DelaWELL
Placing Delaware at the Forefront of Wellness

WELL AWARE

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Contact Us

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

Weight Watchers ®
Baked Tilapia

Ingredients:

- 1 spray(s) cooking spray
- 20 oz. raw tilapia, four 5 oz. fillets
- ½ tsp. table salt
- ¼ tsp. black pepper, freshly ground
- 1 tbsp. fresh lemon juice
- 2 tsp garlic herb seasoning, salt-free

Instructions:

Preheat broiler. Coat a shallow roasting pan with cooking spray. Season both sides of fish with salt and pepper. Transfer fish to prepared pan and drizzle with lemon juice; sprinkle garlic herb seasoning over top. Broil until fish is fork-tender, about 5 minutes.

- POINTS Value: 3
- Servings: 4

Exercise of the Month: Glute Bridge

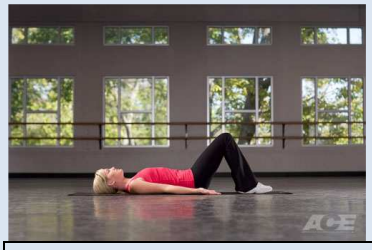
Have you checked out your back view lately? If you'd like to tighten up that area, follow these easy steps and get that back field in motion!

Step 1
Starting position: Lie on your back on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your lower back onto the floor. Attempt to maintain this gentle muscle contraction throughout the exercise.

Step 2
Upward Phase: Gently exhale while holding your abdominal contraction and press your hips upwards off the floor into extension by contracting your glutes (butt muscles). At the same time press your heels into the floor for more stability. Avoid pushing your hips too high as this generally increases the amount of hyperextension (arching) in your lower back. Maintaining your abdominal contraction helps avoid excessive arching in your low back.

Step 3
Lowering Phase: Inhale and slowly lower yourself back towards your starting position.

Step 4
Progression: Gradually progress this exercise by starting with both feet together and extending one leg while in the raised position.



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

Sun Safety Week, July 1st – 7th

According to Sunsafetyalliance.org, it makes no difference whether you're Irish, African-American, Hispanic, Asian, Native American—or whatever! People of all races can burn—no matter who you are or where you live! Recent statistics have shown that while those individuals with lighter skin tone have a higher incidence of skin cancer, those with a darker skin tone have a significantly lower survival rate once diagnosed. So it's of the utmost importance for everyone to take proper precautions, regardless of skin type! Protect your exposed skin year round from UVA and UVB rays by using a sun block lotion with at least an SPF 15 or higher.

Would You Believe?

- You use an average of 43 muscles for a frown but 17 muscles for a smile.
- About 7 out of 10 Americans will experience a headache this year.
- Astronauts in space tend to lose their sense of smell and taste because of the lack of gravity.

Upcoming Events:

Register today on the Dela***WELL*** website to attend:

- ***FREE*** information sessions on **"The ABC's of Medicare: What you need to know."** The sessions will run from June 1-5, 2009 and are available in all three counties.
- ***FREE*** Wellness Stimulus Workshops on **"Dealing with Change, Stress and Finances in Uncertain Times."** The workshops are available in all three counties through the end of June.

Visit Your Doctor and Find Out Your Healthy Heart Numbers

- Beginning **September 15th**-employees will be able to complete their online or paper-based Health Risk Assessment (HRA).
- Be sure to know your numbers ahead of time (including your height and weight), so you can enter them in your HRA and receive ***FREE*** personalized health tools and resources to help you reach your goals!

Eat This, Not That

Hot fun in the summertime! The car is packed for a fun-filled day in Wally-World! Everybody's nutritional snacks are chilling in the cooler for the long ride. The sun is blazing hot even with the air conditioning cranked up in the car and the kids are showing tell tale signs of an approaching melt down! When cooling off your family this summer, drink V8 V-Fusion Strawberry Banana Light, instead of Dole Orange Strawberry Banana Juice.

