

Dean's Corner:

The Activities & Engagement Committee at Mack Blvd held its second annual employee health fair on July 10th. The event, held in the Mack cafeteria, was an interactive, learning event encouraging colleagues to explore their health. Colleagues had the opportunity to talk to health coaches, meet representatives from HealthWorks, LVHN Fitness, and Valley Preferred. Stations were also available with educational literature and screenings for skin cancer risk, body fat analysis, and blood pressure.

Dax, the Lehigh Valley Phantoms mascot, also dropped by to check his health & meet colleagues.



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. If you have an article you'd like to contribute, we want to hear from you!

Please email:
kristin_b.behler@lvhn.org for details.



Tip!



Raking leaves is an excellent way to add physical activity during the fall season! Avoid overuse injury by switching sides every few minutes. Try raking 10 minutes left-handed and another 10 minutes right-handed. This will also help distribute the strain evenly in your arms, shoulders and lower back on both sides.

Get Up and Move!

Think about how many hours a day you spend sitting. This includes the time you spend at work, in the car, or in front of the television. Leading a sedentary lifestyle contributes to the development of cardiovascular disease, type-2 diabetes or certain cancers (breast and colon). The Mayo Clinic reports research that individuals who sit too much had conditions and diseases such as obesity, metabolic syndrome, increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels.

Less sitting and more moving

To make a positive change, the solution goes beyond simply adding more physical activity. Instead, practice sitting less whenever and wherever possible.

Here are five tips to incorporate throughout your day:

- ◆ Get up and move for 10 minutes of every hour—stand up to talk on the phone or deliver messages in person rather than by email.
- ◆ Stretch, stretch, and stretch again. Try doing one stretch for every hour of your work day.
- ◆ Organize an office walking club during lunch, or try walking meetings as an alternative to using traditional conference rooms.
- ◆ If you are able, commute to work by walking or bicycling. For drivers, try choosing a parking space that's farthest from the door.
- ◆ When watching television, walk around your home during commercial breaks.

Did you know.....

- 50 to 70 percent of people spend six or more hours sitting each day
- 20 to 35 percent of people spend four or more hours watching television each day

Source: Mayo Clinic

Simple Tips to Healthy Sleep



Sleep hygiene is a variety of different practices necessary for quality nighttime sleep and full daytime alertness. A good sleep hygiene routine can also help prevent the development of sleep problems and disorders. Sleep disturbances and daytime sleepiness are the most telling signs of poor sleep hygiene. Here are some ways to improve your sleep:

- Get 7.5-8 hours of sleep. This is the amount needed for adults; children need more.
- Keep a regular sleep schedule. Go to bed and get up at the same time every day. Erratic sleep habits prevent training of the "biological clock" in our brains that help control our alertness and ability to sleep.
- Exercise has shown to be helpful in getting a good night's sleep-but vigorous exercise should be avoided within 2 hours of bedtime.
- Avoid stimulants such as caffeine, cigarettes, and alcohol. They can worsen the ability to fall and/or stay asleep.
- Make sure the sleep environment is pleasant and relaxing. The bed should be comfortable and the room should be dark, cool, and quiet.
- If you have trouble falling asleep or wake in the night, refrain from taking daytime naps. If you do nap, it should not be more than once a day or more than 20-45 minutes in length.

It may take some time for these changes to have a positive effect. If you experience daytime sleepiness or sleep disturbances that persist, talk to your doctor. Sleep disorders can be easily diagnosed and treated.

Fall Into Fitness

Fall is a great opportunity to get and stay healthy. Savor the crisp autumn air and beautiful colors of falling leaves this season while you take walks outside. Spend the afternoon at an orchard that offers do-it yourself picking and bring home some delectably ripe apples and pears that put the supermarket selection to shame. When the weather turns exercise into an indoor pursuit, there are a lot of enjoyable options available. Visit a roller rink or try out a laser tag or indoor paintball facility for an aerobic adventure.

Fall-inspired foods are a delicious way to add healthy variety to your diet. Baked apples sprinkled with cinnamon are a mouth-watering, low-cal treat. Before you put the grill into hibernation, why not grill some delicious lean meat and vegetables? Take advantage of the fall harvest of zucchini and squashes; add these yummy vegetables along with mushrooms and onions to your shish kabobs on the grill. Pumpkin dishes are also appetizing and high in eyesight-protective vitamin A. Did you know that pumpkin contains fiber and immune system-boosting Vitamin C?



