



# W@W

## Winning @ Wellness

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## Be Healthy @ Work: Breakfast Benefits

Remember when your mother used to tell you to eat your breakfast because it was the most important meal of your day? Well, your mother was right! Not only does it give your body and brain the energy to start a new day, but it also helps you break the fast from your night's sleep. In other words, it helps to kick-start your metabolism. When you do not eat a morning meal, you throw your body into starvation mode. This process can slow down your metabolism and may not allow you to lose weight or could cause you to gain weight.

For example, if you ate dinner at 6:00 p.m. the night before, then skip breakfast and don't eat lunch until noon, your body has gone a long time without fuel. So when you finally eat something, your body will hang onto those calories without letting them burn off naturally. Your body is fearing that you will go 18 hours again without eating!

### Why eat a healthy breakfast?

So besides giving your body the energy it needs to get the day started out right, studies have also shown that eating a *healthy* breakfast (as opposed to a sugary doughnut) can give you:

- A more nutritionally complete diet that is higher in nutrients, vitamins and minerals
- A feeling of being satisfied, which may prevent overeating later in the day
- Improved concentration and performance at work
- More strength and endurance to be physically active

### What is a healthy breakfast?

Now that you know all the good reasons why you should eat a healthy breakfast, you might be wondering what are some healthy breakfast foods?



Your morning meal should contain a healthy source of protein and plenty of fiber. This combination will help satisfy your hunger and keep you feeling full until lunch. Don't forget about low-fat dairy. It also another good choice to add to your list of breakfast foods.

### Healthy (and quick) breakfast choices

Sometimes people do not eat breakfast because they think they do not have time to eat. But with a little planning, you can come up with some grab-and-go breakfast ideas. Here are a few ideas to get you started:

**Fruit smoothies**-Blend in your favorite fruits along with some low-fat yogurt for a quick and tasty breakfast choice. For an extra boost of omega 3 fatty acids, sprinkle in some ground flax seed. They boost heart health and may lower your triglycerides.

**Peanut butter roll ups**-Grab a whole-wheat tortilla, spread some peanut or other nut butter on it, slice up some bananas or another favorite fruit and layer it on the nut butter, and roll it up.

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Whole-wheat products keep your heart healthy and help with diabetes management, while nut butters contain protein and some dietary fibers.

Other quick and healthy choices for breakfast include:

- Whole-grain muffins
- Cheese slices melted on whole-wheat toast
- Whole-grain bagel spread with hummus and apple slices
- Whole-wheat pita bread stuffed with low-fat cottage cheese and fresh fruit
- Whole-grain English muffin topped with any form of eggs (scrambled, egg substitute or egg whites) topped with a slice of cheese or some smoked salmon, lean ham, turkey or Canadian bacon for an added boost of protein
- Veggie omelet with low-fat cheese
- Whole-grain cereal with fresh fruit and low-fat milk
- Oatmeal made with skim or low-fat milk, fresh fruit and nuts



### Healthy breakfasts at work

Some people are just not hungry when they first awake in the morning and want to wait before they eat. For those people, eating breakfast at work is an option. Keeping a few healthy breakfast options in your desk or the refrigerator in your work area will help you to resist the temptation of some of the unhealthy choices (cookies, pastries and doughnuts) that lurk in the office setting. Some office-friendly healthy breakfast choices are:

- Granola bars
- Instant oatmeal packets
- Yogurt (low-fat or Greek)
- Peanut butter and whole-wheat English muffins
- High-fiber, low-sugar cereals
- Frozen whole-grain waffles
- Bananas and hard-boiled eggs

Remember that eating breakfast is a great habit to get into if you want to improve your eating habits, control your weight and perform better at work, so happy (and healthy) breakfast eatings!

Sources:

<http://weightloss.about.com/od/eatsmart/qt/officebreakfast.htm>

<http://www.webmd.com/diet/features/many-benefits-breakfast>



**“Do what you can with what you’ve got wherever you are.”**

**Theodore Roosevelt**

## Move More @ Work: Give Yourself a Facial Massage

Need an idea to relax at work for a few minutes? Try a facial massage!