The V8 V-Fusion Strawberry Banana Light only contains 50 calories per serving and 13g of total carbohydrates which includes 10g of sugar. Dole Orange Strawberry Banana Juice however comes in at a whopping 110 calories per serving, 27 grams of total carbohydrates with 25g of sugar. This is proof positive that calories do count, even in the beverages we drink so choose wisely!

The Fitness Guru Says…

Question of the Month: In addition to exercise, are there any "super foods" that can help increase metabolism in 50+ year olds?

Dear Employee,

Thank you for your question. From supermodels that drench their food with red pepper, to movie stars who swear by green tea, there is no shortage of claims for foods that are said to boost metabolism. But, do any of them actually work? Let me start out by giving a little scientific background. I know how much people love science (or not); however, stick with me on this. Metabolism has been defined as "the sum of all the chemical reactions that occur in our cells." *Whatcha talkin bout Willis?* In other words, the process of metabolism establishes the rate at which we burn our calories and, ultimately, how quickly we gain weight or how easily we lose it. Your metabolism is influenced by your age (metabolism naturally slows about 5% per decade after age 40); your sex (men generally burn more calories at rest than women); and proportion of lean body mass (the more muscle you have, the higher your metabolic rate tends to be).

Though some of the aspects affecting metabolic rate can't be changed, happily, there are ways to maximize the metabolism you're born with. Protein generally requires more energy to digest. So, at least theoretically a high-protein snack might rev metabolism a little more than a carb-heavy food with the same number of calories. With that said it's not really clear that any food has special powers to boost up metabolism significantly. As you mentioned, among the best (scientifically proven) ways is exercise. This includes aerobic workouts to burn more calories in the short term, and resistance training to build the muscles that will boost your metabolism in the long run. Since muscle burns more calories than fat -- even while at rest -- the more muscle mass you have, the higher your resting metabolic rate, which means the more calories your body will be burning just to sustain you. Don't be afraid of getting big bulky muscles, because women don't have the hormones necessary to develop them, so you can feel good about lifting weights, using a resistance band, or whatever you choose to use.

In the end, your best bet for keeping metabolism up: Build muscle mass, include low-calorie, high-protein foods (Ex. Chicken, turkey, egg whites, and nuts) and keep moving!

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

National ASK Day
June 21, 2009
ASK if there is a gun in the house
prior to sending your kids to their playmates house.

http://www.paxusa.org/ask/index.html

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

Eye Safety Awareness Week
June 27-July 5

Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.

-John F. Kennedy

National Headache Awareness Week
June 7th – 13th 2009

www.headaches.org

National Men's Health Week

The purpose of National Men's Health Week is to raise national awareness among society and especially among men, of the importance of preventive health behavior in the early detection and treatment of health problems affecting men. National Men's Health Week gives health care providers, public policy makers, the media, and family's advice and early treatment for disease and injury. Additionally, the timing is perfect since this awareness week begins the week leading up to and including Father's Day!

Specific men's health issues that will be the focus of this week include stroke, colon cancer, prostate cancer, testicular cancer, suicide, alcoholism and men's fear of doctors. Although these ailments are not specific to men, heart disease, blood pressure and cholesterol count will also be addressed.

Make sure to encourage your favorite guy to get preventive health testing and screening. Afterwards, reward him with a great Father's Day gift!

Legislative Mall Farmers' Market

Beginning July 1, Wednesdays 11:00a.m.- 2:00p.m.

Thanks to the coordinated efforts of Division of State Parks, Department of Agriculture, Cooperative Extension, Delaware Fruits and Vegetable Association, City of Dover and DelaWELL starting on July 1, 2009 we will bring the convenience of shopping at the farmers' market directly to you! Straight from the farm to Legislative Mall, you will be able to come out at lunchtime or your break to purchase fresh fruits and vegetables! This way, you can stock up on your produce for the week.

According to Centers for Disease Control and Prevention, fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers. With that said run, don't walk, to the fruit and vegetable stands and turn this summer into a heart healthy summer!