716
LEMC	<b>Tammy Piper</b> <a href="mailto:tammy.l.piper2.civ@mail.mil">tammy.l.piper2.civ@mail.mil</a>	8481

**Walking Fact Sheet:** Did you know that you own the most amazing tool? This tool will make your heart healthier, it will create a slimmer and trimmer you, it will give you endurance, and it will put pep in your step. In fact, that's exactly what it is, your step. Look down; see those perky little toes attached to those two feet? That's it, the amazing tool. You don't need a gym, or a dance class, or equipment to get healthy; all you need are those two feet.

Maintaining or increasing your strength, endurance, balance, and flexibility are the key factors to staying fit. Walking builds your strength and endurance, which contributes to better balance. Walking is a free, healthy activity that generally doesn't require any special equipment and can easily be incorporated into the working day. You can improve your flexibility with stretching exercises. The wide range of health benefits include: **1) Reduces the risk of heart disease, diabetes, arthritis; 2) Burns calories and helps manage weight; 3) Reduces blood pressure and cholesterol; 4) Improves fitness and muscle tone; 5) Improves quality of sleep and is energizing; 6) Improves your mood; 7) Decreases stress.**

Walking is available wherever you are, at home, at work, on vacation. It is easy on your joints and provides a total cardio workout. Walking allows you to connect with friends or connect with yourselves. You can start walking even if you have not exercised in years. Even heart surgery patients walk to recover their health. Wear a comfortable pair of tennis shoes that have plenty of cushioning in the heel to give your feet the necessary support.

Steps	Miles
500	.25
1000	.5
2000	1
5000	2.5
6500	3.25
7500	3.75
9000	4.5
10,000	5



**Note:** The United States Center for Disease Control recommends that Americans walk 10,000 steps per day or approximately five miles.

**Wellness volunteers needed and always welcome. Contact any of the program managers listed on the front page!**

**FOCUS ON HEALTHY EATING—SPINACH SQUARES**



**Ingredients:**

- 1 egg
- 1/4 cup egg substitute
- 1/2 cup low-fat milk
- 1 cup unbleached or all-purpose flour (whole wheat can be substituted for half of the flour)
- 1 tsp salt
- 1 tsp baking powder
- 2 tbsp butter or canola margarine, melted
- 1/3 cup fat-free or light sour cream
- 8 oz reduced fat Monterey Jack cheese, cut into 1/2-inch cubes
- 2 10-ounce boxes frozen chopped spinach, thawed and drained (gently squeeze excess water with hands)

**Preparation:**

1. Preheat oven to 325°F. Coat a 9x9-inch baking dish with canola cooking spray.
2. Beat egg, egg substitute, milk, flour, salt, baking powder, melted butter, and sour cream in mixing bowl on medium-low speed until smooth batter has formed.
3. Stir in cheese cubes and spinach. Pour into prepared pan, spread evenly with spatula, and bake about 35 minutes. Test center to make sure it isn't runny. Let sit about 10 minutes before serving.
4. Cut the spinach squares after they come out of the oven, then keep them refrigerated. (Eat them cold as a snack or heat them up in the microwave.)

**Yield:** 9 side servings or snacks

**Nutritional Information:**

Per serving: 188 calories, 12.5 g protein, 17 g carbohydrate, 8 g fat (4.5 g saturated fat), 45 mg cholesterol, 2 g fiber, 525 mg sodium. Calories from fat: 38%.

Source: <http://www.medicinenet.com/script/main/art.asp?articlekey=59552>

**Wellness volunteers needed and always welcome.**

**FOCUS ON YOUR HEALTH—What is Wellness?**

No matter what your current health status is, you can move toward a higher level of wellness.

- Wellness is a choice—a decision you make to move toward optimal health.
- Wellness is a way of life—a lifestyle you design to achieve your highest potential for well-being.
- Wellness is a process—a developing awareness that an end point does not exist, but that health and happiness are possible in each moment, here and now.
- Wellness is the integration of body, mind, and spirit—the appreciation that everything you do, think, feel, and believe has an impact on your state of health and the health of the world.
- Wellness is the loving acceptance of yourself.
- Wellness is an ongoing lifestyle, which requires taking responsibility and making healthy choices, promoting individual well-being through a balance in all aspects of life.



