

July 2015 Newsletter PEIA Pathways to Wellness

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High Tunnel Gardening at Mount Vernon Elementary School

Tammy Tucker (*left*) is not shy about how much she values personal health. As principal of Mt. Vernon Elementary in Barbour County, Tucker makes this her first priority at the school. It is what motivated her to get all her staff, students and parents involved in setting up and running a high tunnel garden.

The garden has a variety of produce including onions, kale, peas, lettuce, radishes, spinach, eggplants, tomatoes, peppers, strawberries, cauliflower, cabbage, tomatoes, and carrots. Starting with a grant from the WVU Extension Service, the group constructed the structure, prepared the wooden seed and plant beds, raised the seedlings, planted and tended the plants, and have already enjoyed a number of harvests.

Part of the produce is consumed in the school cafeteria by students and staff in the form of salads. Some of it is sold in the local farmers' market with the proceeds going to purchasing new plants.

The experience has been very successful for all those involved. It been used as a learning tool for all the students, but it has also improved the cohesiveness of the entire community. Although the project has already attracted attention from the media, the principal plans to continue encouraging her group and hopes that other schools in the state can try the same.

REST WELL. EAT WELL. FEEL WELL.



Things to Consider when joining a Fitness Center

By: Corey Clendenin

Joining a fitness center for the first time can be intimidating and uncomfortable. Many times your first impressions of a facility are enough to know if it's a right fit for you. However, it is always a good idea to schedule a tour in order to have all of the information before making a decision. A staff member will take you around so you can see every part of the gym. Make sure you visit the gym during the busiest times, usually after working hours (4:30pm-6:00pm) in order to see how crowded the gym will be during peak hours. Inquire about free trial periods. Many fitness centers offer a free trial and it's a good way to make sure the facility is a fit for you. Below are some other things to consider before committing. Don't forget to ask about the PEIA discount program!

1. **Location:** Location is key. You want a fitness center that is close to your work and/or home. Make it easy on yourself by making it a part of your daily routine. Your first stop before or after work should be the fitness center, you shouldn't be stressed about finding time to get to the gym. Exercise should decrease stress!
2. **Hours:** In today's world many gyms are open 24 hours a day. Having a key card or finger print to let you in after staff hours. This is great for shift workers and people who like to hit the gym after the normal hours. If it's not a 24 hour facility, verify that their business hours coordinate with your exercise plan.
3. **Members:** Some people will feel more comfortable exercising around people their own age or experience level. Ask about classes, training and clientele. Be aware of your surroundings when joining a new gym.
4. **Staff:** Pay attention! Do you feel comfortable with staff members? Did they answer your questions

during your tour? A welcoming and friendly staff can keep you coming back day after day. Inquire about the experience level and certifications held by the staff. A good staff is both friendly and knowledgeable in health and fitness lifestyles. It's your body and health so you should trust them with it. You want to work with individuals who seek to understand your experience level, goals and lifestyle. You do not want anyone to attempt to provide you with "cookie cutter" advice or programming.

5. **Fees:** Last but not least are the fees of the center. Inquire about joining fees and/or monthly fees. Often, you get what you pay for--- cheaper monthly membership fees may indicate little to no staffing. Are fitness classes included? Is personal training include? Sometimes you might have to pay just a little more to get perks of a nicer facility. Inquire about discounts and contracts: Will you be obligated to a monthly bank draft? How much notice is necessary to cancel a contract? Is there a discount for paying a year up front? If you pay for the year and cancel after a few months—is there a refund?

Check out <http://www.peiapathways.com/Home/Programs> for a list of fitness facilities across the state which participate in the Fitness Facility Discount Program.

