



# Wartburg WELLNESS Watcher



WELLNESS NEWS from Dawn Wiegmann, RN

MARCH 2010

## Incentive plan helps you and Wartburg

If you are on Wartburg's UnitedHealthcare River Valley Insurance plan, you need to sign up for the Wartburg Incentive Program! Wellness in the workplace can be a difficult transition. Some people may not want to bother with it, but it will pay dividends for both you and Wartburg in terms of physical and financial well-being. Here's how:

- Proactive wellness programs make an effort to assist employees to be accountable for their health.

By taking your blood pressure and having some simple metabolic screens, you may detect that your blood pressure is high and, if you make steps to adopt a healthier lifestyle, you could save hundreds of dollars by not having to go on blood-pressure medications.

- UHCRV is providing incentives for employees and spouses for the first time. This allows you to have help and accountability not only at work, but now at home. Spouses can work toward a healthier lifestyle together and, in doing so, could help find out possible risk factors early. Again, it could save you money and possibly even your life!
- If we can get enough participation from Wartburg, it is very possible that in future years **premiums may be reduced for those who choose to participate in the wellness program.**
- UHCRV is providing funding for our incentive programs. As a college, we hope more people on campus will be "buying in" and joining the wellness program. That way we can bring to each of you MORE programs in the future that won't cost you any money. In time we hope to have more health screenings, educational programs and

other health-related issues that you could attend for free.

- This year we again will be awarding each individual who meets all the requirements (only five) and provides the verification form to me by the end of November an additional \$100 in their December check. If your spouse is on our insurance and they join and complete everything, then you would receive \$200.
- A healthy workplace is not just the result of an employer meeting the needs and demands of each employee. It's a result of employers/employees together sharing the vision of what wellness could mean personally and financially to both groups!

THE SIGN-UP DEADLINE for this program is March 31. Get your sign-up sheets to Dawn Wiegmann, RN. Contact me with any questions at [dawn.wiegmann@wartburg.edu](mailto:dawn.wiegmann@wartburg.edu).

It's easy to complain about health costs. Now you have an opportunity to do something about them.



### 10 steps to beat winter stress:

1. **Get more light.** Go outside when the sun is shining or spend time in the sunniest room in your office or home.
2. **Maintain your exercise regimen.** Being active always minimizes stress.
3. **Spend time in your "happy place."** Winter WILL NOT last forever. So look forward to events that will be coming.
4. **Manage stress carefully.** If winter is usually difficult for you, don't undertake too many new deadlines.
5. **Plan to get away.** Doing vacation planning now may save you money, and deals can be found.
6. **Surround yourself with music that you can enjoy.**
7. **Don't forget to laugh.** Ha! Laughter is one of nature's chief stress relievers.
8. **Consider doing volunteer work.** This can be truly satisfying.
9. **Use fragrance therapy.** Some studies show that the smell of lemons lifted the spirits of people with winter depression.
10. **Reach out to friends and family.** Be social and have positive interactions with people you care about!

# Stocking a healthy pantry

Gardens may be covered in snow and the offerings at farmers' markets may feel months away, but the colder season is not an excuse to let healthy eating in the office or at home be reduced to carry-out and microwave entrees. Winter requires a different approach to cooking. With a well-stocked pantry, we can do it!

## Save time and money

Most of us know that eating out leaves wallets slimmer and waistlines growing. So planning ahead is the key to having what we need. Start by keeping fresh fruits and veggies in your crisper and stocking your freezer with extra batches of homemade soups, lean protein, and frozen produce.

## Stay healthy

Nutrition experts recommend shopping only in the fresh areas of the grocery store. But come winter, if you haven't stored some frozen produce, resorting to the can aisle can be better than nothing. Getting your 5-a-day from canned tomatoes is actually better. The reason has to do with tomatoes and getting lycopene (antioxidant), which is absorbed in the body better when the vegetable has been processed. So open those tomato cans and enjoy! Pick the low-sodium and no-sugar-added tomato products, which can help to reduce your risk of cancer. By now everyone should have been replaced white bread with whole wheat. And maintain a diverse spice and herb rack, both of which have powerful disease-fighting properties. Plus they liven up your favorite comfort foods.

