

Dean's Corner:

Deans of Wellness Conference

"Advancing Wellness: One
Department at a Time"

Date: September 25, 2013

**Location: LVHN, CC
Auditorium**

Time: 12:30p.m. to 4:30p.m.

More information to come!

Writers Wanted:



Our goal is to provide
evidence-based 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.

LVHN and Sodexo are making it
easier than ever to track your
nutrition and fitness with...



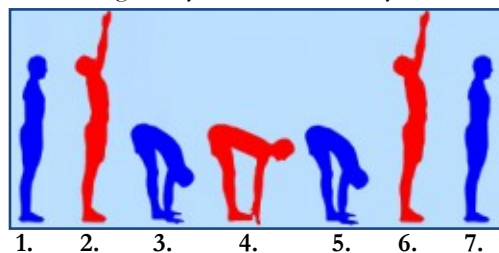
Get started in 3 easy steps!

1. Using your smartphone
download the myfitnesspal app
2. Use the search feature to find
items or scanning feature to
grab nutritional information
from bar codes
3. Build and save your meals and
track against your personal
nutrition objectives

Go to www.myfitnesspal.com to
learn more

Wake Up Better Every Morning

How many times do you hit the snooze button in the morning? Do you have to convince yourself to get out of bed? It does not have to be this way! Get yourself going with this simple Yoga sequence that will invigorate your mind and body.



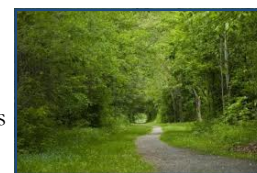
Stand with your feet hip width apart and knees slightly bent. Keep your feet grounded for all of the following movements.

1. Begin in position 1, with your feet firmly rooted, knees slightly bent, and arms at side
2. Inhale through your nose and lift your arms overhead as you open your chest
3. Exhale as you fold forward, hinging at the hips and place your hands on your legs or on the floor (if you are able)
4. Inhale, lengthen your spine, and lift your head keeping your neck long. Your hands can lift off your legs or the floor
5. Exhale as you relax your thighs and bend forward placing your hands on your legs or on the floor (if you are able)
6. Inhale as you begin to re-engage your thighs, then stand up, bringing your hands to your sides and reach up
7. Exhale as you lower your arms and return to position 1

*Enjoy this series of poses? Why not learn more, join **LVHN Fitness**, and participate in a variety of yoga classes taught by certified instructors. Membership to LVHN Fitness is Culture of Wellness reimbursable!*

Plan your next outdoor Day-cation

Physical activity doesn't have to be laborious; in fact taking a day-cation in one of the many local park and recreation areas will make exercise secondary to leisure. Outdoor activities provide great stress relief while unexpectedly burning calories. For example, a 150 pound adult biking at a pace of less than 10 mph for 30 minutes can burn up to 135 calories. Walking, 2.0 mph, on a level, firm surface for 30 minutes can burn up to 85 calories and, jogging at 5 mph for 30 minutes can burn up to 270 calories.



Check out these locations for your next day-cation:

Palmer Township Recreation Trail - Bike along an eight foot wide trail surrounded by the Lehigh River, forests, and scenic farmland. Located off of William Penn Hwy. in Easton.

Doylestown Central Park - Spend an afternoon in the 108 acre park with multiple activities including 1.5 miles of biking/hiking/jogging trails. Located at 425 Wells Rd. in Doylestown.

Trexler Memorial Park - Enjoy a brisk walk through a 3 mile network of wide paved trails along Cedar Creek. Located off of Tilghman St. in Allentown.

Lehigh Parkway - Plan an afternoon of biking, walking or horseback riding on the trails next to the Little Lehigh River. Located off of Fish Hatchery Rd. in West Allentown.

Source: www.everydayhealth.com.

What to expect at a Massage Therapy visit

Have you considered getting a massage, but were unsure what it entails?

Before the Massage

When scheduling your Massage Therapy appointment, choose a time when you can be relaxed and not rushed. If you arrive stressed, it can take longer to get into a relaxed state.

Health History

You will be asked to provide a health history including any medication and supplements you might be taking.

During the Massage

Let the therapist know which areas of your body you would like worked on or avoided. All information you give is confidential. The therapist will leave the room so you can undress to your comfort level and drape yourself with a sheet. Tell the therapist if you are cold or experiencing discomfort with the technique. You are in charge and can ask for changes or stop the session at any time.

Get the most from your Massage

Relax and let your thoughts go. Focus on how the touch or technique feels and don't forget to breathe. Do not hold your breath if a sensitive area is massaged, but breathe through it.

Call 610-402-CARE to schedule your massage today.

Staying Well with Natural Standard

Natural Standard is an electronic resource, written by healthcare professionals, which features high quality information on fitness plans and topics, herbs, vitamins, and minerals, supplements, acupuncture and other alternative therapies, diets of all types, and cultural practices. Natural Standard recently added a Recipe Finder featuring over 2,000 healthy recipes. Each recipe provides details on preparation time, difficulty level, and nutrition information.

Access the Natural Standard Recipe Finder at: <http://lvhn.naturalstandard.com>
Click on the Tools tab and then Recipe Finder.

Recipe Box

Grilled Portobello Mushroom Burgers

- | | |
|--|-------------------------------|
| 4 large Portobello mushrooms | 2 tablespoons olive oil |
| 1/3 cup balsamic vinegar | 4 slices tomato |
| 1/2 cup water | 4 whole-wheat buns, toasted |
| 1 tablespoon sugar | 4 slices red onion |
| 1 clove garlic, minced | 2 Bibb lettuce leaves, halved |
| 1/4 teaspoon cayenne pepper (optional) | |



Directions:

Clean the mushrooms remove the stems. To make the marinade, whisk vinegar, water, sugar, garlic, cayenne pepper, and olive oil in a bowl. Drizzle over the mushrooms, cover, and marinate 1 hour in the refrigerator, turning the mushrooms once. Heat the gas grill or broiler. Lightly coat the grill rack or broiler pan with cooking spray and position it 4-6 inches from heat source. Grill or broil the mushrooms on medium heat, 5 minutes on each side until tender. Baste with the marinade to keep moist. Place each mushroom on a bun, topping with the tomato, red onion, and lettuce. Serve immediately.

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



Valley Preferred "Wheels for Hope"

Saturday, September 14

Choose from a 27 or 42 mile bike ride starting at the Valley Preferred Cycling Center. Children can participate in the 1 mile Roll n Stroll and the Kidsfest featuring the Budweiser Clydesdales.

100% of proceeds benefit the

Angel 34 Foundation and

The Children's Hospital at

Lehigh Valley Hospital Hemo/Oncology.

For more information please call:

Angel 34 Foundation at 610-533-1923

or Valley Preferred at 610-969-0485

Leukemia & Lymphoma Society's Light the Night Walk

Saturday, October 5; 4:30pm



Join the LLS in raising money that will fund cancer research, support services, and life saving treatments for cancer patients. For more information, visit: www.lightthenight.org/epa

Step Out/Walk to Stop Diabetes



Steelstacks, Bethlehem

Sunday, October 13

American Diabetes Association's signature fundraising walk. Proceeds benefit Diabetes research, advocacy, and public awareness.

For more information visit:

www.diabetes.org/valleypreferred

The Healthy Scoop

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Questions? email: kristin_b.behler@lvhn.org

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