It's Grill Season: Grilled Pepper Salad

By: Angela Watkins

Toss a colorful mix of grilled bell peppers with briny olives, sweet sun-dried tomatoes and balsamic vinaigrette for a lovely side dish or an easy summer appetizer. Total Time: 20 minutes

Ingredients

- 4 bell peppers, (mixed colors), halved, seeded and stemmed
- 1/4 cup halved and pitted oil-cured black olives
- 1/4 cup rinsed and chopped oil-packed sun-dried tomatoes
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/8 teaspoon salt

Preparation

1. Grill peppers on medium-high, turning once, until soft and charred in spots, about 5 minutes per side. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.
- Make Ahead Tip: Cover and refrigerate for up to 3 days.

Nutrition

Per serving: 107 calories; 7 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 1 g protein; 2 g fiber; 330 mg sodium; 331 mg potassium.

From *EatingWell*: July/August 2008



DYNABANDS: Reverse Abdominal Curls

By: Debbie Turner



Reverse Abdominal Curls

Starting position – Lie on your back with your knees bent and over your chest. Place the center of the Dyna-Band over the area just above your knees. Grasp ends of the band with each hand – tightening up your grip to rest right at the sides of your knees.

Slowly press your knees upward toward your chin while keeping your upper body and arms steady and on the floor. Pause and return slowly.

Remember to breathe.

10-12 reps



Exercise of the Month: Lat Pull Down

By: Marjan Washington

The lat pulldown exercise is an exercise for strengthening and building your back and biceps muscles. It primarily works and strengthens the large back muscles found on the outside of your upper back. Your biceps and other muscles in your upper back assist with the movement. The lat pulldown exercise serves a similar purpose as the pull-up.

Instructions:

1. Begin by selecting the weight you want to use.
2. While standing, grasp the bar with an overhand grip at wider than shoulder width apart.
3. Sit down on the machine while pulling the bar down. This should take the weight off the stack.
4. Slowly pull the bar down to your upper chest. Be sure to keep your back straight and not lean back when pulling the bar down. Do not let the bar touch your chest.
5. Pause, squeeze your back and slowly lower the weight back to the starting position. Do not let the weight lift you out of seat.
6. Repeat for desired reps.



Gotta Have It! Calcium and You

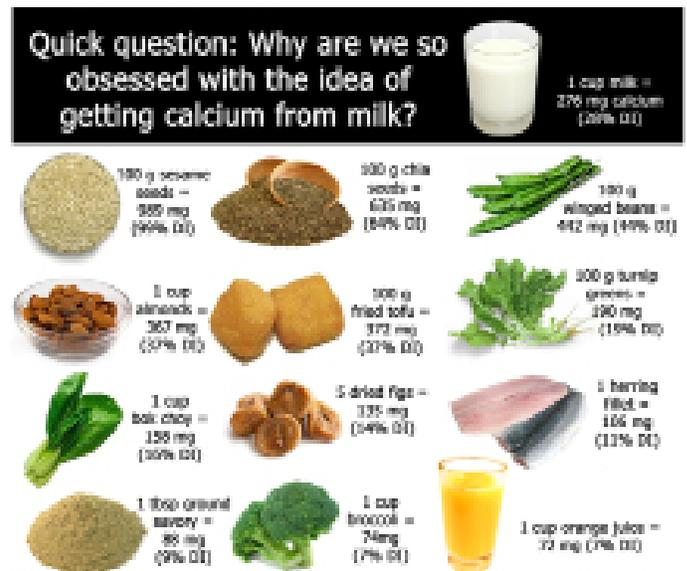
By: Grace Matthews

Calcium is the most abundant mineral in the human body and is extremely important for overall health. Just about every cell in our body utilizes calcium. Our nervous system, muscles, bone and heart all require calcium. Most of the body's calcium is stored in the teeth and bones and as we age our bodies absorb less calcium from the food we eat. This results in our body taking more calcium from our bones which can lead to or contribute to osteoporosis.

According to the National Institutes of Health, the recommended daily intake is 1,000 mg per day. The recommended amount may differ for children, older adults and pregnant women. If your body is not getting enough calcium, your doctor may recommend taking Vitamin D and magnesium along with a calcium supplement. The combination of the three supplements will aid in maximum absorption of calcium.

