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Fresno County Wellness

September 2016

Weight Management & Flu Prevention



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Employee Benefits - Wellness Phone: 600-1810 Email: wellness@co.fresno.ca.us <u>Wellness Resources Webpage</u>			Hold the sugar. It can inhibit white blood cells from battling bacteria and viruses.	1	2 Scrub your hands with soap for at least 20 seconds when washing your hands. Need a timer? Sing the "Happy Birthday" song twice.	3
4	5  <u>IMMUNIE-BOOSTING NUTRITION</u>	6	7 Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	8	9	10 Wellness will focus on women's health next month. Wear pink to work on Fri., Oct. 7 in support of breast cancer awareness. 
11	12  <u>WEIGHT LOSS MYTHS</u>	13	14 Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	15	16	17  Susan G. Komen Race for the Cure @ Chukchansi Park Walk or run!
18	19  <u>CHOOSING A WEIGHT LOSS PROGRAM</u>	20	21  <u>Live Webinar: Stretch & Strengthen at Your Desk</u> 11 am - 12 pm	22	23	24
25	26  <u>CALCULATOR: WEIGHT & CALORIES</u>	27	28 Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	29	30	Sleep deprivation suppresses immune system function. Prioritize sleep to stay healthy during cold and flu season.

Live Wellness Webinar

Attend training from the convenience of your workstation.

September Wellness Webinar:

Stretch & Strengthen at Your Desk



Date/Time: Wednesday, September 21, 2016, 11 a.m. to 12 p.m.

Description: Sometimes all it takes is a good s-t-r-e-t-c-h to take the edge off a hectic workday. Join us as we teach you simple exercises to keep you stress-free, toned and energized.

How to register for this training: Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

Contact: HRTraining@co.fresno.ca.us

Weight Management and Flu Prevention

Message from Dr. Ken Bird, Health Officer



It has been the typical hot summer here in Fresno, and as we move into September, we can expect at least another month of the same oppressive heat. However, it is not too early to begin thinking about steps we can take to avoid the colds and flu that will be threatening our health much more frequently as the weather changes. Beginning in late August or early September, the rate of colds increases slowly for a few weeks and remains high until March or April, when it declines (1). Influenza activity often begins to increase in October, usually peaks between December and March, and can last as late as May.

The misery that is the common cold rarely causes severe illness, but is one of the most common causes of work and school absenteeism, with up to 22 million school days lost each year in the U.S. Children average six to ten colds per year, and adults will experience them, on average, two to four times a year. Some estimate that over the period of a year, people in the U.S. suffer one billion colds (1).

Influenza, a much more serious illness, is responsible for 3,000 to as many as 49,000 deaths in the country annually.

There are over 200 different viruses in a variety of groups that can cause cold symptoms, making development of an effective vaccine virtually impossible. There are also several different influenza viruses that mutate easily, which makes production of effective vaccine challenging, with changes to the vaccine required annually.

While there exists no sure fire way to completely avoid either of these illnesses, there are measures you can take to greatly reduce your chances of suffering from them.

Chief among these is receiving your flu vaccination annually for anyone six months and older, preferably by the end of October, and receiving immunization against pneumonia for those at highest risk.

The other measures we are also all familiar with, but these bear repeating, and include:

- Washing your hands frequently with soap and water, particularly after using the restroom; before and after handling food; after spending time shopping, in the gym, or other public places; and after tending to someone who is ill.
- Avoid touching your face, particularly your mouth, nose, and eyes
- Keep frequently touched household items clean, including doorknobs, drawer handles, keyboards, light switches, remote controls, and toys used by ill children
- Consider paper towels in the kitchen and bathroom for hand washing
- Avoid contact with sick individuals when possible
- Maintain your immunity with healthful habits that include physical activity, good nutrition, adequate sleep, not smoking, and reduced stress

Protect others, including your loved ones by:

- Not going to school or work when you are ill
- Coughing and sneezing into tissues that are immediately tossed into the trash
- Washing your hands after coughing or sneezing
- Getting your flu vaccination each year

Let's all work together to make this a healthier fall and winter.

Citation:

1. https://www.unf.edu/shs/Self_Help_-_Colds.aspx



Learning Resources

When it comes to health and wellness, sometimes we want to do better, but we don't know where to start. To learn more about weight management and flu prevention review the [September wellness calendar](#) for links to helpful articles and health tools. A special thanks to the [Department of Public Health](#) staff for their collaboration in providing wellness content.