### How to do it

- Quickly rub your palms together to warm them up. Close your eyes and breathe slowly.
- Place your palms over your face. Gently press the area under your eyebrows for 5 to 10 seconds.
- Softly press your thumbs in the area behind your earlobes. Use your thumbs and knuckles of your index fingers to gently pinch the skin along your jaw line.
- Finally, use the backs of your hands to gently slap the skin under your chin. After you finish, take 10 deep breaths.



### Why it matters

Massage encourages the body's relaxation response, which lowers heart rate, loosens muscles, and slows down breathing. The relaxation response is the opposite of the body's "fight-or-flight" reaction, which causes muscle tension and a pounding heartbeat. When your body relaxes during a massage, so does your mind.

### Fun fact

The human head has 29 bones, including eight cranial bones, 14 facial bones and six auditory (ear) bones.

*Taken from the MeYou Health Daily Challenge <http://meyouhealth.com/about>*

## An Ounce of Prevention: Stay Safe at Work

Many people spend a good portion of their time at work. This means it's just as important to use crime prevention skills in the workplace as it is at home and in your neighborhood. Whether the place of business is corporate headquarters, a restaurant, a store, an auto repair shop or a person's home, common-sense prevention skills can make the workday safer for everyone.

- Keep your purse, wallet, keys or other valuables with you at all times or locked in a drawer or closet.
- Check the identity of any strangers who are in your office. If anyone makes you uncomfortable, inform security or management immediately.
- Don't stay late if you'll be alone in the office. Create a buddy system for walking to parking lots or public transportation after hours.
- Report any broken or flickering lights, dimly lit corridors, broken windows and doors that don't lock properly.
- If you notice signs of potential violence in a fellow employee, report this to the appropriate person. Immediately report any incidents of sexual harassment.
- Know your company's emergency plan. For the DHSS Employee Safety Plan Guidelines, go to <http://dhssnet/employeeinfo/>.
- Keep your own emergency supplies (flashlight, walking shoes, water bottle, nonperishable food, etc.) in a desk drawer.



*Source: The National Crime Prevention Council website: <http://www.ncpc.org/topics/workplace-safety/tips-for-staying-safe-at-work>*

## The Employee Buzz...

***“How*** *has the DHSS Worksite Wellness Committee helped you lead a healthier life?”*

*“The DHSS Worksite Wellness Committee has helped me lead a healthier life by offering classes that focus on exercising. I attended the Walking with Ease class. It was a very informative class. As a new employee to the Department, it was also a great way to meet other people.*

*I have also been able to participate in the low impact exercise class offered for six weeks during the lunch hour. This is a convenient and cost effective way to exercise while at work. I also want to mention Walking Wednesday’s. What a great way to encourage staff to get out and enjoy a walk while being able to exercise and have the opportunity to wear jeans twice a month.”* **Pamela Campbell, Genetics and Healthy Childhood**

*“Through the DHSS Worksite Wellness program I have been able to control my weight in spring and fall when outdoor activities are limited. I have joined the program for its timing, affordability and team activities (exercises).”* **Arthur Pashi, Office of Epidemiology**

*“Thank you all very much for motivating and encouraging me to exercise. My body feels much better. I’m greatly appreciative.”* **Eileen Lubia, Section for Long Term Care Regulation**

*“Working together to become healthier has made us appreciate our coworkers more and made the workplace more fun.”* **Toni Steward, Kristi Luebbering, and Jackie Oden, Section For Long Term Care Regulation**

*“I have lost six pounds, my blood pressure has dropped and I no longer have to take any medication because I have been participating in the Worksite Wellness sponsored exercise classes!”* **Barbara Brendel, Heart Disease and Stroke Prevention Program**

**We want to hear from you for the next Employee Buzz!** With warmer weather and sunny skies becoming the norm, we want to know **“How do you stay safe in the sun?”** For example, “I wear a hat when out in the sun.” Email your response to [worksitewellness@health.mo.gov](mailto:worksitewellness@health.mo.gov). Please tell us if you do not want your name included with your quote.



