

HEALTHY BEHAVIOR “WELLNESS” in the work place

A.E.R.O. Special
Education
Cooperative
Wellness Newsletter
Winter 2009

What is “Wellness”?

Wellness is much more than the simple absence of sickness. It is optimal physical, mental, and emotional well-being, a preventive way of thinking and living that reduces, sometimes even eliminates, the need for remedies. Wellness emphasizes personal responsibility for making the life-style choices and self care decisions that will improve the quality of your life. One crucial theory is that preventing illness is even more important than treating it, especially since many chronic diseases are incurable.

Wellness is a positive, day to day approach to a long healthful, active life. It includes both highly scientific and practical medicine from the latest research and the most advanced tests to reliable home remedies and common sense.

MAKE 2010 THE YEAR YOU BECOME PROACTIVE



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UPCOMING EVENTS

Sessions Start

January 2010

Visit the AERO website
for links to registration
and information of
events.

- 4 week Yoga Class
- 4 week Intro to Fitness
- Wednesday' Walkers
- Biggest Losers Contest

STRESS MANAGEMENT TIPS

Healthy Ways to Relax & Recharge

1. Go for a walk
2. Spend time in nature
3. Call a friend
4. Sweat out tension with a workout
5. Savor a warm cup or tea or coffee
6. Listen to music
7. Get a massage



The Wellness Committee

Wishes you and your
family a Peaceful & Joyous
Holiday season

Note from Sandra Eckhaus Wellness Advocate & Committee Chair

I am delighted to present this first edition of the A.E.R.O. Wellness Newsletter. This newsletter is one result of a collaborative effort of the “Wellness Committee” toward developing work-site initiative of creating

and implementing staff wellness opportunities. The ultimate goal is to provide a comprehensive wellness program based on the various dimensions of wellness, emotional, physical, environmental and social aware-

ness to support healthy lifestyle habits. We value your personal health and well being, and through this Wellness Program hope to make available Wellness resources you find informative, interesting as well as practical.

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Healthy Eating for the Holidays



Holiday time can be difficult with lots of temptation and foods loaded with calories. It seems impossible to avoid putting on holiday weight. With a little planning you can maintain your weight during the holiday season.

Think About People, Not Food!

Concentrate on socializing, meeting new people, having fun. Reminisce with family and friends. Think about the meaning of the holiday you are celebrating and not about how great the food is.

Plan before you eat!

Check out all the food options, make a plan so you can sample foods you enjoy without abandoning good eating habits.

Remember it is OK to have some holiday treats, choose you calories wisely.

Here are some guidelines to follow:

Don't go to a party hungry. Eat a light healthy snack before you leave.

Watch your portions, go small, you can sample more foods this way.

Make a conscious choice to limit high fat foods, fried food, cream based soup, sauces, pies, baked goods.

Try other versions of alcohol, such as wine Bloody Mary's or diet soda for mixed drinks.

Drink plenty of water, alcohol and coffee can dehydrate your body.

Physical activity is great after a holiday meal. Why not go for a brisk walk with your loved ones, and enjoy their company during the holiday season.

Choose these foods more often:

Turkey breast	Tossed Salad
Chicken breast	Steamed veggies
Mineral water	Fresh fruit
Plain potatoes	Plain Rice

Choose these foods less often:

Beef prime rib	Gravy
Pie	Bread pudding
Cake	Candy
Stuffing	Eggnog
Sugar-sweet beverages	
High calorie alcohol beverages	

TIP: Candy canes are not just for decorating your tree. Peppermint is known for relieving indigestion & symptoms of an upset stomach.

Winter Workouts Are Cool

Here are tips on how to stay active & safe during cold weather workouts.

Warm up and cool down

Cold weather constricts muscles, you need to allow time for proper stretching to warm your muscles before you exercise, & cool down stretches to keep limber.

Wear the right shoe/boot

Wear proper fitting shoes/boots that will prevent your feet from getting cold & wet, with waterproof & breathable fabric.

Consume the right foods & beverages

Eat & drink foods that will fuel your body for cold weather: whole grain, nuts, breads, sports drinks.

Wear the proper clothing

Bundle up with thin clothing layers, a cotton shirt under a polypropylene shirt, paired with a Gore-Tex running suit. Helps keep you warm, & your body breath.



Cross-country skiing Snowboarding Walking Running Ice skating

Cooking Light Recipe Corner

Lemon Pepper Shrimp Scampi

Ingredients

1 cup orzo
2T chopped parsley
1/2 t salt divided
7 t unsalted butter divided
11/2 Lbs peeled & deveined shrimp
2 t bottled minced garlic
2T fresh lemon juice
1/4 t black pepper

Preparation

1. Cook orzo, follow package directions
2. Melt 1T butter in nonstick pan over medium heat. Sprinkle shrimp with remaining 1/4 t salt. Add half of shrimp to pan, sauté 2 minutes or until almost done. Transfer to plate
3. Melt remaining 1T butter in pan, add garlic cook 30 seconds stir constantly, Stir in shrimp, juice and pepper, cook 1 minute till shrimp are done.

Nutritional Facts

Calories: 403
Fat: 10.4g (sat 4.8 mono 2.2 poly 1.4)
Protein: 40.1g
Carbohydrate: 34.7g
Fiber: 1.7g
Cholesterol: 276mg
Iron: 4.3mg
Sodium: 549mg
Calcium: 97mg
Yield: 4 servings
1/2 cup orzo & 7 shrimp per serving

Wellness Committee Members

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