As a rule, we assume that calcium comes from dairy products such as milk, cheese, or yogurt. While plain nonfat yogurt is a top source of calcium, (eight ounces provides 452 mg of calcium), calcium can be found in other sources. Calcium can be found in plant-based sources such as leafy greens (collard greens), legumes (black beans and chick peas) and various citrus fruits.

In order to maintain good health, incorporate calcium in your diet along with Vitamin D, which is obtained from sunlight to our skin and the foods we consume. Increasing your levels of Vitamin D can lead to efficient intestinal calcium absorption. This simple process is one of the many steps you can take to assist you in leading an active and healthy lifestyle!



Beating the Heat: Healthy Sun Tips

By: Beth Metzger

Summertime is often longed for during the arctic winds and accumulating snows of our West Virginia winters. The summer season is a time most vacationers head to the beach or lake and soak up the warm rays of the sun. As with most things, too much of what we love can have unintended consequences. During summer it is important to be mindful of two heat related illnesses that can strike regardless of physical prowess or age, heat exhaustion and heat stroke.

Often times, heat exhaustion and heat stroke are mistaken for the same illness. What differentiates the two is the severity of symptoms. Both conditions occur when a person's body is unable to properly cool itself in hot and humid conditions. When we are working, exercising or simply enjoying the warmer weather, the body will respond by sweating to cool down. A person may be suffering from heat exhaustion if they are experiencing heavy sweating, weakness, fast or weak pulse, nausea/vomiting, or cold, pale and clammy skin. Someone who is experiencing heat exhaustion may also faint. If someone is experiencing these symptoms, they should take measures to get cooled down quickly. Relocate to a cooled, air conditioned place (if possible) and rehydrate by sipping water. The individual should lie down and apply cool wet cloths to as much of the body as possible. The best thing to do in this situation is to relax and give the body time to recover.

Heat Stroke, however, is much more serious and requires immediate attention. If someone is suffering from heat stroke, their body's temperature is above 103 degrees. The skin may be hot, red, dry or moist and the individual may have a rapid, strong pulse. It is possible that a person could become unconscious. If someone is exhibiting these symptoms, medical treatment is needed immediately. In the meantime, the person should move to a cool location and use cool cloths on the body. *(Continued on page 12)*



Protect Yourself: Choosing Barriers from the Sun

By: Janelle Humphrey-Rowan, ND Naturopath

Scanning the shelves for a sunscreen can be fairly daunting. Terms like, “water resistant” and “broad spectrum” or “sport” are confusing. Some even include ingredients to keep the bugs away! It makes one wonder if the SPF number even matters. Is there a difference between a spray on sunscreen and a lotion? There is an aisle full of choices for something we should use every time we’re in the sun, no matter what the season. Skin cancer is the primary concern of being exposed to the sun’s rays or even those of a tanning bed. However, sun exposure can also cause eye problems, weaken your immune system, and alter your skin via skin spots, wrinkles, or giving it a “leathery” appearance. Here are some things to consider before making your purchase:

- Choose a broad spectrum product. If the label says “broad spectrum” the product has passed testing and blocks against UVA and UVB rays.
- Consider the SPF (sun protection factor). This refers to the length of time a person can stay out in the sun with the sunscreen on before they’ll burn. In theory, the higher the number, the longer your protection lasts. However sunscreens are tested at a particular thickness and when we apply these lotions ourselves we may not match what is done in testing. Higher SPFs offer better insurance against sunburn in case you don’t put enough on. The American Academy of Dermatology recommends an SPF of at least 30.
- Most adults need a full ounce of sunscreen to thoroughly cover all exposed areas of skin. An ounce is the amount in a shot glass or enough to fully cover the palm of your cupped hand.
- If you plan on being in or near water use a “water resistant” type. The label should list for how long the product will be effective for either 40 or 80 minutes. The terms “waterproof” and “sweatproof” are no longer claims a brand

can use.

