



The Wellness Chronicle

January 2014

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LEADWellness@us.army.mil

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Wellness is a connection of paths: knowledge and action.

Joshua Welch

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Banish Those Winter Blues by Keeping Fit!

The holidays are now history, and you are facing the coldest months of the year. While other warm-blooded animals are snug and cozy enjoying their hibernation, we humans are forced to work our way through the freezing temperatures one day at a time. So...how do you stay warm, healthy and happy when January has you blue?

1. Think technology! Computer-generated fitness programs keep getting better and better and more fun! There is very little reason to not get on board. Besides, exercising at home can save you time and money. Not to mention keep those pesky winter pounds from creeping on. Here are some suggestions: Nintendo Wii Fit and Wii games, Xbox, Kinect, P90X, and Exercise TV on Demand:

2. Not interested in being in front of the television? Try these simple at-home exercises to keep your muscles toned. Aim for 2 sets of 15 repetitions, 3 days a week:

- Dips on a chair
- Wall push-ups
- Lunges
- Squats over a chair
- Calf rises on a step
- Abdominal curls
- Yoga Plank

continued on page 2...

Upcoming Wellness Events!!!

Jan 15, 2014; 1200—1230 hrs.
Lunch-N-Learn: Smoking Cessation
Bldg 10, Great Room

Feb (date to be determined)
Lunch-N-Learn: Heart Disease
Bldg 10, Great Room



LEAD Pedometer Challenge Update

by Jennifer Frey



From left, Mike Unger, Tina Miller, Dianna Fryzlewicz, Tammy Wiley and Karen McCausland

Congratulations to last quarter's winners of the Letterkenny Pedometer Program!

Next quarter's competition begins January 1st. If you would like to participate, contact your POC listed on page 3 of this newsletter to receive a pedometer.

Start walking!

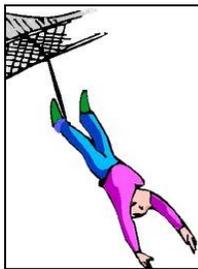
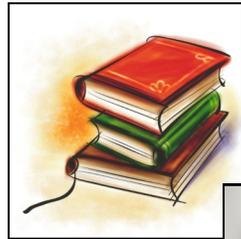


Volunteers needed and always welcome. Contact any of the program managers listed above!

Happy 2014!!!

Need some ideas on making those 2014 New Year's Resolutions? Here are some suggestions...

1. Read more books
2. Save more money
3. Lose weight
4. Redecorate
5. Take better photos
6. Go traveling
7. Organize photos
8. Do something for charity
9. Spend more time with kids
10. Buy a Sunday paper
11. Less TV time
12. Less time on Facebook
13. Totally revamp my wardrobe
14. Try a new hairstyle
15. Eat less chocolate
16. Socialize more in real life rather than Facebook
17. Drink less alcohol
18. Buy less coffee from Starbucks/big chains
19. Quit smoking
20. Learn how to use Twitter
21. Run a half or full marathon
22. Call people more than text
23. Watch less reality TV
24. Try extreme sports
25. Do a bungee jump



AND

26. Stop texting while driving!



"Someone painted pictures on my
Windowpane last night --
Willow trees with trailing boughs
And flowers, frosty white,

And lovely crystal butterflies;
But when the morning sun
Touched them with its golden beams,
They vanished one by one."

- Helen Bayley Davis, *Jack Frost*



...continued from page 1, Banish Those Winter Blues...

3. Get plenty of rest – but don't over sleep! It's easy to do on these cold, gray days. Too much sleep will leave you feeling groggy. Do yourself a favor and limit the number of times you hit the snooze!

4. Drink water! The bitter temperatures wreak havoc on your skin. Plus, drinking water is the number one weight loss trick out there! Keep your body hydrated, your skin soft, and the pounds from adding up simply by sipping!

5. Wash your hands! Colds, flu and other germs run rampant in the winter. Keep yourself healthy by frequently washing with hot, soapy water for 20 seconds!

6. Need to warm up? Try a cup of herbal tea or sugar free cocoa. For snacks, try oatmeal with fruit or brown sugar.

7. Rely on fresh frozen fruits and veggies to get your much needed intake of vitamins, minerals and antioxidants.

8. Bundle up and get outside! Think layers and hustle! It is amazing how quickly your body heats up when you are dressed appropriately and moving at a good pace. Plus, your body burns more calories in the winter than summer, so get outdoors and get moving!

9. Walk the dog. Have kids? Make it a family affair. Just because it is chilly and gets dark early doesn't mean the family pooch couldn't use a nice walk, too. A brisk walk after dinner will leave the whole family feeling energized.

