DelaWELL
Placing Delaware at the Forefront of Wellness

WELL AWARE

May, 2009 Volume 1, Issue 2

In This Issue

- Exercise of the Month
- Eat This, Not That
- The Fitness Guru Says
- American Stroke Month
- Stormy Weather Exercise Remedy

Contact Us

DelaWELL
http://www.delawell.delaware.gov
1-800-556-6106
Employee.wellness@state.de.us
StayWell
https://delaware.online.staywell.com
1-800-926-5455

Weight Watchers ®
Swirled Frozen Yogurt Pie

Ingredients:

- 1 ½ cup(s) fat-free chocolate frozen yogurt
- 1 ½ cup(s) fat-free vanilla frozen yogurt
- ½ cup(s) mini chocolate chips
- 6oz. pie crust
- 1 cup(s) fat-free whipped topping

Instructions:

In a large bowl, combine both yogurts by gently folding together. Add chocolate chips. Spoon mixture into prepared crust; cover with plastic wrap and freeze until firm, about 2 hours.

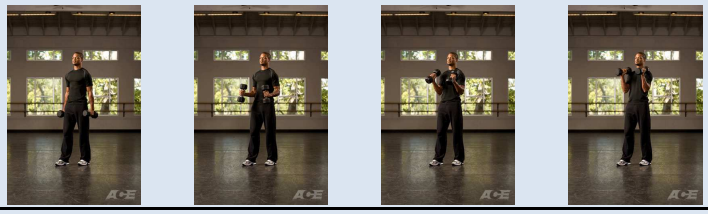
- POINTS Value: 5
- Servings: 8

Exercise of the Month: Standing Dumbbell Hammer Curl

Short sleeves are never out of style. This year, let's push to have leaner and stronger arm muscles by working our biceps correctly. Simply put, the bicep is the upper arm muscle most people flex when they want to emulate a bodybuilder's stance. The bicep rotates the forearm and flexes the elbow.

- **Starting Position:** Stand holding dumbbells in your hands with a closed, neutral grip (thumbs around the handles with your palms facing your body). Position the dumbbells alongside your thighs with your elbows fully extended. Assume a split-stance position to stabilize your body, stiffen your torso by contracting your abdominal/core muscles ("bracing"), and depress and retract your scapulae (pull your shoulders down and back), maintaining these positions throughout the exercise. Your head and neck should be aligned with your spine.
- **Upward Phase:** Exhale and slowly flex (bend) one or both elbows in unison until the dumbbell(s) near(s) the front of your shoulder. If performing alternating arm curls, the opposite arm should remain in the starting position. Perform the curl while keeping your torso erect (no arching your low back) or without moving your elbows forward. Maintain a neutral wrist position (wrist straight without any bend with your palms facing your body) and avoid shrugging your shoulders throughout the movement.
- **Downward Phase:** Inhale and gently lower the dumbbells back towards your starting position until the elbow(s) is/are fully extended, keeping the dumbbell in the neutral position. Maintain your split-stance, torso and shoulder position and if performing alternating arm curls, repeat to the opposite side.

Each set should consist of eight to 12 repetitions, working the muscles to the point of fatigue. When you are able to perform 12 repetitions of an exercise correctly (without cheating), increase the amount of resistance by 5 to 10% to continue making safe progress.



Resource: http://www.acefitness.org/exerciselibrary/exercisedetail.aspx?exerciseid=10

Would You Believe?

- Drinking ice water burns more calories than un-chilled water.
- In a public bathroom, the stall closest to the door is usually the cleanest, because it's the least used.
- An average human scalp has 100,000 hairs.

Upcoming Events:

Register today on the Dela***WELL*** website for one of the Wellness Stimulus Workshops offered FREE by HMS. The workshop, **"Dealing with Change, Stress and Finances in Uncertain Times"** begins May 11th through June 2009 and is available in all three counties.

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.