## Be prepared

Don't worry when people stop over and don't panic and call take out. Having jars of cured olives, marinated artichoke hearts, tuna, roasted red peppers, and whole-wheat crackers that can be a great for entertaining. Slice some fresh fruit and cheese, uncork a bottle of wine, and you have it going!

## Stay organized

The key to creating quick, healthy and delicious suppers is keeping your pantry organized.

## Here are some ideas:

**HERBS/SPICES:** allspice, basil, bay leaves, black pepper, cinnamon, cloves, coriander, cumin, curry powder, ginger, nutmeg, oregano, paprika, red pepper flakes, rosemary, thyme, and turmeric

**OILS/VINEGARS:** oils like canola, dark sesame, olive, and vegetable, and vinegars like balsamic, fruit-flavored, red or white wine, and rice wine

**GRAINS:** rice (Arborio, brown and basmati), barley, couscous, millet, quinoa, soba noodles, and whole wheat pasta

**NUTS, NUT BUTTERS, AND SEEDS:** almonds, flaxseeds, pine nuts, sunflower seeds, walnuts, and nut butters like almond and peanut

**DRIED PRODUCE:** dried fruits (apples, apricots, blueberries, cherries, cranberries, and raisins), dried veggies (porcini mushrooms, sun-dried tomatoes, and chilies), and shelf-stable veggies (potatoes, onions, garlic, and winter squashes)

**SAUCES/SPREADS:** unsweetened applesauce, fruit preserves (low sugar, all natural), soy sauce (low sodium), pesto, and teriyaki sauce

**CANNED ITEMS:** beef, chicken, vegetable broths, coconut milk, pumpkin puree, tomato products (crushed, diced, paste, sauce, and whole), tuna, and salmon

**FLOURS/SWEETENERS:** Agave nectar, flour (whole wheat and spelt), honey, maple syrup, molasses, and sugar (turbinado and granulated white)

**BEANS/LEGUMES:** beans (black, cannellini, garbanzo, pinto), green split peas, and lentils (brown, red, and yellow)

**BEVERAGES:** cocoa powder, black and green tea, herbal teas (bagged or loose), and red and white wine

## Sugar Shock

We're eating about 3½ times as much sugar as we should, according to the American Heart Association, which has issued guidelines for managing weight and reducing the risk of heart disease. For women, the limit is 6¼ teaspoons (100 cal) of added sweeteners a day (natural sugars, like those in fruit, are OK). Read labels. Even "healthy" products can be loaded.

**Too sweet:** 1 container (10 oz) Campbell's soup at hand, Creamy tomato (24 g sugar) 6 tsp sugar and 96 cal

**Just right:** 1 cup (8 oz) Imagine creamy tomato soup (7 g sugar) 1¾ tsp sugar and 28 cal

**Too sweet:** 1¼ cups Kellogg's Smart Start maple brown sugar (17 g sugar) 4¼ tsp sugar and 68 cal

**Just right:** ¾ cup Wheaties cereal (4 g) 1 tsp sugar and 16 cal

**Too sweet:** Lean Cuisine sun-dried tomato pesto chicken (10 g) 2½ tsp sugar and 40 cal

**Just right:** Smart Ones three-cheese ziti marinara (2 g) ½ tsp sugar and 8 cal

**Too sweet:** 2 Nutri-Grain cinnamon waffles (10 g) 2½ tsp sugar and 40 cal

**Just right:** 2 Van's Belgian multigrain waffles (3 g) ¾ tsp sugar and 12 cal

**Too sweet:** 2 T Wish-Bone red wine vinaigrette dressing (8 g) 2 tsp sugar and 32 cal

**Just right:** 2 T Kraft Seven Seas red wine vinaigrette dressing (2 g) ½ tsp sugar and 8 cal