10. Think spring! Now think about how much happier you will be when you have maintained your routine all winter long! No last minute diets or exercise marathons for you...you have been busy keeping fit all winter long!

Source: <http://www.examiner.com/article/10-at-home-winter-wellness-tips>

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

Healthy Eating: Cheesy Cauliflower Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 large leeks, white and light green parts only, thinly sliced and rinsed
- 4 cups chopped cauliflower florets (from 1 medium head)
- 2 1/2 cups low-fat milk, divided
- 2 cups water
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon white or black pepper
- 3 tablespoons all-purpose flour
- 1 1/2 cups shredded extra-sharp Cheddar cheese
- 1 tablespoon lemon juice



Preparation

1. Heat oil in a large saucepan over medium heat. Add leeks and cook, stirring, until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt and pepper. Bring to a boil over medium-high heat, stirring often. Reduce heat to a simmer, cover and cook, stirring occasionally, until the cauliflower is soft, about 8 minutes.
2. Meanwhile, whisk the remaining 1/2 cup milk and flour in a small bowl. When the cauliflower is soft, remove the bay leaf and stir in the milk mixture. Cook over medium-high heat, stirring, until the soup has thickened slightly, about 2 minutes more. Remove from the heat. Stir in cheese and lemon juice.

8 servings, 1 cup each | Active Time: 35 minutes | Total Time: 35 minutes

Nutrition

Per serving :186 Calories; 11 g Fat; 5 g Sat; 3 g Mono; 27 mg Cholesterol; 13 g Carbohydrates; 10 g Protein; 2 g Fiber; 488 mg Sodium; 198 mg Potassium 1 Carbohydrate Serving; **Exchanges:** 1 vegetable, 1/2 low-fat milk, 1 high-fat meat

Source: http://www.eatingwell.com/recipes/cheddar_cauliflower_soup.html

LEAD's Pedometer Challenge POCs

Wellness Pedometer Challenge Program Manager: Jenn Frey, jennifer.n.frey.civ@mail.mil, 7-8084

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Safe Driving Tips for Winter...

Snow, ice, and extreme cold can make driving treacherous. These safety tips from CDC, the National Highway Traffic Safety Administration, and the National Safety Council can help make winter car travel safer.

Before winter arrives, have your car tuned up, check the level of antifreeze, make sure the battery is good, and check your tire tread or put on snow tires.

For long car trips, keep food, water, extra blankets, and required medication on hand.

Avoid driving in snow or ice storms. If you must travel in bad weather, drive slowly. Let someone know what route you are taking and when you plan to arrive so they can alert authorities if you don't get there.

If your car is parked outside, make sure the exhaust pipe and the area around it are free of snow before you start the car. Snow packed in or around the exhaust pipe can cause high levels of carbon monoxide in the car.

Don't sit in a parked car with the engine running unless a window is open. Do not let your car run while parked in a garage even with the garage door open.

If your car stalls or gets stuck in snow, light two flares and place one at each end of the car, a safe distance away. Make sure snow has not blocked the exhaust pipe. Then stay in your vehicle and open a window slightly to let in fresh air. Wrap yourself in blankets and run your vehicle's heater for a few minutes every hour to keep warm.

Source: CDC.org



Emergency gear to keep in your car, particularly during the winter months:

- Flashlight and extra batteries
- Jumper cables
- Sand or kitty litter (for traction)
- Ice scraper, snow brush, and small shovel
- Blankets
- Warning devices (e.g., flares, reflectors)
- Non-perishable snacks (nuts, granola bars, hard candy, Capri Suns, etc.)

Focus on Safety: Slips, Trips and Falls

Most people have a friend or relative who has fallen, or maybe you've fallen yourself. Falls are the second-leading cause of unintentional death in homes and communities, resulting in more than 25,000 fatalities in 2009. The risk of falling, and fall-related problems, rises with age and is a serious issue in homes and communities. Take the time to remove slip, trip and fall hazards to keep your family safe.

Common locations for falls:

- Doorways
- Ramps
- Cluttered hallways
- Areas with heavy traffic
- Uneven surfaces
- Areas prone to wetness or spills
- Unguarded heights
- Unstable work surfaces
- Ladders
- Stairs



Source: www.nsc.org

Fall prevention tips:

- Secure electrical and phone cords out of traffic areas
- Remove small throw rugs or use non-skid mats to keep the rugs from slipping
- Remove tripping hazards (paper, boxes, toys, clothes, shoes) from stairs and walkways
- Periodically check the condition of walkways and steps, and repair damages immediately
- Never stand on a chair, table or other such furniture
- Clean up all spills immediately

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