-Vince Lombardi

Eat This, Not That

The kids have their lunchboxes packed, book bags strapped onto their backs, everyone's school fieldtrip permission slips are signed, and your briefcase is already in the car. You are ready to start the day, right? Wait a second…the children have had their breakfast but what about you? With no time to spare, a quick and easy selection seems to fit your tight schedule. When making a fast breakfast choice, eat a Kellogg's Strawberry All-Bran Fiber Bar instead of a Kellogg's Nutri-Grain Strawberry Cereal bar.

The All-Bran Fiber bar has twice the protein, 10 times the fiber and about 20 calories less than the Nutri-Grain Cereal bar. The Nutri-Grain Cereal bar is loaded with high-fructose corn syrup which brings with it 13 grams of sugar and 3 grams of fat (0.5 saturated). The All-Bran Fiber bar, on the other hand, has 9 grams of sugar and 2.5 grams of fat (1 gram saturated).

The Fitness Guru Says…

Question of the Month: What burns more calories – walking or riding a stationary bike?

Dear Employee,

Thank you for the question and please keep them coming. Right off the bat let me start by saying that both activities are excellent forms of cardiovascular exercise. Okay, I got that out of the way, so let me get into your question. In general, riding a stationary bicycle at a moderate-intensity level burns more calories than walking at a moderate pace. In fact, a 150 lb person riding a stationary bicycle at a moderate level will burn about 504 calories per hour, whereas the same person walking at a moderate intensity would burn approximately 324 calories per hour. Remember, the more active you are the more calories you burn. The amount of calories you burn really depends on your type of activity, intensity of the exercise, and the duration or how long you are doing it for. Your weight also affects the number of calories burned: The more you weigh, the more calories you burn. Want to find out how many calories you will burn based upon your weight? Visit StayWell Online https://delaware.online.staywell.com, go to "Health Tools," and click on "Calculators." Once you are on the "Calculators" page, click on "Calorie Burn Rate." This calculator will provide you with an approximation of how many calories you will burn for a variety of activities listed, including mowing the lawn, playing tennis, basketball or golf, weightlifting, and of course walking or bicycling.

Stay Fit!
F.G. (a.k.a. Fitness Guru)

National Women's Health Week
May 10th through May 16th
www.womenshealth.gov/whw

Offering Employee Assistance Programs
Human Management Services 1-800-343-2186
www.hmsincorp.com

1. Click "For the Employee"
2. Enter your Username: Delaware
3. Then enter your Password: Statehms04

National Employee Health And Fitness Day
May 20, 2009

Third Annual "Be Healthy Delaware Day"
May 21, 2009

To register go to:
www.behealthydelaware.org or call 302-831-1998

May is American Stroke Month

A stroke is sometimes referred to as a cerebrovascular accident or "brain attack". Ischemic strokes (sometimes referred to as a TIA) occur when the brain cells are deprived of adequate oxygen and nutrients. Consequently, the blood vessel in the brain becomes blocked or bursts. Hemorrhagic stroke occurs when there is bleeding into or around the brain. Strokes are the third cause of death in the United States (about 160,000 deaths each year according to the Centers for Disease Control and Prevention), and the number one cause of adult disability.

Treatment is vital to reestablish the flow of oxygen-rich blood to the brain cells before permanent tissue damage or death occurs. Treatment can include medication, surgery, or speech/physical/occupational therapy.

Prevention of strokes can start by developing and maintaining a heart-healthy lifestyle to lower your risks for high blood pressure, diabetes and heart disease. Change your daily routine to include at least 30 minutes of moderate exercise 5 times per week, and if you smoke, **please quit**.

Stormy Weather Exercise Remedy

Don't let stormy weather hamper your exercise commitment. Instead, liven it up with a little music and ingenuity:

- Create a family video of exercise routines
- Invite friends and neighbors over for line dancing
- Invent a new dance and name it after your family
- Host a dance contest
- Share dances from each generation in your family