



The Wellness Chronicle

December 2013

Volume 1, Issue 8

LEADWellness@us.army.mil

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**YESTERDAY
YOU SAID
TOMORROW.**

Inside this edition...

Page 2
Snack and Be Happy
Pedometer POCs

Page 3
Focus on Health: Influenza
Tips to Stay Motivated to Exercise

Page 4
Stop Texting and Driving
Driving Under the Influence

**SEASONS GREETINGS FROM
THE WELLNESS PROGRAM
MANAGERS TO YOU AND YOUR
FAMILIES!!**



**Look what's happening
in December!!!**

Wed, Dec. 11:

Lunch-N-Learn:
Driving Under the Influence (DUI)
Bldg 10, Great Room,
1200-1230 hrs.

Saturday, Dec. 21 at 5:11 p.m.:

Winter begins

Wednesday, Dec 25:

Christmas

TOP 5 PEDOMETER CHALLENGE WINNERS

The Wellness Committee would like to congratulate the following individuals on winning the last and final Pedometer Challenge of 2013:

Tammy Wiley
20,866 steps

Dianna Fryzlewicz
18,194 steps

Mike Unger
18,076 steps

Karen McCausland
16,982 steps

Tina Miller
13,460 steps

They walked their way to fitness and won prizes for being the Top 5 finishers of the last challenge. Everyone who participated received a prize for just being a part of the Pedometer Challenge.

The next Pedometer challenge will start in January, 2014, and the new Pedometer Program Manager is Jennifer Frey. She is located in Bldg 10. Jenn's contact information is:

Jennifer.n.frey.civ@mail.mil or 7-8084.

POCs are available to help you join the program or better yet, to become a POC for the Pedometer program or any of the Wellness Committee programs that you might be interested in. Some of our top winners decided that they wanted to do more than just participate and as the challenge ended, they became POCs.

Dorothy Amy: Thank you for a job well done!!

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

Snack and be Happy!

When you are at work you probably have plenty of opportunities to snack. Maybe because of stress, boredom, or whatever. Admit it: When you are stressed or feel burnt-out, there is a good chance you reach for food so you can feel at least a bit satisfied about SOMETHING.

But if you are like most people, you can't get away with workday snacking week after week without packing on a pound or two or three.

Because there is a very good chance that your workplace is an office, Tony Ellison, the founder and CEO of online office supply company Shoplet, has a novel idea about how you might be able to exert a little portion control in your extracurricular eating: Take some visual cues using the items on your desk.

We know that these examples are not perfect equivalents but they do offer an idea of what a portion size looks like and may help you avoid eating that entire bag of M&Ms you have stashed in your bottom desk drawer in one afternoon.

- A thumb drive is about the size of an ounce of cheese, which the perfect snack-size portion.
- A computer mouse is the correct size of a daily protein serving.
- A Post-It (3" x 5") is the size of a correct serving of starch.
- Your pencil holder is a good guide for portioning out a serving of vegetables.

If you know that an ounce of potato chips takes up as much space as a box of paper clips, maybe you will be better at rationing the chips. This type of association might also help you determine a healthy portion size when you open up that 'to go' order from Sonic or the local Chinese restaurant. A healthy serving of starch (carbs) such as French fries or white rice should be no bigger than a 3" x 5" Post-It note.

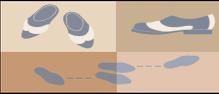
Bottom line: Get familiar with what a 'proper' serving size looks like for various foods, and then visualize the more common items on your desk to gauge that portion size.

Excerpts from FederalDailyStaff, 15 Oct 13



Forget the chips/dip, bacon wrapped wieners, etc.!

Try these healthy holiday snacks!



Recent guidelines about walking suggest 10,000 steps per day. The average person's stride length is approximately 2.5 feet long.

That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to

Pedometer POC list:

Bldg	NAME	Ext	E-mail
5	Jesse Womack	9244	_____
370	Dianna Fryzlewicz	9230	_____
370	Sandra "Dee" Shaffer (2nd/3rd shift)	9272	_____
5808	Deb Kissel	4269	_____
52	Jonathan Pretlow	8398	_____
350/1	George Coble	8487	_____
10	Gina Loose	5609	_____
10	Karen McCausland	9251	_____
37	Irene Myers	5716	_____
LEMC	Tammy Piper	8481	_____

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Focus on Health: Influenza—Symptoms and What to Do!

Influenza, or flu, is a respiratory illness caused by a virus. Flu is highly contagious and is usually spread by the coughs and sneezes of a person who is infected.

You can also catch flu from an infected person if you touch them (e.g. shaking hands).

Adults are contagious one day before getting symptoms and up to seven days after becoming ill. This means that you can spread the influenza virus before you realize you have the flu.

What are the flu symptoms?

It is common to confuse flu with a bad cold. Flu and cold symptoms may include a runny/blocked nose, sore throat, and cough. Here are some symptoms which a person with the flu will have:

- high temperature
- cold sweats, shivers
- headache
- aching joints, aching limbs
- fatigue, feeling utterly exhausted

- gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea, are much more common among children than adults

These symptoms may linger for about a week. The feeling of tiredness and gloom can continue for several weeks.