Source: <http://www.wellpeople.com/WhatisWellness.asp>

**FOCUS ON PREPAREDNESS**

**EMERGENCY KITS**

To prepare your family for an emergency, assemble one or more emergency kits that include enough supplies for at least three days. Think of items that have multiple uses and are long lasting. Keep a kit prepared at home and consider also having kits in your car, at work and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to shelter in place or evacuate.



Learn more about the Army Emergency Management Program at: [www.acsim.army.mil/readyarmy](http://www.acsim.army.mil/readyarmy)

**What to Put in Your Basic Home Kit**

- Necessary
  - Water—at least one gallon per person per day for at least three days
  - Food—nonperishable food for at least three days (select items that require no preparation, refrigeration or cooking such as high energy foods and ready-to-eat canned meat, vegetables, fruit)
  - Manual can opener (if the food is canned), preferably on a multi-tool
  - Reusable plates, cups, utensils, saucepan (note, a metal bowl can double as a cup or plate)
  - First aid kit
  - Prescription medications and medical equipment/care aids
  - N95- or N100-rated dust masks
  - Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
  - Hand-crank or battery operated flashlight
  - Hand-crank radio or battery operated cell phone charger
  - All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
  - Extra batteries at the size required
  - Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
  - Weather appropriate clothing to keep your family warm and dry
  - Cash in the local currency
  - Any tools needed for turning off utilities
  - Local maps and your family emergency plan
  - Your command reporting information — know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)
  - Important documents, including will, medical and financial power of attorney, property documents, medical instructions
  - Emergency preparedness handbook
- Additional considerations
  - Infant formula and diapers if you have young children
  - Pets supplies, including food, water, medication, leash, travel case and documents
  - Disinfectant
  - Matches or flint in a waterproof container
  - Sleeping bag or other weather-appropriate bedding for each person
  - Coats, jackets and rain gear
  - Fire extinguisher
  - Paper and pencil
  - Books, games, puzzles, toys and other activities for children
  - Any items necessary for a specific type of disaster



Your words may be found horizontally, vertically, diagonally or backwards.

G L R S N X T T C K Z E A U T S M B R J V B Q O U A  
 K I Q Y M V B T O T B Y D X P S A Z I F E R E B I T  
 B T L G U Z Y M J M W E R I F W N J L P H C U Z W S  
 E M F J B O C F Q P A W K V R O G S R E P P E P P A  
 U D D P B E E F I T G T P V X A O S A A G Z E Y J P  
 R A I F X V X T C C N B O Y L T R E V R J M W K R J  
 A E L C U B A Q H K O V K E I M L N R O Q O M H Z J  
 J R W Z U C C H I N I I J L S E W Q V L K N O M E L  
 Y B Y P E A S M C F W V O S R A T O K A G R U K Q O  
 D N Z O U T F J K I C C S Q Y L I U M O T Q A Y N D  
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 P O U C Q F S H N O U P L S U Q C A U L S M Z T S C  
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 A J O J S P D G H R I W T Y R G B A V S N A E B R V  
 T E O I O I C S O I C U S Z A I N M P T M S E O E Y  
 N Z M F N T W I H C V V R W P A L A U A L G T E B K  
 A S R X W O I V A E Y P N F A Y I Q R L Y U P J P J  
 C L N V G S I S W A T E R M E L O N H O H A O W S B  
 X P L F K T O R T I L L A F E P N L E L A K T U A W  
 P X W C V F A N U T E P J F V C A U C A C F A T R H  
 H I T N A L P G G E G B W E W I P R T T O N T D L Y  
 C C Z H D S C G P P P S R D M N P R G S J G O E K N  
 P E A N U T B U T T E R S B Z Y L N R O C P O P Z S  
 S C V G W E L P P A E N I P K T E U Z L C I C E W G

- Red** Apple  
Raspberries  
Tomatoes  
Watermelon
- Green** Avocado  
Broccoli  
Kale  
Kiwi  
Okra  
Peas  
Zucchini
- White** Chicken  
Mushroom  
Onion  
Pita  
Popcorn  
Rice  
Yogurt
- Yellow** Banana  
Cornbread  
Grapefruit  
Lemon  
Peanut Butter  
Pineapple
- Orange** Cantaloupe  
Mango  
Orange  
Papaya  
Salmon  
Sweetpotato
- Purple** Beets  
Eggplant
- Brown** Beef  
Oatmeal  
Tortilla  
Tuna  
Walnuts  
Pasta
- Multi-Color** Beans  
Pear  
Peppers  
Squash

Source: <http://www.eatright.org/nnm/games/wordsearch/adults/index.html>

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