DHSS employees taking part in Worksite Wellness activities



## Eat Smart @ Work: Breakfast Burritos

**Serves:** 2      **Serving Size:** 1 Burrito

### Ingredients:

2 eggs  
2 tablespoons nonfat or low-fat milk  
2 6-inch flour tortillas, warmed  
2 tablespoons shredded low-fat cheddar cheese  
¼ cup salsa

### Directions:

1. Wash hands.
2. Beat together the eggs and milk in a small bowl.
3. Lightly coat skillet with nonstick cooking spray. Pour egg mixture into pan and cook, stirring constantly, over medium to low heat until eggs become firm. Remove from heat (eggs will continue to cook).
4. Spoon half of egg mixture down the center of each tortilla. Top each with half of the cheese.
5. Fold or roll tortilla and serve with salsa.



### Nutrition Facts

Serving Size 1 item (136.31g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat	
<b>Cholesterol</b> 215mg	<b>72%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 12g	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

Recipe from the Iowa State University Extension *Spend Smart Eat Smart Program*:

<http://www.extension.iastate.edu/foodsavings/recipes/breakfast-burritos>

## DHSS Wellness Superstar

This issue's Wellness Superstar is Dorothy Dolson, Senior Office Support Assistant with the Heart Disease and Stroke Prevention Program in the Bureau of Cancer and Chronic Disease Control. Dorothy has made great progress in improving her health. She has a very positive and enthusiastic attitude about good health which spills over to those around her. Dorothy notes that wellness activities at work boost morale and promote a healthy lifestyle.

### Changing habits

Dorothy mentioned that the decision to change her habits wasn't a hard one to make, but one that was hard to implement. The main changes she made include being more active, eating more fruits and vegetables, and keeping a water bottle with her at all times. Replacing soda with water has even helped Dorothy to shed a pound or two. She even notices how she feels sluggish if she hasn't been drinking enough water.

Dorothy Dolson



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Other than being overweight Dorothy was healthy. She made the changes because she wanted to make sure she was around to see her grandchildren grow up. She said "My children are only ten and three and grandchildren are a long way down the road, but I knew that if I didn't change now I was going to pay for it later." Dorothy tried the latest and greatest diets time and time again, wasting a lot of money on 'magic pills' that claimed to drop the weight in days. Dorothy wouldn't lose much weight or she would gain back what little she did lose. Frustrated with this cycle, Dorothy would just give up.

### **Enjoying physical activity**

Then one day it clicked. Dorothy started parking just two spaces farther when she went to the store to add in some extra steps. Each day she would park another space away. "For several months I went to a gym and found it wasn't as bad as I thought it would be. Working out was really fun," said Dorothy. She found herself looking forward to new muscles hurting and seeing just how fast she could walk two miles. Dorothy has also taken advantage of some of the exercise classes offered through the Worksite Wellness Committee including "Walk with Ease" and the bands and stability ball classes.

### **Getting her family involved**

Dorothy was afraid her kids would follow in her footsteps and realized she needed to make some changes fast before her children suffered from her bad habits. "The kids and I enjoy working out together. We wanted to spend more time together as a family, so we started doing active things at home. Their favorite workout is to play Wii Dance. One can get a good workout from playing that game plus it is a fun time dancing together," said Dorothy. They also plan to start a garden this year.

### **Changing eating habits**

Dorothy knew just working out wasn't going to cut it. "I knew I had to make some lifestyle changes in what I was eating as well as what I fixed my family to eat," she said. Dorothy has found a variety of healthy foods that fit in her eating plan such as: carrots or celery with some peanut butter, whole-wheat noodles and brown rice, as well as different peppers and apples. She has acquired new tastes for things such as raw

spinach and different types of lettuce. "Changing what you eat will change what you enjoy eating. I have found that I don't crave sweet things as much anymore since I have basically 'de-toxed' my body of man-made sugars. Instead, I find myself wanting a raw pepper or an orange in the afternoon," stated Dorothy.