Just because summer is fading to a memory, it doesn't mean fun times and enjoying fresh foods have to stop. Enjoy the vibrant scenery and use this change of season to *fall into fitness!*

Recipe Box

Roasted Delicata Squash Stuffed with Spicy Quinoa

[Print Recipe](#)

- | | |
|--|--|
| 4 medium delicata squash | 1 teaspoon salt |
| 1/2 teaspoon black pepper | 1 cup quinoa |
| 1/4 cup pine nuts | 1 tablespoon olive oil |
| 1/2 onion, finely chopped | 1 clove garlic, minced |
| 1/2 cup jarred roasted red peppers, finely chopped | 2 cups low-sodium vegetable broth |
| 1 to 2 canned chipotle peppers, drained and finely chopped | 2 tablespoons finely chopped cilantro plus some for garnish |
| 1/2 teaspoon smoked paprika | 3/4 cup cooked or canned small white beans, rinsed and drained |
| 3/4 cup crumbled queso fresco or feta cheese | |
- Preheat oven to 400 degree F. Cut squash in half lengthwise and scrape out seeds and strings. Season with 1/2 tsp. salt and 1/4 tsp. pepper and place cut side down on baking sheet. Put pan in oven and pour 1/4 inch of hot water into pan. Roast until almost tender, 20 to 30 minutes. Drain.
 - Meanwhile, rinse quinoa in mesh strainer under running water until water runs clear, 1 minute.
 - In a dry saucepan over medium heat, toast pine nuts for 5 minutes, shaking pan occasionally to prevent burning. Remove and set aside. Add olive oil to pan and when hot, add onion and cook until tender. Add roasted red peppers and garlic and cook 1 minute. Stir in rinsed quinoa, chipotle peppers, paprika, remaining salt and pepper. Cook 1 minute, then stir in broth and bring to a boil over high heat. Cover and simmer on low until quinoa is tender and liquid is absorbed, 15 to 20 minutes. Remove from heat and stir in beans, cilantro and toasted pine nuts.
 - Place squash cut side up on pan and fill with quinoa mixture. Sprinkle with cheese.
 - Return stuffed squash to oven and roast until tender and tops are lightly browned, about 15 minutes. Sprinkle with remaining cilantro. Cut in thirds.

NUTRITION FACTS: 1 Serving (8 fl oz)

| CALORIES | CARBS | PROTEIN | FAT | SAT. FAT | SODIUM | FIBER |
|----------|-------|---------|-----|----------|--------|-------|
| 264 | 34g | 10g | 11g | 3g | 744mg | 5g |

Source: Sodexo

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



September 6 & 7; 7:30am
ArtsQuest, Bethlehem

Support Via of the Lehigh Valley through this 2-day race event. The event raises money for Via's services for children and adults with disabilities like autism, cerebral palsy and Down syndrome. LVHN Employees who register early may be eligible for a discount. Call 402-CARE for details. www.viamarathon.com

Valley Preferred's "Wheels for Hope"



Saturday, October 4th

The Tour de Hershey is a 74-mile bike ride starting at Valley Preferred Cycling Center and finishing at Chocolatetown USA (Hershey). 100% of proceeds benefit the Angel 34 Foundation and The Children's Hospital at Lehigh Valley Hemo/Oncology.

For more information please call:
Angel 34 Foundation at 610-533-1923
Valley Preferred at 610-969-0485

"Step Out" Walk to Stop Diabetes Iron Pigs Stadium at Coca Cola Park Saturday, October 4th



In the United States, 26 million people have diabetes. Help change the future and walk! Visit:

www.diabetes.org/valleypreferred

The Healthy Scoop editorial team & contributors

- ♦ Well U. Steering Committee members
- ♦ Kristin Behler, MPH, MCHES, Manager
- ♦ Stephanie Betz, RPSGT, RST, Manager
- ♦ Colleen Egan, RPSGT, Technologist
- ♦ Kacie Heilman-Miller, CHWC, ACE, Wellness Coach
- ♦ Karissa Mitch, RN, BSN, Clinical Specialist
- ♦ Christie Grundstein, RN, Ed.S., Wellness Coach
- ♦ Jennifer Warren, Office Coordinator

Questions? email: kristin_b.behler@lvhn.org

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org