

**Welcome!** We are excited to introduce our first edition of *The Healthy Scoop!* Each quarter, our goal is to provide you with health tips and resources you can use to share with colleagues and promote a healthier, happier LVHN. We welcome your thoughts!

### Dean's Corner:

LVHN now has over 200 Deans of Wellness throughout our network! However, this still only covers approximately 36% of LVHN departments. We are actively encouraging Department Heads to nominate Deans to be wellness champions and leaders for a healthier culture at work. Please email [Kristin\\_b.behler@lvh.com](mailto:Kristin_b.behler@lvh.com) for more information!



### Use your hands to estimate portion sizes when eating out.

Clenched Fist = 8 fluid oz.  
Two hands, cupped = 1 cup (cereal)  
One hand, cupped = 1/2 cup (pasta)  
Palm = 3oz. (meat, fish)  
Two Thumbs together = 1oz. (mayo)  
Handful = snack food

## Look better, feel better and live healthier!

Now that you and your colleagues have taken the Health and Wellness Assessment, taking action to improve your health is easier than ever before! The results of your Health and Wellness Assessment automatically generates personalized six-week programs that can help you make small changes that lead to big results!

Whether you want to lose weight, shape up, ease stress, or improve your diet, the programs are available right at your fingertips. Simply log into Web SAI, select Health and Wellness Assessment, and then choose My Healthy Living Programs.

Would you like to get a customized meal plan, try a 7-day workout, browse delicious easy to make recipes or explore fun interactive tools? Programs are also available to help parents promote healthy habits for their children as well as cancer fighting programs, healthy heart and healthy senior programs. All you have to do is



decide which program you want to try first! Once you select a program, you will receive weekly specific goals and an easy to follow To-Do List to help you stay on track. A progress tracker helps you stay focused on your goal and weekly reminder e-mails give you a preview of your goal for the following week.. The healthy living programs are designed to help you meet short-term goals to see long-term results. In your final week, you will learn how you can keep up with changes over time. When you complete a program, you may have the option to continue for another six week program.

**Get started today and let us know how you did. We may share your experience in a future Healthy Scoop article!**

Please Email your story to Kristin Behler: [kristin\\_b.behler@lvh.com](mailto:kristin_b.behler@lvh.com)

## Your helpful hands: 5 ways to control portions

Learn how to be savvy about your servings and avoid overeating

### 1. Break Down Leftovers

Instead of using one large container to store leftovers such as casseroles, side dishes, or pasta, separate them into individually-sized containers. Breaking down meal-sized servings into single servings will help you limit your food intake with no additional effort.

### 2. Say Yes to Salads

Eating a salad before lunch or dinner is a sure-fire way to keep from overeating.

### 3. Single out Trigger Foods

Buy snack foods in single serving sizes or divvy up full size packages into smaller, individual bags.

### 4. Master Mini Meals

You can make sure your blood sugar stays at an even keel and keep hunger at bay by eating healthful small meals throughout the day

### 5. Keep Seconds Out of Sight

Avoid serving meals family-style. Keep pots and dishes away from the table where it is all too easy to go for seconds.



## Helping U. Lose Weight

### Lifestyle Management Center

If you have tried diet after diet without success, Lehigh Valley Health Network's, Lifestyle Management Center offers a variety of programs to assist you with your goals.

Professional services include nutrition assessment sessions with a licensed Dietitian (a 60-minute assessment followed by up to six, 30-minute follow-up sessions), Metabolic testing/nutrition counseling, and body composition analysis that will assist with developing eating plans that are personalized to your individual lifestyle goals. For individuals interested in a more comprehensive plan, the Supportive Weight Loss Program combines nutrition, behavioral and exercise assessment and education over a six-month period.

Bariatric Medicine is a specialized physician-monitored weight loss programs for individual with BMI's over 25. From an accelerated program (losing 18-21 pounds in six weeks) to slower loss (18-21 pounds in 10-12 weeks), Dr. Harpreet Singh and her staff provide individualized support utilizing a complete program of diet, nutrition, lifestyle changes, and when needed, supplements, appetite suppressants and other prescription medications. Bariatric surgery options are also available.

Please contact the Lifestyle Management Center at 610-402-5000 for information or program brochures.

## Recipe Box:

### Broccoli Rabe Sauté

2 bunches broccoli rabe	1/4 cup sundried tomatoes, thinly sliced
2 Tbsp. olive oil	Freshly ground peppers (optional)
3 cloves garlic, minced	Pinch sea salt to taste (optional)
1/2 tsp. red pepper flakes	2 tbsp. pine nuts, toasted

1. In a large pot, bring lightly salted water to a boil. Trim bottom 1-2 inches from rabe stem. When water is boiling, add broccoli rabe for 1 minute, drain and set aside
2. Heat olive oil in a sauté pan over medium heat. Add garlic and red pepper flakes and sauté until golden. Add broccoli rabe and sundried tomatoes to pan and toss to coat, about 2-3 minutes.
3. Season lightly with salt and pepper as desired and top with roasted pine nuts. Makes 6 servings.

Nutrition information per Serving: 124 calories, 6 grams (g) carbohydrates, 6g fat, 94 milligrams sodium, 4g dietary fiber.

Source: environmentalnutrition.com

## Around Our Community... Get Active—Get Involved!

### Women's 5K classic



Join an inspiring and fun event to raise money to fight women's cancers. Choose the 5K or 10K run or walk in the park.

**Saturday, October 13**

Lehigh Parkway, Allentown  
[www.womens5kclassic.org](http://www.womens5kclassic.org)

### LVHN Marathon for Via



Summer is a great time to train for a marathon. Or, consider a half marathon, start a relay team, walk a 5K, volunteer or sponsor your favorite team or

runner by donating to an organization that provides services for individuals with disabilities.

**Sunday, September 9**

**Register by 8/26**

Marathon & Relay ; LVH-Cedar Crest.  
Half marathon; ArtsQuest Center at SteelStacks  
[www.vianet.org](http://www.vianet.org)

### AHA Heart & Stroke Walk



Did you know that heart disease is the No. 1 killer of all Americans? You can help by getting involved!

**Sunday, September 23**

Northampton Community College  
[www.heart.org/lehighberkswalk](http://www.heart.org/lehighberkswalk)

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Questions? Please email: [kristin\\_b.behler@lvh.com](mailto:kristin_b.behler@lvh.com)