How serious is flu?

In the majority of cases flu is not serious - it is just unpleasant. For some people, however, there can be severe complications. This is more likely if you are elderly or have some other longstanding illness that can undermine your immune system. Your risk of experiencing severe flu complications is higher if you:

- Are over 65
- Are pregnant
- have some kind of heart or cardiovascular disease
- have asthma or bronchitis
- have a kidney disease
- suffer from diabetes
- are taking steroids
- are undergoing treatment for cancer

- have any longstanding disease that can significantly lower your immune system

Some of the complications caused by influenza may include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. In addition, children may develop sinus problems and ear infections.

What should I do if I have the flu?

As flu is caused by a virus, antibiotics won't do any good, unless the flu has led to another illness. Some of the symptoms, such as headache and body pains may be alleviated if you take a painkiller. Some painkillers, such as aspirin, should not be given to children under 12. If you have flu you should:

- stay at home
- try to avoid contact with other people
- keep warm and rest
- make sure you consume plenty of liquids
- try to eat
- don't consume alcohol
- stop smoking



TIPS FOR STAYING MOTIVATED TO EXERCISE DURING THE HOLIDAYS

The average weight gain during the holiday season is 8 – 12 pounds. Yikes! That's probably not the gift you want to give yourself this year. If you're getting to the point where you'd rather nap than exercise, maybe these tips can help.

The holidays can be stressful enough without trying to maintain a regular exercise schedule. But at the same time, staying active will give you more energy to accomplish everything on your list – and reduce stress. Plus you'll look fantastic at the holiday parties.

1. Reward yourself with new exercise clothes. If you have a new workout outfit you'll want to slip it on and take it for a spin.
2. Go for a walk or toss around the football with the family after a big meal. It could become a fun family tradition. Have a Silly String fight, throw a frisby, try an old-fashioned game of hide 'n seek.

3. If you're staying with family or friends ask if they have a gym membership – or see if there is a gym nearby that lets guests use the facility.
4. Use every opportunity to burn off a few calories. Get creative. Combine housework with exercise by doing a few lunges as you take out the trash – or 20 wall pushups after you make the bed. Every little bit counts.
5. Power walk in the mall while shopping.
6. Find an exercise buddy to hold you accountable during the holiday season.
7. Don't worry about losing weight, just work on not adding the extra holiday pounds.
8. Ask for a personal trainer or boot camp package for Christmas.
9. Don't give up. If you have a few slips along the way it's okay. Don't give into all-or-nothing thinking.

<http://kymx.cbslocal.com/2011/11/26/10-tips-for-staying-motivated-to-exercise-during-the-holidays/>

STOP TEXTING WHILE DRIVING! It's only a matter of time...



Lol no im nt bsy im only drivin

Don't tempt fate;
That text can wait!

If you want to survive,
don't text and drive!

Don't drive
inTEXTicated!

Please don't kill my family today!
Put the phone away!

DRIVING UNDER THE INFLUENCE (DUI)— DON'T UNDERSTAND IT (DUI)!

Driving under the influence (DUI) is not worth it and difficult to understand it (DUI). It doesn't matter whether the 'influence' is alcohol, drugs, or a mobile phone, it just doesn't make sense.

Driving a vehicle is a privilege earned by passing a written exam and a road test. And a drivers' license is an agreement of understanding between you and Department of Transportation that you will abide by the rules of the road and drive responsibly.

Operating a motor vehicle after consuming a few alcoholic beverages impairs a person's driving ability. Texting while behind the wheel of a moving vehicle and talking on the phone impairs driving as much as alcohol and drugs. Statistics and controlled testing results prove it.

You have driven home countless times from the local bar and had no problems. Explain that to a grief-stricken parent whose child was maimed for life by a drunk driver.

You text all the time while driving. LOL. As the Lifeline helicopter rushes a person off to the trauma center, LOL now means 'lots of luck' to that victim.

Calling someone to say that you are five minutes away is not worth the risk of not arriving at all.

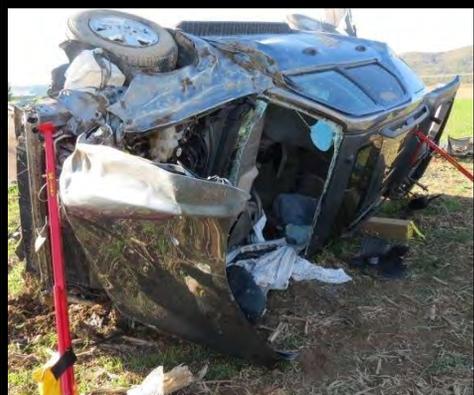
These are harsh words, not words you want to hear or believe could ever happen to you. Unfortunately, new believers are made every day.

Don't take chances with your life and those of others around you. Luck runs out. It is inevitable.

Drink responsibly and hand the keys over to a designated driver. And leave the phone alone while driving.

Focus all your attention on driving while operating a motor vehicle.

That is being responsible, and that we understand.



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