We Survived Week One!

The first week is always the hardest, no matter what behavior you are attempting to change. You should all feel very accomplished for doing so well in Week One!

If you are like me, you found areas in which you need to improve. Hopefully this program will help provide the tools and motivation we all need to make healthy choices. I am becoming much more aware of the fact that M&Ms contain no fruits or vegetables – and I even chose an apple over a Snickers bar last week. Baby steps…😊

Total Servings of Fruits and Veggies

Please record the TOTAL number of servings of fruits and veggies you get each day (not just the goal of 5). We are tracking the total number in order to determine the healthiest team – but on an individual level, you only get one drawing per day that you meet the goal of 5 fruits and veggies.

Some people have wondered why you can only record up to 50 minutes of exercise a day; the reason we have set a limit on exercise is because there are some people who, because of medical illness or physical limitations, just cannot do much activity. Therefore, we didn’t want those people who regularly run two hours a day to have a big, crazy advantage. But everyone should be able to eat more than 5 servings of fruits and veggies.

So, to summarize, please mark off boxes for every 10-minutes of exercise you did each day (up to 50 total minutes) and fill in the total number of veggies you ate each day. Let me know if you have any questions!

I am a nurse, not a statistician. I am calculating things based on averages ‘cause that’s the only way I could think to do it. 😊
National Nutrition Month

The American Dietetic Association (ADA) has deemed March as National Nutrition Month. The goal of the annual campaign is to make people aware of the importance of good eating and good physical activity habits. For more information, see the ADA’s website:

http://www.eatright.org/nnm/

Another great website to get information about eating fruits and veggies is:

http://www.fruitsandveggiesmatter.gov/

Monthly Fitness Tips

- Getting bored with your current fitness regimen? Switch it up! Walk a different route, try some yoga instead of just Pilates, try Wii Cheer instead of always going with Wii Fit (trust me, Wii Cheer is awesome), etc.

- Scared of encountering Mountain Lions on your walks? The email sent out to all employees had great tips for what to do if you do encounter one – make sure you have read it! Also, walk in groups and remember that you don’t have to be able to outrun the Mountain Lion; you just have to be able to outrun at least one person in your group. 😊

National Colorectal Cancer Awareness Month

Per the CDC’s website, colorectal cancer is the second-leading cause of cancer-related deaths in the United States.

Ways you can lower your risk of getting colorectal cancer:

- Get Screened – Everyone should get screened at age 50 and then at regular intervals. If you have a family history of colorectal cancer, or if you have high risk factors, your doctor may recommend an earlier screening.
- Diet low in animal fats and high in fruits, veggies and whole-grain products
- Increased physical activity
- Maintaining a healthy body weight

The Mayo Clinic has a great website with a lot of good information on colorectal cancer:

http://www.mayoclinic.com/health/colon-cancer/DS00035/METHOD=print&PAGE=all

How Do I Turn in My Log?

Email is great! But if you prefer, you can give me a hard-copy or even fax it to me (801-585-1922).