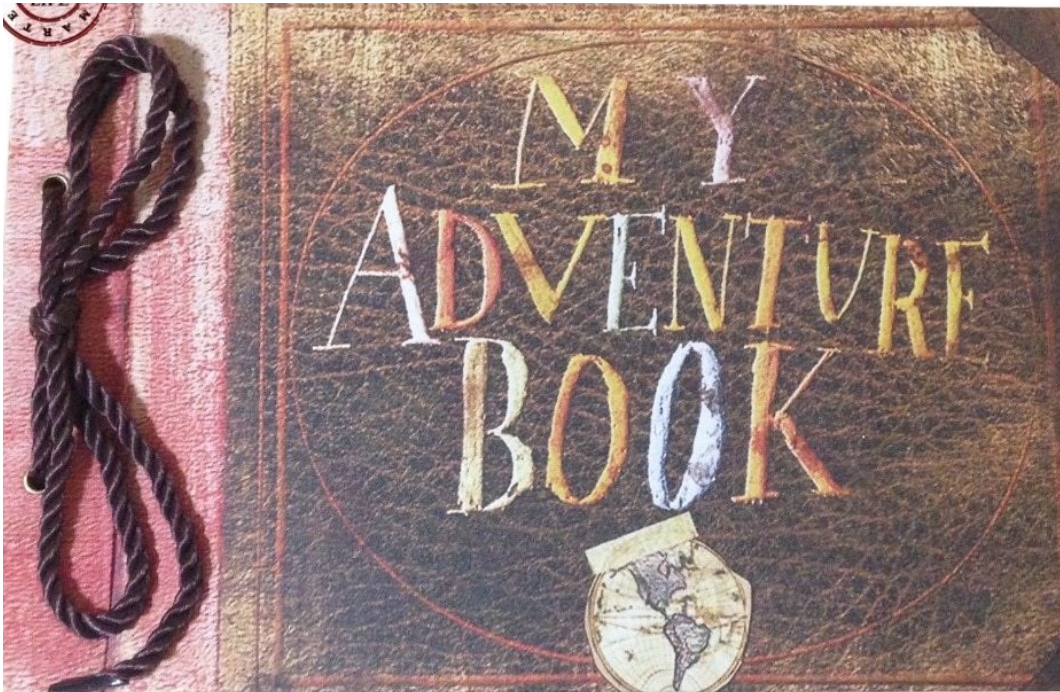


# BE HEALTHY

LCIC Health and Wellness Newsletter

December 2018



*We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.*

*-Mary Dunbar*

## Discover Your Gifts and Make Them An Adventure

I am sure that from an early age, my parents will tell you that one of my gifts was certainly the gift of gab! My teachers in school knew it (I got the cubicle facing forward so I couldn't talk to anyone if that gives you some more perspective). My friends and family know it and I am pretty certain those of you who have gotten to know me over the last 6 years, know that I love to talk! Public speaking has never been an issue for me. But what I have discovered and getting better at is the ability to listen. As a health and wellness coach, I have discovered that this possibly dormant gift in me is awakened. I love to hear what people have to say and when I ask them "why" or "tell me about that" and I sit back to really truly listen, they open up. I want to give people the opportunity to explore in them what might be dormant or what they are afraid to bring forth. We all have truly unique gifts, some of which we might hide. During this year of adventure, I want you to truly think about what gifts you have to offer. What makes a gift more special is when we can give it away to help others. We are valuable and your gifts are valuable to others also! So explore your gifts and see what adventures you can go on!

## In This Issue

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- Weight Watchers
- Mindfulness for the Holidays
- Nutrition Talk



## Where do I go for Information?

For more information on the wellness programs, stress management courses or other opportunities in wellness, go to

[Health.iu17.org](http://Health.iu17.org)

This is the website that I maintain and any news or notes go up on this site.

### The Platinum level

Many of you read about the new platinum level. If you want to achieve this level, I need to have the form filled out (see next page) so that I do not turn you in at the Gold level. There are specific requirements for this level, but many of you may meet them already. Please make sure you check that out.

