

September 2019

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Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter

“SAY WHAT?”



It’s that time of year where things change over from warmth to cold. With that being said, here are some preventative measures you could take to keep safe as the weather turns:

1. Clean heating systems
2. Clean chimney/fireplaces
3. Check carbon/smoke detectors
4. Make an emergency kit:

Flashlights, extra batteries, first aid kit, extra medicine, food and water (enough for 3 days), warm clothes, toys/games for kids.

HEALTHY DELICIOUSNESS

DIET

Lemon Raspberry Cake

Ingredients:

- 1 (15.25 ounce) box lemon cake mix
- 2 egg whites
- 1 1/4 cup sprite zero/diet 7up
- 1 C fresh raspberries

Instructions:

- Preheat oven to 350 degrees
- Combine cake mix, egg whites and diet soda
- Fold in raspberries
- Pour batter into greased 9x13 inch baking pan. Bake for 30 minutes.
- Top with cool whip and garnish with extra raspberries

WELLNESS CHAMPION

Our wellness champion for this quarter is Don Traynor. Don has taken the steps to improve his overall physical and mental health. He is eating better and exercising more. He has set goals with rewards when he accomplishes a task. He has received health coaching both from TRC and he has reached out to coaches outside of TRC to supplement his efforts! He continues with his hobbies of collecting Star Wars memorabilia and volunteering in his local community. It is also evident that he enjoys his job as a trainer. **CONGRATS DON!**



HEALTHY LIFESTYLE TAKEAWAYS



Ever hear of 3,4,50? This means: 3 behaviors (tobacco use, poor diet, sedentary lifestyle), contributes to four conditions (cancer, cardiovascular disease and stroke, chronic lower respiratory, diabetes), that cause 50% of deaths (including many premature deaths). Take a moment and think about that. These 3 behaviors are something that we can control.

WHAT’S UP?

Be on the lookout for information regarding YMCA’s Zero Gain Campaign. The holidays are coming and this is a challenge that tests a person’s ability to maintain their weight throughout the holidays.

This fall, TRC will be “piloting” a smoking cessation group to assist those staff interested in quitting smoking.