- Note the expiration date. If the product you have is gritty or has changed appearance it’s time for it to be replaced.
- Make sure it’s in a form you’ll use. If it’s too greasy, sticky, or gooey you may be less likely to use it.
- Check the label for spray on products to make sure they are not flammable if you plan to use the product somewhere there will be an open flame for example camping or a cookout.
- For best effectiveness, sunscreen needs to be applied 15 minutes prior to sun exposure and at least every 2 hours that you are exposed, more often if sweating or in water.
- The FDA developed labelling requirements in 2013, however they don’t yet apply to newer formulations, like sprays and powders.

Other ways to protect yourself include:

- Reducing sun exposure between 10 AM and 2 PM when the sun’s UV rays are at their strongest.
- Dressing properly, cover as much of yourself as possible with clothing. Wear a wide brimmed hat. Sun-protective clothing is available however, the FDA only regulates such products if the manufacturer intends to make a medical claim.
- Use an umbrella to make your own shade.
- Check medications for warnings about sun exposure.

References:

<http://www.aad.org>
<http://www.fda.gov>
<http://www.webmd.com>

Releasing the Tension Exercises for Your Office

By: Kerry Gabbert

One of the main ways the body shows stress is through tension and muscle tightness. Practicing stretches to release tension can help your body relax and send the message to your brain to engage the relaxation response and counter the negative effects of stress. Try this simple practice that can be done at work, in your office.

Simple Stretch:

1. Stand relaxed, with your feet apart and your arms hanging loosely at your sides.
2. Tilt your head back and gaze up towards the ceiling. Do not strain or overstretch your neck. Keep your shoulders down and soft. Hold for 5 seconds.
3. Roll your head forward and bring your chin down towards your chest. Hold for 5 seconds.
4. Curl your chest and shoulders forward, rounding as you slowly relax your upper body and fold forward from your waist. If you have a tight back or hamstrings, try slightly bending your knees. If you need support for your back, take your hands to your legs, or to a stable prop like a yoga block or the back of a chair (no rollers!). Otherwise, let your arms hang down gently.
5. Shake your head yes and no, slowly. Then let your head hang heavy. Hold for 5 seconds.
6. Inhale as you roll back up slowly. Reach your arms over your head. As you breathe out, let your arms relax back down at your sides.

Chair Version:

1. Sit in a chair with your back upright. Place your feet several inches apart, directly under

- the knees. Relax your arms at your sides or rest them in your lap if the arms of the chair prevent you from releasing them at your sides.
2. Tilt your head back and gaze up towards the ceiling. Do not strain or overstretch your neck. Keep your shoulders down and soft. Hold for 5 seconds.
3. Roll your head forward and bring your chin down towards your chest. Hold for 5 seconds.
4. Curl your chest and shoulders forward, rounding as you slowly relax your upper body and fold forward from your waist. For comfort, you may need to slide forward on your chair. Let your torso come down between your legs. You can rest your hands on the floor or on your legs for support. Or, you can take your hands to a stack of books, a yoga block, or another stable prop on the floor. Don't overstretch or strain.
5. Shake your head yes and no, slowly. Then let your head hang heavy. Hold for 5 seconds.
6. Inhale as you roll back up slowly. Walk your hands back up your legs as you roll up, supporting your spine. Reach your arms over your head. As you breathe out, let your arms relax back down at your sides.

Tips and Hints:

- Never force or strain
- Consult with your doctor before you begin any exercise program
- Use common sense: If you have a neck or back injury, skip this stretch unless your doctor or physical therapist approves it.

Healthy Vending at State Work Sites

Often it seems that what is offered in the vending machines at work is not ideal for supporting healthy lifestyles choices. When faced with potato chips, chocolate bars and sugary candy every day, it can be difficult to make healthy snack choices. Several worksites across the state have made special effort to include better choices in their vending or break areas. The Pathways newsletter will highlight these sites whenever possible.

In Region 2 at Westwood Middle in Monongalia County, it's all about good nutrition and hydrating the right way. With full financial support from the school administration, the Worksite Coordinator, Donna Walden, is responsible for maintaining and making available a supply of fresh fruit in the staff lounge. There is one option in the drink machine--- water!

