



# Wellness Matters September/October 2008

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## HEALTHY HAPPENINGS

### Go Walking Program

The Longmeadow Employee Wellness Task Force has organized 30-minute walking groups which meet at the Town Hall on Tuesdays and Thursdays from 10-10:30am or 3:30-4:00pm beginning September 16. For more information contact the Longmeadow Wellness Task Force Chair, Michelle Duguay at MDuguay@longmeadow.org or 567-1066.

### Weight Watchers at Work

For over 40 years Weight Watchers has helped millions of people lose weight. We want to help you find weight-loss success at work! Meetings will be offered in 12-week sessions at the following locations:

HWRS Thursdays, 3:30-4:30pm beginning September 18 in the Superintendent's Conference Room at Minnechaug High School, Wilbraham.

Longmeadow Thursdays, 3:30-4:30pm beginning October 16, School Committee Room, Central Office, 127 Grassy Gutter Road. A free informational meeting will be held on September 18th.

The cost of the session is \$144. As an additional incentive, if you attend WW at Work or online and reach your goal weight the Wellness Program will reward you with a \$25 Visa Check card.

### Yoga

The practice of Yoga can help to reduce the daily affects of stress, rejuvenate and refocus. Yoga can also help to ease physical tension while increasing strength and flexibility, and enhancing physical and emotional health. Classes will be held in the following locations:

LPVEC West Springfield Tuesdays, 2:20-3:05pm beginning September 30

Longmeadow Wednesdays, 12:15-1:00pm, beginning October 1 in the Community House Dance Studio

HWRS Tuesdays 4:00-4:45pm and Wednesdays,

3:30-4:15pm beginning September 30 and October 1, Stony Hill School, Wilbraham

The cost of the 6-week session is \$45 BUT...if you attend 5 out of the 6 classes you will pay only \$20! (Details of payment will be explained upon registration.)

Programs listed in this newsletter are offered to employees and retirees of East Longmeadow, Longmeadow, Hampden, Wilbraham, the Hampden-Wilbraham Regional School District, the Lower Pioneer Valley Educational Collaborative, their friends and families. Where offered, incentive monies are for employees only.

### Healthy Choices 101

What does it take to improve your health and feel better? Honestly just a few simple healthy choices practiced as often as possible. *Healthy Choices 101* is a self-directed program designed to encourage you to implement some of those choices over a 6-week period. Participants will be given a checklist of behaviors related to physical activity, nutrition and stress management. Those who complete 10 out of 12 behaviors will be entered into a raffle for a \$5 gift card to Big Y. 20 prizes will be given away. Beginning October 1 you may register by contacting Amy Higgins (see below). The program officially starts on Monday October 6. The raffle drawing will take place on Monday, November 17.

### Coming in October and November...

- "Mini Health Fairs"
- Needs and Interest Survey
- The Great American Smokeout... and Veteran's Patch Giveaway
- "The Maintain Campaign"

### "HEY AMY!"

Unless otherwise stated, contact Amy Higgins, Wellness Coordinator for the Scantic Valley Regional Health Trust to register or for more information. amyhiggins2003@yahoo.com OR 413-323-4309

**THIS NEWSLETTER HAS 2 PAGES.**

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**EMPLOYEE SPOTLIGHT**

The Wellness Program would like to pass along extra encouragement to the Wilbraham and Longmeadow Police and Fire Departments. The men and women in these departments are currently participating in a “Biggest Loser” Challenge. The challenge includes weight loss goals as well as completion of job-related fitness challenges. If you see members of these departments please give them a pat on the back and an extra special thank you! We will share their progress in January’s Newsletter.



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## Walk 25 Miles in 25 Days

Thank you to everyone who “Walked 25 Miles in 30 Days”! And many thanks to Blue Cross Blue Shield for providing this wonderful program. We had a total of 16 participants from Longmeadow and the Lower Pioneer Valley Educational Collaborative. Three prizes were awarded. Beverly Hirschhorn won a Blue Cross Blue Shield gym bag and water bottle and Bridget Keator and Wax Brackett won a 1-year subscription to Prevention magazine. And just in case you were wondering if “just walking” can really make a difference...one participant reported that she walked 35 miles in 30 days and “felt healthier”.

She also said that she “found it relaxing and lost, 7 pounds and inches.” WOW!

Walking regularly is one of the best things you can do for your health. “Walking can reduce the risk of many diseases — from heart attack and stroke to hip fracture and glaucoma. These may sound like claims on a bottle of snake oil, but they’re backed by major research. Walking requires no prescription, the risk of side effects is very low, and the benefits are numerous”. (AARP)

Congratulations to those of you who began to reap the rewards through the “Walk 25 Miles in 30 Days” program!

Whether you would like to continue your progress or you are ready to get started, the Wellness Program encourages you to try “**Healthy Choices 101**”. It is a simple program that will provide profound results. We guarantee you’ll feel better in no time. See page 1 for details.

## Healthy Fall Recipe: Brown Rice Risotto with Pumpkin from Cooking Light Magazine

- 4 cups organic vegetable broth (such as Swanson Certified Organic)
- 3 1/2 cups water
- 2 tablespoons olive oil
- 1/3 cup finely chopped shallots
- 1 (8-ounce) package presliced cremini mushrooms
- 2 garlic cloves, minced
- 1/2 cup dry white wine or more broth
- 1 1/4 cups uncooked brown Arborio or other short-grain rice
- 2 1/2 cups (1/2-inch) cubed peeled fresh pumpkin
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons chopped fresh or 2 teaspoons dried basil
- 1 tablespoon chopped fresh or 1 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper

Bring broth and water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Heat oil in a large saucepan over medium-high heat. Add shallots; cook 1 minute or until tender, stirring constantly. Add mushrooms and garlic; cook 3 minutes, stirring constantly. Add wine; cook 1 minute or until liquid has evaporated. Add rice; cook for 1 minute, stirring constantly. Stir in 1 cup broth mixture; cook 6 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 55 minutes total). Stir in pumpkin during last 15 minutes of cooking time. Stir in cheese and remaining ingredients.

**Yield: 6 servings (serving size: about 1 cup)**

CALORIES 262 (15% from fat); FAT 4.3g (sat 0.9g, mono 2.1g, poly 0.3g); IRON 1.9mg; CHOLESTEROL 2.9mg; CALCIUM 116mg; CARBOHYDRATE 46.3g; SODIUM 363mg; PROTEIN 7.6g; FIBER 4.6g

*Cooking Light*, DECEMBER 2005

“Wellness is generally used to mean a healthy balance of the mind-body and spirit that results in an overall feeling of well-being.” Wikipedia