

HEALTHBREAK NEWS

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PICKING THE BEST PRODUCE

Shopping for fruits and vegetables can be tough, Here are some tips for picking the best fruits and veggies!!



Banana-Solid yellow or lightly flecked brown skin; no bruises or soft spots

Red Bell Pepper-bright red, smooth skin; firm, thick-fleshed

Kiwi Fruit-plump; evenly firm, not hard or soft

Broccoli-deep green; compact bunches; no decay or yellow

Mango-multi-colored smooth skin; heavy; fragrant

Spinach-deep green, crisp leaves; not wilted or crusted



Start picking the best produce today!!

Source: Personal Best Magazine

OSTEOPOROSIS: NOT JUST FOR WOMEN

Osteoporosis has always been perceived as a woman's health concern. Marketing campaigns feature pink calcium supplement bottles and they even tie-in breast cancer and soy protein. This is all very unfortunate for men who suffer from osteoporosis, because the disease presents the same clinical problems in men as it does in women.



Osteoporosis is a disease that weakens bones and makes them more susceptible to fracture. Osteoporosis affects approximately 10 million Americans, and according to The National Osteoporosis Foundation 20% of those 10 million are men. Osteoporosis is more common in women, and the U.S. Preventive Services Task Force makes no recommendations for screenings in men.

So, who is at risk? The risk factors include; low Bone Mineral Density, prior fracture, age, and family history of Osteoporosis. If you, or someone you know, has the following symptoms you should see your doctor as soon as possible. Some of the other more specific risk factors include; lack of calcium, smoking or drinking excessive amounts of alcohol (smokers double the risk of suffering an osteoporotic fracture), you are thinner than normal, you have one of the following medical conditions: rheumatoid arthritis, hyperthyroidism, hyperparathyroidism, diabetes, or liver disease.

If you have any of those symptoms talk to you doctor to start treatment today!

Source: ACSM Certified News

5 STEPS TO BONE HEALTH

Eat Right-

Get your daily recommended amount of Vitamin D and Calcium.

Exercise-

Engage in regular weight -bearing and muscle strengthening exercises.

Maintain a healthy lifestyle-

Avoid smoking and excessive alcohol consumption

Talk to your Healthcare provider-

Talk to your healthcare provider about your bone health

Get Tested -

Have a bone density test and take medication when appropriate



Source: www.nof.org

IRONMAN FUN FACTS

The Ironman competition started 30 years ago as a competition to see who the fittest athlete was out of swimmers, cyclists, and runners. Since then, the Ironman competition has become one of the most challenging competitions ever. In honor of the Olympics, read these fun facts about the Ironman competition.

Typical number of calories burned-

8,500-11,000!

Cutoff time to finish-

17 hours.

Fastest Finish-

8 hours, 4 minutes.

Oldest Competitor-

Norton Davey, age 82.

Oldest Finisher-

Jim Ward, age 77. It took him 16 hours, 45 minutes.

Most Successful former Triathlete-

Lance Armstrong, winner of five straight Tour De France's, started out as a triathlete.

Number of banana's eaten by competitors in a typical race-

18,265!

Source: WELCOM Newsletter



FITTING IN FITNESS

Between work, family, friends, soccer practice, and PTA meetings, who has time to exercise? The American College of Sports Medicine recommends 30 minutes of moderate activity on most days of the week. Read these simple ways to add physical activity into YOUR everyday life.

- 1. Park as far away as possible**-We have heard this one enough, but while you are running your errands park as far away as possible and you could potentially add 10-20 minutes of activity by the time you are done. If you are at the cleaners, park as far away as possible and carry your clothes inside and back out and you will burn more calories!!
- 2. Get out of the waiting line**-When you are waiting for a table in a restaurant, or waiting in the doctors or dentist office ask them how long the wait will be and go outside and take a walk.
- 3. Take a lunch break**-Whether you do not have time for lunch or you eat for the whole hour, take a break and walk around the building or join the Fitness Center right in your building. In an hour lunch break you can get a good 30-45 minutes workout and still have time to change and return to work on time!
- 4. Watch T.V. on the treadmill**- The next time you plant yourself in front of the TV to watch your favorite show, do it on the treadmill. You can still watch your 30 minute to 1 hour program, just move those legs while you watch it.

Good luck, remember to take a few moments out of your busy schedule for YOU!!

Think before you eat!

Just exactly how much do you have to walk in order to work off those Oreo's or that 6 inch personal pan cheese pizza? The following table may help you decide whether or not you really want to put that into your mouth.

Minutes of Activity to burn those Calories

Food Choice	Calories	Walk	Run	Bike	Swim	Yoga	Dance
3 Oreo Cookies	160	41	17	23	19	54	27
Jelly-filled donut	210	54	22	30	26	71	36
Fast food cheeseburger	359	93	38	51	44	122	61
Fast food bean burrito	370	95	39	52	45	126	63
16 oz fast food vanilla shake	556	143	59	79	68	189	95
6 inch personal pan cheese pizza	620	160	66	88	75	211	106



NEW

HEALTHBREAK'S FAVORITES

This month's favorite is an abdominal exercise. Healthbreak loves the plank. This Pilates based exercise is a great way to build endurance in your abdominals and back muscles, in addition to your stabilizer muscles.