Portion sizes also are key. Instead of three meals a day she might eat several small meals. Dorothy considers herself a grazer instead of a meal eater. When she sits down to eat dinner with her family she takes a small portion of each item. Later in the evening she might grab a couple of carrots or an apple for a snack.

### **Finding balance**

Dorothy said she has learned that you can't totally deny yourself everything that you enjoy such as chocolate or a soda, but notes that you do have to limit your intake of the things that are not so great for you. She said "I'm not perfect. I'll be the first to tell you that I allow myself a treat every now and again." Dorothy knows that if she does enjoy that treat, she will give up something else later that week and work out an extra time.

### **Feeling better about herself**

Exercising means just getting more movement into your daily routine. Dorothy works in an office so most of her time is spent sitting at a desk. Sometimes you can walk by her desk and catch her trying to sneak in a few squats or lunges. Deciding to take a walk to drop off a piece of paperwork instead of just tossing it into the mail bin can make a world of difference. Dorothy is most active when she gets home. She states "When I exercise, I find that I feel better about myself." Even if she hasn't seen the desired results from her hard work, Dorothy keeps her eye on her goal and continues to work at it.

# Worksite Wellness News

## Strive For Wellness Ambassador Update

MCHCP has some exciting things on the horizon. The MCHCP board is making strong investments in boosting the health of the state workforce. The board recently approved expanding the MCHCP Wellness Department with four additional employees. They plan to begin recruiting soon for a Dietitian, two Nurse Educators and an additional Wellness Program Manager. These new employees will allow MCHCP to greatly expand their wellness offerings, including providing tobacco cessation and weight management classes around the state.

In addition, MCHCP is piloting a Building Ambassador project to encourage participation in wellness activities for employees not located in the Jefferson City area. This project is starting in Columbia and Springfield, but MCHCP hopes to roll it out to more locations soon.

As always, the Wellness Committee welcomes your ideas and encourages your participation in all DHSS and MCHCP wellness initiatives. Please feel free to provide feedback to your committee members and on the evaluation forms available at the end of each MCHCP wellness campaign.

We appreciate your feedback – both positive and negative – and want to make this a program that works for you!

Sincerely,  
Pat Simmons & Michelle Jacobsen  
DHSS Wellness Ambassadors

**“The tragedy in life doesn’t lie in not reaching your goal. The tragedy lies in having no goal to reach.”**

**Benjamin E. Mays**

## Upcoming Wellness Events

### Walking Wednesdays

The **1st and 3rd Wednesday** of every month are **Walking Wednesdays**. But don't forget that if there is a **5th** Wednesday in a month, that too is a Walking Wednesday! **REMINDER: By wearing jeans on a Walking Wednesday, you are committing yourself to walking a total of 30 minutes at break and/or during your lunch hour.**

**April Lunch-N-Learn: Tuesday, April 23rd in Oak A/B Conference Rooms.** It will be Tai Chi: The Art of Balance, by Damon Motley, MS, CSCS, CET from Capital Region Healthplex. **Note time change: This Lunch-N-Learn will be held from 11:45 a.m. to 12:45 p.m.**

**National Employee Health and Fitness Day (NEHFD)** is on Wednesday, May 15, 2013. Watch for more details regarding this event!

### Walking Wednesday Winner

Congratulations to Debi Smith from Family Care Safety Registry in the Division of Regulation and Licensure for winning the quarterly Walking Wednesday healthy prize!

### Don't forget!

Fax your Walking Wednesday Tracking Log to 573-522-2856 or email it to [worksitewellness@health.mo.gov](mailto:worksitewellness@health.mo.gov) by April 10th to be eligible for next quarter's healthy prize!