In Region 4, the Mercer County DHHR with Worksite Coordinator, Tina Russell, is leading the way in stressing the importance of healthy eating at work. Tina requested that the vendor for the break room substitute high calorie snacks with granola bars and other healthier choices. Last growing season, the employees participated in a vegetable and fruit exchange during lunch. They are gearing up for a new growing season and looking forward to seeing what fruits and vegetables they can bring to the exchange to prepare a salad at lunch or take a selection of vegetables home for dinner.

In Region 8, the Planning & Development Council's Wellness program also provides fresh fruit each week to its employees. Every Monday, fresh fruits are purchased and placed in the kitchen to be shared. Everyone enjoys taking advantage of these healthy selections for a quick snack instead of junk foods.

Since hosting the H2O program, the site also tries to stock lemons to infuse flavor into drinking water and encourage water as a healthy hydration option.





Region Summaries

1 Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants): Northern West Virginia is enjoying summer and participants from several sites have gotten involved in the Summer SELFie challenge. Members from Blackshere Elementary, White Hall Elementary, John Manchin Senior Health Care Center and the WV DEP joined from Marion County. In Harrison County members from the Harrison County DDS, Lumberport Elementary, the City of Shinnston, the City of Bridgeport and RESA VII are participating. Enjoying the SELFie challenge from Marshall County are Washington Lands Elementary and some from Glensville State College in Gilmer County. The WV DEP in Marion County will soon be ending their yoga fitness class. West Liberty University's Walking Program came to an end. The farmer's market at Fairmont State University has been very successful and is adding Mondays as an additional day to buy fresh produce. We welcomed two new sites and look forward to working with them: City of Shinnston in Harrison County and from the Brooke County Public Library and Follansbee Branch from Brooke County. Pathways continues to promote all programs and have been reaching out to state and local government sites.

2 Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker): **Monongalia County:** At WVU, various dates have been set for personal lifestyle coaching at separate campus locations. Plans are underway for a number of fitness classes scheduled to begin in the fall. Additionally, there are plans to begin the Work It Out program in the fall. **Preston County:** The team at Preston Co. DHHR recently began the six week H2O Go program challenge. **Barbour County:** The action at the WV DEP office continues with the six week H2O Go program challenge.

3 Region - (Pendleton, Hardy, Grant, Randolph, Tucker and Upshur): Randolph County Commission finishing up their Zumba class in July and Randolph County Health Department completed their yoga class. This was a new experience for most and all seemed to enjoy and find the class to be a stress reliever! Eastern Community College began their Strength and Conditioning class towards the end of June. Additional sites are anxious to get started with classes. The Summer Selfie program is a hit at sites in Hardy, Grant and Pendleton counties. Hardy County Health Department is beginning the H2OGO program along with the Hardy Co. Wellness Center and COA. A Farmer's Market is beginning at the Hardy County Wellness Center on Saturdays – stop by and see their garden! They

hope to be selling from it as well as local vendors. Randolph County Housing Authority is making plans to begin participating in Pathways programming. A Stress Less class through WVU Extension is in the process of being scheduled for Randolph County. Upshur Co. DOH is completing their pedometer program this month and are set to begin the H2OGO at the end of the month.

4 Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming): Region 4 is beating the heat by several sites participating in our H2O Go Challenge, including Summers County Courthouse and McDowell DHHR. Princeton Community Hospital launched a successful Back on Path walking challenge with teams formed in all areas of the hospital. We are looking forward to see who comes out on top! Welch Community Hospital wrapped up their successful Back on Path challenge. Mountain Heart Program Directors took on the Back on Path Challenge at their meeting in Lewisburg and will be following up with their local offices to do the same. Mercer DHHR held a Dynaband demonstration class and are taking the 6 week Dynaband challenge. McDowell DHHR and Welch Hospital Business Office hosted a farmers Market on July 16th and Welch Hospital will host theirs August 19th.