Lie face down on the mat, resting on your forearms, palms flat on the floor. Push off the floor, raising up on your toes and resting on your elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear-end from sticking up in the air. Hold for 20-60 seconds, lower and repeat 3-5 times.

“Flexible people never get bent out of shape!”

*This or That?

Which whopper of a burger isn't "big" on calories?

McDonald's Big Mac

Burger King Whopper (without cheese)

These two are the big kahunas of fast food burgers. Each comes fully loaded: special sauce or mayo, toppings galore, and BIG beef patties. One is far lower in calories--do you know which? Turn to page 4 for the answer.

Source: www.sparkpeople.com

Group Fitness Class Schedule

To view and print the September Group Fitness Class Schedule, click on www.colorado.gov/dpa/wellnesscenter/index.htm and scroll down to "Group Fitness Classes". Every member is welcome to participate in these fun classes, so add some variety to your workouts and join in!

Emergency Procedures

In light of the DNC and all the emergency drills State buildings went through, I want to reiterate that your safety is of utmost importance in the Wellness Center. Next time you workout, please take a moment to read the Emergency Protocol posted on the walls next to each black phone (one in the Group Fitness Room, Men's and Women's Locker Rooms, and Weight Room). This document outlines what to do in the event of an emergency, so please familiarize yourself with this protocol so we are prepared for anything! Thank you.

Your 2008 Healthy Hero is.....

Christy Chase!!!!

Christy joined the Wellness Center in May of 2004 and is the perfect example of someone who lives a healthy lifestyle and encourages others to do so. Congratulations to Christy for being a great motivator and healthy role model!

Recipe Bake-Off Winners

Be sure to congratulate the following winners of the Salsa Contest: Tony Dyl (Best Hot Salsa), Jennifer Gilroy (Best Sweet n' Fruity Salsa), and Kerri Coffey (Voter's Favorite Overall). Great job to all those that shared their tasty salsa dishes with us!

Healthy Grilling

The days are getting shorter and the weather is getting cooler, but don't put that grill away just yet! Research shows that there is a correlation between grilling and cancer. The simplest explanation is that cancer causing chemicals are formed when you place food, generally meat, in contact with direct heat and flame. Make your Sunday evening meal as healthy as possible with these tips. To start: grill a healthy meal by choosing low fat, high nutrient rich foods, such as boneless, skinless chicken breast, fish, turkey, and of course vegetables. Use a marinade; marinades can not only, add flavor, but they can also reduce the risk of cancer causing substances in food. Make sure you keep the grill clean. A clean grill is safer and it makes it much faster to cook your meal. Trim any excess fat off of your meats before throwing them on the grill. Avoid flare-ups and do not overcook your food. The charred pieces of meat are filled with these cancer causing chemicals. To avoid these chemicals use herbs, such as; Basil, Mint, Rosemary, Thyme, Oregano, and Sage.

Try your new skills on this easy tasty recipe:

Grilled Lemon Rosemary Chicken

Ingredients:

4 chicken breasts, skinless and boneless	2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice	1 tablespoon fresh Rosemary, minced
2 cloves of garlic, minced	1/4 teaspoon salt & pepper



Directions:

Place chicken breasts in a shallow glass dish or re-sealable plastic bag. Combine rosemary, garlic, black pepper, olive oil, and salt in a small bowl. Pour mixture onto chicken, cover or seal, and place in refrigerator for 15-20 minutes. Pre-heat grill for medium-high heat. Place chicken breast on a lightly oiled grill rack and allow to cook for 7 minutes per side. When chicken is no longer pink and juices run clear, remove from heat and serve.

Source: www.bbq.about.com

***This Or That Answer: McDonald's Big Mac wins!**

The Big Mac is, well, big--but it still has fewer calories than a Whopper. The Big Mac weighs in at 560 calories and 30 grams of fat (with 10 grams of artery-clogging saturated fat). Obviously, it's not a "diet" food. The Whopper, however, is even worse: 670 calories, 39 grams of fat, and 11 grams of saturated fat. Want to make either one healthier? Skip the cheese and special Big Mac sauce, and you'll take in only 420 calories and 17 grams of fat. When it comes to the Whopper, simply losing the mayo will save you 160 calories and 17 grams of fat (bringing it down to a healthier 510 calories and 22 grams of fat). Who says fast food has to be fat food?

T A R G E T E D S O L U T I O N S . . . M E A S U R A B L E O U T C O M E S .

Our Mission:

We are committed to providing quality health promotion programs in order to develop a healthier, more productive workforce.

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The purpose of HEALTHBREAK NEWS is to offer information on upcoming events, good health, and fitness to the employees of the State of Colorado. It is not intended to provide advice on specific medical problems. It is recommended that you obtain such advice from a physician.