### Post Holiday Challenge



Our first Health Advocate challenge will start in January. This challenge is simple, aim for 150 minutes a week of exercise for 6 weeks, that is it! You will earn 40 points when you complete the challenge. It will begin on January 7th and run through February 17th, 2019. You must keep track in the Health Advocate system in order to receive points. Registration begins on December 3rd and close on January 12th. There will be a raffle for a \$50 gift card in each district for all who complete the challenge.

### MAKE UP SCREENINGS

8:30-9:30 on Saturdays

12/15	Blast IU 17
1/26	Williamsport YMCA
2/9	Muncy Hospital Work Center
2/23	BLaST IU 17

## Logging into Health Advocate

Please follow the directions below for access. It is open for all insured employees and their spouses.

### Login Directions:

Go to [Healthadvocate.com](http://Healthadvocate.com)

Click on Member login up top right or down below in middle

Use Organization LCIC. If you are having difficulty, please click on Not my Organization and make sure you are on LCIC.

Type in your username and password

### New Registrants:

Follow the same directions as above and when it asks for username and password, click Register.

Then it will ask you a series of questions that you will need to fill out.

If you are having difficulty, please try using another browser. **If that doesn't work, please contact 1-866-695-8622.** That is the health advocate number and they should be able to help you.

### Become a Platinum Incentive Member

Platinum Level has specific requirements. You must meet the following:

1. Signed contract for Platinum Level\* (please find at <http://health.iu17.org>)
2. Annual Physical
3. Biometric Screening
4. Stress Management Course -Classes will take place in October, December 2018 and February, April 2019.
5. And then choose one of these Healthy Options:
  - a. Meet 3 out of 4 healthy benchmarks
  - b. Improvement of healthy benchmarks at free spring screening event
  - c. Health Coaching with Carmen

\*The contract just lets me know not to turn you in at the Gold level. If you don't make your required points for Platinum you will drop down to the next point level you attain.

## Take the first step on a new health journey.

“I love WW Freestyle™. It makes the impossible feel possible—every day!”

### Rebecca

48, Maidens, VA

Following Weight Watchers® through an employer program

Lost 17 pounds\*

\*People following the Weight Watchers plan can expect to lose 1-2 lbs per week. Rebecca lost weight on prior program and is continuing on WW Freestyle.



Imagine the freedom to lose weight like never before. That's the **Weight Watchers Freestyle** program. With over 200 zero Points® foods, you'll have more flexibility with your food choices. We'll also help you fit more movement that you love into your life, and teach you skills that will shift your mindset along the journey. Join the millions who are forming new healthy habits in simple, achievable steps.



**Experience a healthier you. Join today. #WWWorksWithMe**

CONTACT: Carmen Terry, [cterry@iu17.org](mailto:cterry@iu17.org) or 570-323-8561 x1067

**When:** Wednesday, 4:15-4:45pm,

**Where:** 2400 Reach Rd, Williamsport, PA 17701

E-tools online platform is included as well as chat features online. Why Wait? Please email or call me for pro-rated rate will apply to anyone who joins now.

**Please note:** Meetings available in participating areas only. Minimum enrollment required to start and maintain meetings in the workplace.

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## Mindfulness Tips for the Holidays

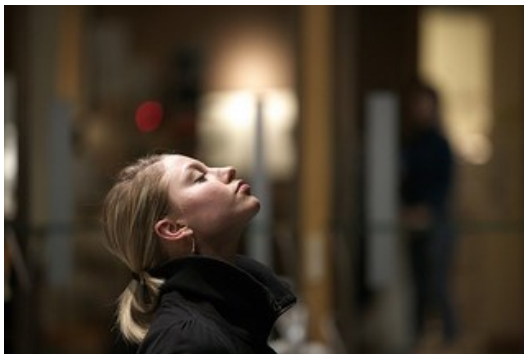
Although the holidays can be a fun and magical time, more often than not, we find ourselves being stressed out by large and small things. In order to combat that stress, employ some of the strategies below to keep stress at bay and to fully enjoy what this season is truly about-love, laughter, happiness and gratitude for what we have in our lives!



