

Enhance your meetings with some of these great health topics! The following is a list of programs that range from 30 — 60 minutes in length and address many of the health and safety issues facing you, your employees and the organization.

Nutrition Topics

- Consumer Confusion: Increasing Your Food IQ
- Dining Out
- My Plate: Understanding Nutritional Guidelines
- Nutrition for Energy
- Re-Think your Drink
- Start Smart: Breakfast
- Understanding Food Labels



Fitness Topics

- Fitness Fundamentals: Getting Your Workout to Work
- Form First
- Physical Activity for a Healthy Weight

General Health & Safety Topics

- Allergies
- Chronic Conditions & Disease
- Cold Weather Injuries & Colds/Flu
- Coping with Storm Duty
- Green Planet Wellness
- Healthy Heart
- Know Your Numbers
- Office Ergonomics
- Summer Safety
- Stress Management
- Sleeping Well

WE TAKE REQUESTS!

If there's a specific health area of concern to you and your employees that's not listed, give us a call. We'll work with you to meet your needs.

Learn More Earn More with WellAware

New for 2012, participate in a WellAware Health Education Program to be entered for a chance to win in our Learn More Earn More Drawing! Receive one entry for each Health Education Program you complete. Once you complete a Health Education Program, your ticket entry will be included in all subsequent drawings. The more you participate, the greater your chance of winning! Over 100 prizes with a value between \$100-\$600 will be awarded. Prizes will include: (5) iPads, (100) \$100 gift cards and (15) \$250 gift cards. Schedule a WellAware presentation today for you and your employees chance to win!

To schedule one of these on-site programs or to discuss other health related programs and services WellAware can offer, contact a member of the WellAware team.

Connecticut & Massachusetts

Kari O'Connor: Berlin x701-5865
 Kristen Sorensen: Berlin x701-4747
 Santina Galbo: Berlin x701-6119

New Hampshire

Valerie Vetro-Ferland: x720-2907



Tips for Meals and Snacks

Simple changes to meals and snacks you make available at meetings can provide your participants with power-packed nutrients— and give them the energy boost they need to stay alert throughout their entire day!

Breaking the Breakfast Barrier

Breakfast is the most important meal of the day so serve up some healthy options for employees to fuel their engines. Studies show that breakfast eaters have lower blood cholesterol levels, increased mental alertness, higher metabolic rates and healthier overall diets than non-breakfast eaters. After sleeping through the night, the body and especially the brain need refueling. The ability to make decisions, stay alert and remain productive will suffer if depleted fuel stores are not replenished.

Healthy breakfast options

- Whole grain breads/bagels
- Low fat cream cheese
- Fruit preserves
- Low-fat muffins
- Peanut butter
- Low-fat yogurt with granola
- Fresh fruit
- Eggbeaters

Breakfast Comparisons		
	Calories	Fat
<i>Typical meeting breakfast</i>		
Glazed donut.....	270	15g
Coffee w/cream/sugar....	90	6g
Total calories/fat:	360	21g
<i>Healthy breakfast alternative</i>		
1/2 bagel & peanut butter	240	8g
Banana	110	0g
Coffee w/milk/sug. sub...	25	1g
Total calories/fat:	375	9g

Re-Think Your Drink

When it comes to nutrition, not all beverages are created equal. Be conscious of not consuming too many calories from the beverages you drink!

Healthy beverage options

- Bottled water
- 100% fruit juice
- 100% vegetable juice
- Skim or 1% milk
- Diet soda
- Decaffeinated coffee/tea (sugar substitute/nonfat creamer)

Making the Most of Lunchtime

Smart eating will help avoid the afternoon slump and keep employees more productive until the end of their busy day. In fact, eating mid-day will help avoid becoming over-hungry. It's ideal to be eating something every 2 to 3 hours. Be sure to include sources of carbohydrate, protein and fat in your noon time meal.