5 Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster): There are some great things going on in Region 5! The Fayette County Public Library and WV DRS Lewisburg office are getting Back on Path with the pedometer walking program. WV DHHR Fayette County, Fayette County Commission, WV DRS Lewisburg and Fayette County Public Library are staying hydrated with the H2O Go program. Many presentations and "lunch & learn" meetings took place in June on a variety of topics. Planning for activities to bring in the new school year and "Fall" into new lifestyle change programs is underway!

6 Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire): Region 6 has been staying active. Page Jackson Elementary, James Rumsey, Eagle School, Valley View Elementary, and Mountain Ridge Intermediate all wrapped up their fitness classes. Rosemont Elementary are staying active this summer with a fitness class starting this month. Romney Elementary, Mineral Co Vo Tech, Potomac State College all started the Summer Selfie challenge. Mountain Heart Child Care Resource and Referral Center are keeping hydrated with the H2OGO challenge. Berkeley Springs High School in Morgan County and Spring Mills Primary in Berkeley County are starting the Summer Selfie challenge later this month.

7 Region - (Kanawha County State Government, Boone County): In July, Region 7 hosted 2 classes from West Virginia State Extension. The WV Courts had a strawberry container gardening class, and WV Rehabilitation Administrative Offices hosted a vegetable and herb container gardening class. PEIA started the 6 week H2O Go water drinking challenge. The WV Courts enjoyed the Spice it Up presentation. The Office of Lab Services sponsored a day of health coaching for members. Mobile farmer's markets coordinated by Pathways to Wellness are taking place on a weekly basis at several Region 7 sites: the Kanawha Charleston Health Department, the Office of the Insurance Commission, the Lottery Building, and PEIA/DEP.

8 Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties): Yoga dance classes have begun at Wayne County DHHR. Wayne County DHHR/Wayne County Health Department are continuing together in the Summer Selfie Challenge. GW Middle School and Winfield Middle School are one month into their Summer Selfie Challenge. Cabell Huntington Health Department will be participating in the walking program on July 30. Lincoln County DHHR has participated in Move It Program and H2O Go program. There will be a farmer's market in their parking lot every Wednesday in order to give employees an opportunity to purchase fresh produce at their convenience

9 Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants) - Summer is in full swing and region 9 has many sites participating in the Summer Selfie Challenge. This program has been getting great reviews in region 9 with people saying how easy it is to concentrate on their goals week by week, building on the previous week and keeping track of their goals. Our monthly fitness calendars are also popular. Staff can easily look at the calendar and know exactly what to do for that day. Many sites Roane County DHHR and Jackson County DHHR are in the process of booking these programs over the next few weeks.

(Continued from Cover): Reclaiming Your Prime

Beating the Heat (page 7 continued:)

Heat related illnesses can be scary for those experiencing the side effects, but they are preventable. When the mercury rises and sun is high, there is no need to retreat indoors and dismiss normal outside summer activities. Prevention of heat illnesses is primarily about planning and preparation. Plan to participate in activities in the morning and evening to avoid the hottest part of the day. Prepare the body by staying hydrated with cool, non-alcoholic beverages. Wearing lightweight, light-colored clothing while hitting the trails. This allows the skin to breathe and aide in the natural cooling process. Individuals should pace themselves when working or exercising in hot and humid conditions, especially if they are not accustomed to the day's hotter times. High risk individuals are categorized as the following according to the Center for Disease Control:

- Infants and young children
- Adults 65 and older
- People who are overweight

- People who overexert when working or exercising
- Individuals with certain types of medical conditions such as high blood pressure or heart disease
- Persons taking certain types of medications for depression, insomnia or poor circulation (Consult your physician about possible side effects or risks for heat exhaustion or heat stroke.)

Heat exhaustion and heat stroke are serious illnesses that occur more often than reported, but are preventable with a little extra attention. Safely enjoying the warm weather and extra day light, will just take a little more planning and precaution to continue normal activities.

