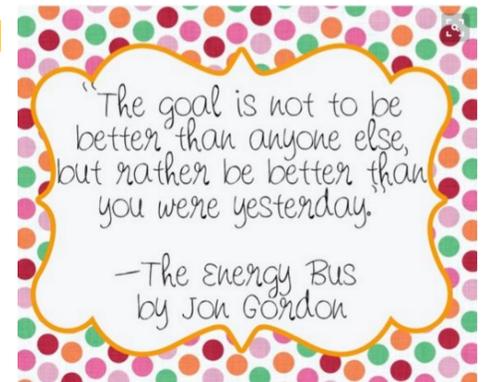


BE BETTER THAN YOU WERE YESTERDAY



9 steps to help start a lifelong journey to health and wellness

Starting a get-healthy program is like having a pre-exam nightmare. You walk into a strange classroom (preferably wearing pajamas), look at the test — and have no idea what any of the questions mean. Your classmates, of course, know everything. Fitness can seem overwhelming, too. *Everyone* (but you) seems to understand carbs and fat, and *everyone* (but you) seems to know exactly how much and how to work out. Faced with the embarrassment of asking questions that *everyone* (but you) seems to know the answer to, you do nothing.



1. Put a plan together. “Like a financial budget, a job search, anything you do in life, you need to think what you can do to start making your way in the right direction,” she says. Forget quick fixes. There’s no such thing when it comes to being healthy and fit. Instead, think baby steps: some squats here, skipping a soda there.

“The journey someone will take to get to the goal is a lot more rewarding than doing it quickly with crash diets and a two-hour-a-day exercise regimen,” Pearson says.

2. Schedule exercise time. As far as what kind, walking is great. Maybe go for 10 minutes, turn around and come home. Do it again the next day, or the day after. Just be consistent. “People will jump out there and try to go full force six days a week for an hour a day, and that’s not a recipe for success,” Pearson says. Join a gym or yoga studio, or sign up for boot-camp classes, all of which can be done no matter your fitness level. “We find if there’s a financial component that people are more likely to follow through,” Pearson says.

3. Eat breakfast. Skip it and you’re more likely to be overweight. “Figure out what will work for you, whether a protein and fruit smoothie or Greek yogurt parfait or eggs in a tortilla,” she says. Be sure to include protein and a little fat; peanut butter (in moderation) can give you both.

4. Make swaps. If you eat fast food five times a week, exchange a few of those for eating at home: You’re more likely to eat fewer calories and less overall fat, and to drink fewer sugary drinks, she says. “Doing that one simple change, they’ll consume a little better food and fewer calories.”

5. Think color. Aim for a plate half-filled with colorful fruits and vegetables. If you eat more of them, Pearson says, “9 out of 10 times, sugar cravings as well as intake of sugar, salt and fat will decrease.”

6. Beware salads and sandwiches. Yes, a nice green, leafy salad with lean protein and a minimum of dressing is good. Ditto for lean turkey with mustard, lettuce and tomato on whole-wheat bread. But, Pearson warns, “there are salads out there with avocado and dressing and cheese and bacon, and they taste fantastic, but they’re 900 calories. You might as well eat a Big Mac and save 300 calories.” Bacon, avocado and mayonnaise equal lots of calories and fat in sandwiches, too.

7. Watch out for restaurant meals. They tend to contain two to three times an average serving. Box half before you eat any of it. Avoid foods with descriptive adjectives like “crunchy,” “crispy” and “sautéed.”

8. Eliminating food types isn’t necessarily helpful. “It’s common for people to come into my office in January and say, ‘I just read a book about this,’ so they cut out gluten or sugar or whatever,” she says. “If you cut something out,” she tells them, “I can work with you. But are you ever going to eat it again?” If they answer “yes,” she says, “Then let’s figure out a way to incorporate that into a lifestyle vs. a diet so you can be successful.”

9. Seek help. People who work out or eat healthily are happy to impart what they know. Remember: They had to start somewhere, too.

Backpack Safety: It's Time to Lighten the Load

If you've been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct.

Backpacks that are too heavy can cause a lot of problems for kids, like back and shoulder pain, and poor posture. The problem has grabbed the attention of lawmakers in some states, who have pushed for legislation requiring school districts to lighten the load.

While we wait for solutions like digital textbooks to become widespread, there are things you can do to help prevent injury. While it's common these days to see children carrying as much as a quarter of their body weight, the American Chiropractic Association recommends a backpack weigh no more than 10 percent of a child's weight.