Healthy lunch options

- Lean deli sandwiches
- Salad with fat free dressing
- Veggie pita's
- Fresh fruits/vegetables
- Light mayonnaise or mustard
- Soup

Lunch Comparisons		
	Calories	Fat
<i>Typical meeting lunch</i>		
Tuna sandwich.....	290	8g
Potato chips.....	230	15g
Soda.....	150	0g
Total calories/fat:	670	23g
<i>Healthy lunch alternative</i>		
Lean turkey sandwich.....	290	3g
1 cup fresh fruit salad.....	80	.5g
Bottled water.....	0	0g
Total calories/fat:	370	3.5g

Smart Snacking Makes Sense

Contrary to popular belief, snacking can be a part of a healthy eating plan. The body's fuel supply usually runs out within 3-4 hours after eating a meal. If you do not eat, your energy level will drop and you will lose stamina. Snacking helps take the edge off hunger and keeps your energy levels high.

Healthy snack options

- Fresh fruit or vegetables
- Flavored yogurt
- Popcorn or pretzels
- Whole grain crackers
- Low fat cheese
- Baked chips
- Salsa
- Granola bars
- Trail mix

Snack Comparisons		
	Calories	Fat
<i>Typical meeting snacks</i>		
Choc. chip cookie.....	220	11g
Soda.....	150	0g
Total calories/fat:	370	11g
<i>Healthy snack alternative</i>		
Pretzels.....	120	1g
Bottled water.....	0	0g
Total calories/fat:	120	1g



Fitness Tips

Importance of Regular Physical Activity

Regular physical activity is one of the most important things you can do for your health. If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

Benefits of physical Activity

The bottom line is the benefits of physical activity far outweigh the risks of getting hurt.

- Control your weight
- Decrease body fat and increase lean muscle
- Reduce risk of cardiovascular disease
- Improve blood and oxygen circulation
- Decrease risk for Type II Diabetes and metabolic syndrome
- Reduce risk for certain forms of cancer
- Strengthen bones, muscles and tissues
- Increase strength, endurance and energy level
- Improve your mental health and mood
- Decrease depression, anxiety, and stress
- Improve self-esteem and feelings of well-being
- Improve your abilities to accomplish daily tasks
- Decrease risk of falling as an older adult
- Increase your chance of living longer

Working Out At Work

Everyone has a busy schedule but there are ways to fit in physical activity throughout the day. The trick is to be creative. Any movement is better than none. Adding in short bouts of exercise and stretching during the day will help you burn more calories and reduce stress. Try these simple techniques for incorporating exercise into your busy day.

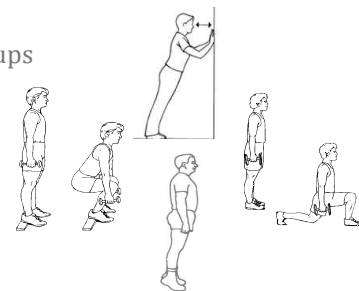
- Park further away from the door
- Take the stairs more often
- Sit on an exercise ball instead of a chair
- Set an alarm/appointment to remind yourself to get up, move around and stretch
- Use a restroom further away or on a different floor
- Use a pedometer to track your steps
- Walk to your co-workers desk instead of calling or emailing

WellAware does have fitness and wellness products available to be purchased (pedometers, exercise balls, heart rate monitors and much more)!

Healthy Meeting Options

Work can be stressful. One of the best ways to reduce and release stress is by working out. Try incorporating exercises and stretches into your daily meetings with co-workers.

- Modified wall/table push ups
- Squats
- Lunges
- Marching in place
- Shoulder/arm circles
- Calf raises
- Yoga/relaxation exercises



Stretch Break

Try some of these easy stretches at your next meeting. This will help your employees stay focused, increase their energy, and also help in reducing injuries on the job. Guidelines for stretching: 2-3 days each week for all major muscle groups; Perform each exercise 3 times holding each stretch for 20 to 30 seconds.

NECK

Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Repeat on opposite side.



SHOULDERS

Pull arm across chest until stretch is felt. Turn head away from pull. Repeat with other arm.



CHEST/ARM/SHOULDER

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt.



ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow.



LOW BACK

Place hands on back of hips and lean backward while lifting chest. Hold stretch for 10 seconds.



UPPER LEG - Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Be sure to keep bent knee parallel to floor. Repeat with other heel.



LOWER LEG - Calf

From stairs or a curb, lower heel until stretch is felt. Repeat with other heel.

