

Dean's Corner:

Have you received a preventive screening and submitted the "Get Screened" form to Spectrum Administrators? Submit early and increase your odds of winning an iPod Nano! Conveniently, screenings will be offered before, during, and after all Employee Forums now through mid-December. So, Get Screened and Win Big!

Writers Wanted:

Our goal is to
provide health tips



and resources you can use to share with colleagues and promote a healthier, happier LVHN. What is your department doing to stay healthy?

We want to hear from you!

Please email:

kristin_b.behler@lvhn.org for details.

Tip!



Research shows that eating broth-based soup, especially one swimming with vegetables, can help you lose weight and maintain a healthy weight. It's a great way to get more healthy vegetables.

Wellness is Contagious!

Teri Kephart, RCIS, Dean of Wellness at Invasive Cardiology and her colleagues exemplify team work.

Together the Cardiac Calisthenics Companions set dates to exercise and stay motivated. During warmer months they meet to run at LVH-Muhlenberg campus and in surrounding neighborhoods. As a team they have mapped out several running routes ranging from 2.5 - 6 miles. By utilizing the established routes the group sticks with their routines. In addition, seeing each other go through their workouts in rain, snow and heat, inspires them to keep going.

Those who do not want to run bring their bikes and ride the routes. This way, the collegial, group dynamic is preserved. Exercise is always more fun with others and that has proven to be the key to the enduring success of Teri's group. During the winter they meet at the gym, despite doing their own exercise routines, they still talk with each other, and check in. "Encouragement from your co-workers makes you feel good and builds a stronger team in and out of work", says Teri.

Recently they had a staff member, April, lose ninety pounds through diet and exercise. No matter what, she always showed up to exercise and never complained. April always thought she was unable to have children, but after her weight loss she became pregnant. April and her husband's first child is due this month! Her weight loss and subsequent ability and resolve to keep the pounds off has been inspiration to the entire team.

As the newly appointed Dean of Wellness, Teri is motivated to keep the group united and active! Soon they will have a *Healthy You* bulletin board to post healthy recipes and hang pictures of those in her department who participate in a healthy lifestyle. "Our Invasive Cardiology team represents the extent to which a small group can achieve when there is motivation, inspiration and friendship involved. The "Cardiac Calisthenics Companions" are proof that once you get started, it's contagious to be healthy!" Teri shared.

Dealing With Holiday Stress

The holidays are meant to bring joy and happiness to all, but it is very common to experience depression, burnout, and feelings of isolation during this Holiday season. This year, try to prevent stress before it starts by following these simple tips:

Acknowledge your feelings. You can't force yourself to be happy just because it's the holidays. Try talking to a loved one or friend to express your emotions.

Be realistic. Families grow and change as do traditions; be open to finding new ways to celebrate together.

Learn to say "No". It's better to do one activity well than 100 poorly, even when it comes to entertaining your family and friends. Taking on too much responsibility can result in disaster.

Set a budget that works for you. Instead of spending money on elaborate gifts, try making some homemade presents, setting up a family gift exchange, or proposing a special outing.

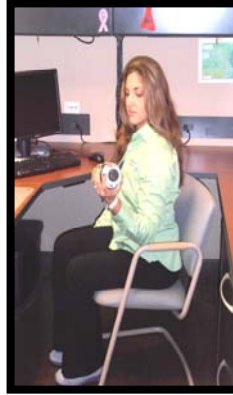
Finally, **plan ahead.** Shopping, baking, cleaning and visiting can take up more time than you bargain for, especially if you aren't prepared. Create grocery lists, prepare a cooking and cleaning schedule, and organize your visiting times and locations before the hustle and bustle of the season starts.

Energize at your Desk

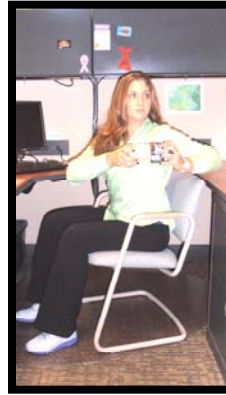
1.



2.



3.



1. Front Raise to Triceps Press - Sit tall with your abdominals tight. Raise your arm to shoulder level, and pause. Lift the full 16oz. water bottle overhead, and once your arm is in line with your ear, bend your elbow. Finish by straightening your arm and lowering it back down.
2. Bicep Curl - Hold a water bottle in one hand, with your palm facing forward. Curl the arm all the way up to your shoulder, and lower back down.
3. Abdominal Twists - Hold the water bottle at chest level. Twist as far as you comfortably can, feeling the Abs contract. Be careful not to force this one, as you don't want to end up with a back injury!

Recipe Box:

Crispy Parmesan Pollock

1-1/2 Ounce Cornflake Crumbs	1/2 Teaspoon Pepper-White, Ground
1-1/4 Ounce Parmesan Romano Cheese Blend	2-1/4 Ounce Dressing-Italian, Lite
1/8 Ounce Parsley-Fresh Chopped	12 Ounce Pollock Fillets, Raw, 4 oz. pieces
1/2 Teaspoon Garlic Powder	<i>Serves 3</i>

1. Combine crumbs, cheese, garlic powder and pepper for crumb mixture. Mix well. Place in a shallow pan for breading. Pour dressing in a separate shallow pan for breading.
2. Dip fish in dressing to evenly coat. Place in crumb mixture, turning to evenly coat. Line sheet pans with parchment paper and lightly spray with vegetable oil spray.
3. Bake, uncovered, in a 375 degree F. oven for 12 to 14 minutes or until fish is firm, flakes easily and minimum internal temperature is 145 degrees F.

Nutrition information per serving: 251 calories, 14.6 grams (g) carbohydrates, 5.8g fat, 458 mg sodium, 1.4g dietary fiber. Source: www.sparkrecipes.com

Around Our Community... Get Active-Get Involved!

Lights in the Parkway 5K Run Wednesday, November 28

Let the beauty of the lights take your mind off everyday stress and worries.

Sign Up Soon ...

Registration Closes on November 23rd!!

Lehigh Parkway, Allentown

www.runlehighvalley.com

Stay Active This Winter by Hitting the Slopes or Ice Rink

Winter is known as the time of year where it is not only acceptable but encouraged by nature to hibernate. Why not keep up your energy level and have fun doing it? Visit one of our five local ski slopes or the Steel Ice Center, in Bethlehem, for ice skating!

www.steelicecenter.com

Christmas City Classic

5-Miler & Candy Cane 5K

Saturday, December 8

Voted the most popular themed race in the LV Running Scene race poll.

Registration is first come first served.

430 E. Broad Street, Bethlehem

www.lehighvalleyfca.org

The Healthy Scoop

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