1. Respect your time! It is time to learn how to say “NO” to things that aren’t very important to us. Stop juggling your schedule and set priorities for things that must get done that are important. Other than that, pick and choose what is meaningful and valuable for you and your family!

2. Move your Body! Keep in mind that the more active we are, the more endorphins we release (that feel good hormone). When we feel good about ourselves, we make better decisions (about food, money, purchases, etc.) So take 15 minutes out of your day to stay active, if you can get more minutes than that you will feel wonderful for giving yourself that gift of movement.

3. Practice empathy and **Smile!** The best way to connect with people is to try to understand what they may be going through. So when you encounter a family member, friend, store clerk, etc. who is snippy or grouchy, put a smile on your face and greet them warmly. You may never know how much that means to someone else when you are kind!



4. **BREATHE!!!** It sounds funny to tell someone to breathe, but when you take some deep breaths to clear your head or just focus on your breathing, your heart rate and blood pressure drop and you feel more calm. So close your eyes and take some deep calming breaths from your diaphragm. You will feel better immediately.

5. Be present! Not the ones wrapped in paper, but being there for someone! Be an active listener– so no judgement, many people just need to tell their story or be heard, so listen without an agenda.

6. Be grateful! You have many blessings in your life, start counting! You will not be surprised how many you have. Be thankful for them and remember, you are valuable, worthy and loved!

### Have your Christmas Cookie and Eat It Too!

The holidays are here and believe it or not you can maintain your weight without giving up holiday favorites! While many assume they're bound to gain weight over the holidays, research shows that average weight gain is only 1 pound. That's Good News!

#### Here are some tips:

- .Have a positive mindset, enjoy yourself during the holidays
- .Plan for large holiday meals and baking days by eating lightly before
- .Appetizers: choose vegetables/dip, shrimp, cheese, hummus on vegetables instead of crackers, and fresh fruit
- .Snack on non-starchy vegetables: broccoli, cauliflower, carrots, peppers, asparagus, zucchini, tomato, celery
- .Enjoy carbs: mashed potato, sweet potato, stuffing, corn, squash, bread, rolls, cranberry sauce, desserts in moderation by watching portion sizes
- .Make a gourmet vegetable dish – everyone will appreciate it! Recipe on the next page
- .Try Truvia Baking Blend instead of sugar in pumpkin pie and dessert recipes; it has 75% fewer calories and you cannot tell the difference!
- .Wait 10 minutes before going for seconds; you may end up skipping them
- .Exercise daily, on Christmas suggest a walk after dinner
- .Pass on the rolls/bread
- .Watch out for calories in alcoholic drinks, try skinny versions or go for wine or champagne mixed with seltzer or light beer
- .Be optimistic for the New Year, set goals rather than resolutions

### Roasted Vegetable Medley Recipe

- 1 pound fresh green beans, trimmed and cut into 2 inch pieces
- 4 cups fresh broccoli florets
- 10 small fresh mushrooms, halved
- 8 fresh brussel sprouts, halved
- 1 medium onion, halved and sliced
- 3-5 garlic cloves, thinly sliced
- 4 tbsp olive oil, divided
- ½ cup grated parmesan cheese
- 3 tbsp minced fresh parsley
- 1 tbsp grated lemon peel
- ¼ tsp salt
- ¼ tsp pepper

Preheat oven to 425, place 1<sup>st</sup> 6 ingredients in large bowl, toss with 2 Tbsp oil. Divide between two 15x10x1 in pans coated with cooking spray. Roast until tender, 20-25 minutes. Transfer to large bowl. Mix remaining ingredients with remaining oil, toss with vegetables. Yield: 10 servings, 1 serving: 109 calories, 10 grams carbohydrate, 3 grams fiber, 96 mg sodium