Relax with This Progressive Muscle Relaxation

Sometimes we simply cannot control the chaos of life. But we can take charge of how we respond by learning to tap into our own internal “relaxation response.” What does this mean? It means setting aside about five to ten minutes (daily if possible) to practice progressive muscle relaxation.

1. Sit in a comfortable chair or lie comfortably on your back, and close and relax your eyes.
2. Feel all ten toes. Wiggle them gently, and then consciously relax all ten toes one at a time. Now, feel your feet. Sense their weight. Consciously relax them, and feel them release. Progress to your ankles, knees, and thighs.
3. Feel your abdomen and chest. Sense your breathing. Deepen your breathing slightly, and feel your abdomen and chest relax on the exhale.
4. Feel your hands. Sense their weight. Consciously relax them and feel them release. Progress to your upper arms, shoulders, and neck.
5. Feel your mouth and jaw. Consciously relax them. Pay particular attention to your jaw muscles, and unclench if you need to. Feel your mouth and jaw relax.
6. Feel your eyes, cheeks, and forehead. Sense if there is tension. Consciously relax your eyelids and the skin on your cheeks and forehead, and feel the tension release.
7. Mentally scan your body. If you find any place that is still tense, then consciously relax that place, and let it release. Repeat again as needed - starting with the tips of your toes and then working upward.

Courtesy of women.smokefree.gov

Wellness Recipe: Green Juice Smoothie

Makes two servings

Ingredients

- 1 1/4 cups frozen mango cubes
- 1 cup chopped cucumber
- 1 cup packed fresh baby spinach
- 3/4 cup water, chilled
- 2 Tbsp. packed fresh mint leaves
- 1 Tbsp. fresh lime juice
- 1 tsp. grated fresh gingerroot



Instructions

1. Purée all ingredients in a blender until smooth.
2. Pour into two large beverage glasses and enjoy.

Choices: 1 Fruit, 1 Nonstarchy Vegetable

Nutrition Facts

Serving Size: 1 1/4 cups

Calories: 80	Carbohydrate: 19 g	Protein: 2g	Sodium: 15 mg
Fat: .5g	Saturated fat: 0g	Sugars: 15g	Dietary fiber: 2g

For more recipes like this one visit: diabetes.org/recipes



Resistance Band Workout

Resistance bands are a great way to take your workout with you when traveling or on vacation. You can increase the amount of resistance during an exercise by lessening the slack of the band or by using more than one band. You should consult your physician before starting any exercise program. Below is an example of a resistance band routine that can be performed in 15 minutes.

Warm up your muscles by walking briskly for three minutes. Then perform each exercise in the order listed, completing 20 reps of each exercise. Rest for one minute after the last exercise. Then perform all exercises a second time.

Standing Chest Fly

Begin in a split stance with the band anchored to the back foot. With palms facing forward and arms in a low “v” position, scoop the arms to chest height and return back to the low “v” position.



Squat to Shoulder Press

Step onto the band with both feet and bring the hands up to shoulder height. Lower down

into a squat, and then press back up to standing while pressing the arms overhead. Lower back down into the squat, and release the arms back to shoulder height.

Seated Back Row

This exercise can be done either sitting in a chair or on the floor. Place the resistance band underneath both feet and take up some slack on the band so there is moderate tension before you begin the exercise. Pull the arms back toward the hips, keeping the elbows tight to the body.



Lat Pull-down with Lateral Knee Lifts

With the band in your hands, raise your arms overhead then take up some slack so there is moderate tension on the band before you begin the exercise. At the same time, pull the



right elbow down toward the hip, and lift the right knee up. Switch sides, pulling the left elbow down toward the hip, and lifting the left knee up. Each pull-down and knee lift equals one rep.

Stationary Lunge

With the legs in a split stance, place the band underneath the front foot and bring the hands up to shoulder height. Lower down into a lunge, and then press back up to the start. Complete all reps on one leg before switching to the other leg.



Seated Rotation

This exercise can be performed either sitting in a chair or on the floor. Place the resistance band underneath both feet. Cross the band and hold onto the ends of the band with both hands. Maintain a long spine and a slight lean back as you pull the band and rotate toward each hip. Each rotation equals one rep.



Courtesy of acefitness.org.

For more resistance band exercises click [here](#).