When selecting a backpack, look for:

- An ergonomic design
- The correct size: never wider or longer than your child's torso and never hanging more than 4 inches below the waist
- Padded back and shoulder straps
- Hip and chest belts to help transfer some of the weight to the hips and torso
- Multiple compartments to better distribute the weight
- Compression straps on the sides or bottom to stabilize the contents
- Reflective material

Remember: A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. Make sure your child uses both straps when carrying the backpack. Using one strap shifts the weight to one side and causes muscle pain and posture problems.

Help your child determine what is absolutely necessary to carry. If it's not essential, leave it at home.

What About Backpacks on Wheels?

They are so common these days, they're almost cool. But, the ACA is not giving them a strong endorsement.

Rolling backpacks should be used "cautiously and on a limited basis by only those students who are not physically able to carry a backpack," the ACA website reads. The reason? They clutter school corridors, replacing a potential back injury hazard with a tripping hazard.



What is a Biometric Screening and Why do You Need One?

Many companies are looking for innovative ways to increase benefit offerings, improve employee health, and decrease health plan costs at the same time. One solution gaining popularity among US employers is biometric screenings. According to the Willis 2014 Health & Productivity Survey, 74% of US employers include a biometric screening as part of their workplace wellness programs. If you're one of the 26% NOT leveraging the amazing benefits of biometric screenings, you're missing out.



What is a biometric screening?

According to the [CDC](#), a biometric health screening is defined as "the measurement of physical characteristics such as height, weight, body mass index, blood pressure, blood cholesterol, blood glucose, and aerobic fitness tests that can be taken at the work site and used as part of a workplace health assessment to benchmark and evaluate changes in employee health status over time."

A typical biometric screening will be conducted by a nurse or phlebotomist and should always include a fasting intravenous blood draw. Some screening providers try and sell the finger-stick method for cost and convenience reasons, but studies show that the results are often inconsistent and unreliable. If you're serious about results, health care professionals will always recommend the intravenous method.

The bloodwork, along with a brief questionnaire regarding behavior and family history help to provide an accurate assessment on the current health status and risk of the individuals being screened.

IMPORTANT: Screening results and identifiable health data are always protected by HIPAA laws and will never be shared with anyone without personal consent.

Benefits for Employees

75% of health care costs are attributed to chronic conditions that are preventable. Heart disease, for example, can be prevented with proper diet and exercise. In addition, early identification of certain risk factors, such as high cholesterol or blood pressure, can prevent larger problems down the road.

Biometric Screenings:

Thursday, September 1st (NWOESC)

Saturday, September 17th (NWOESC)

Friday, October 7th (NWOESC)

Tuesday, October 18th (Independence Education Center)

If you are returning to the NWOESC for the 2016-17 school year and elect to receive NWOESC health benefits, screenings are free of charge for yourself or covered spouse. If you do not take NWOESC health coverage and would like to participate (self or spouse), screenings are available for a reasonable fee. Please watch for more information to come later about the registration process.

Healthy Lunch Ideas

packing list

by Skip & Shop nutritionist, Mike Hervey

Protein	Whole Grains	Fruit	Veggie	Dairy	Fats, Oils & Other
Egg (hardboiled)	Whole grain Crackers	Clementine	Sugar snap peas	Milk or non-dairy milk alternative	Avocado or Guacamole
Tuna	Whole wheat wrap	Grapes	Baby carrots	Plain yogurt	Olives
Nut or seed butter	Mini bagel	Apple slices	Celery sticks	Shredded cheese	Pickles
Chicken	Brown rice	Kiwi	Radish coins	Ricotta Cheese	Mayonnaise
Ground turkey	Quinoa	Berries	Bell Pepper Strips	String cheese	Vinaigrette salad dressing
Chicken, turkey, roast beef roll ups	Whole wheat pasta	Banana	Cucumber slices	Cottage Cheese	Yogurt-based veggie dip
Chickpeas (canned or dried)	Tortilla Chips	Pineapple	Lettuce or spinach "chips"	Pudding made with milk	All-fruit jam
Black beans	Whole wheat pita pocket	Peach	Cherry tomatoes		Honey mustard
Almonds, walnuts	Popcorn	Mango	Salad		Hot sauce
Pumpkin seeds	Rice Cake	Raisins	Broccoli flowers		Reduced-sodium soy sauce
Trail Mix	Oatmeal	Diced plums	Jicama sticks		BBQ sauce
Edamame (Fresh or dried)	Sweet Potato	Dates	Coleslaw		Cream Cheese
	Granola	Melon	Salsa		Honey
	Dried cereal				

