

## KNOW YOUR NUMBERS

**Dean's Corner:** In order to meet our Better Health goal in FY2015, 60 percent of colleagues must get screened for blood pressure (BP) and body mass index (BMI) through our Know Your Numbers campaign to meet our target goal.

Ways you can help meet our better health goal by getting screened:

- Visit employee health during [walk-in hours](#) for a confidential screening.
- Following a screening by your health care provider, **complete and submit a biometric health care screening form** (self-reporting permitted).
- Ask your department head to setup an **in-department screening** in February by calling 610-402-CARE (departments of 16+ only).
- Get screened at **LVHN Fitness and Steel Fitness** during [select hours](#).

Want more information about our Know Your Numbers campaign? Read the [FAQs](#) on the employee intranet, or see the attached information sheet.

### Tip!

#### Starved for sunshine this winter?

Remember you can still soak up some vitamin D through dietary sources such as milk, butter, cheese, mushrooms or baked fatty fish.

## Wellness in Practice: Homecare sees 81% success rate in Healthy Lifestyle Challenge



Homecare recently held a **Healthy Lifestyle Challenge**, aimed at introducing healthy behaviors into their daily lives. "We're committed to wellness in Homecare, and we are trying to lead by example," said clinical specialist Darla Alden, RN, BSN.

Originally developed by Cornell University, the Healthy Lifestyle Challenge is designed to help people gradually adopt healthy habits. The Homecare team dedicated 12 weeks to the challenge, which called for the addition of a new health-conscious behavior in each phase.

- **Week 1:** Colleagues were encouraged to eat 5 cups of fruits and/or vegetables per day.
- **Week 2:** Colleagues continued the week 1 "Eat 5" and added **exercise** for 30 minutes a day.
- **Week 3:** Colleagues were challenged to take time to **relax** at least 10 minutes

per day, while continuing week 1 "Eat 5" and week 2 "Move 30."

- **Week 4:** Colleagues were challenged to **sleep** 7 hours a night, while continuing the "Eat 5, Move 30, and Take 10."
- **Weeks 5-12:** This is the maintenance phase of the challenge, where colleagues were to continue doing **all 4** healthy habits daily.

Daily scoring was recorded in a spreadsheet using an honor system, with one point for each habit and a bonus point each for a full 7 days of maintaining the habit. At the conclusion of the 12 weeks, participants had collectively earned 80.6% of the total points possible—an impressive achievement.

"If nothing else, the challenge made everyone mindful of their habits." Alden said. "It showed us how to hold ourselves accountable, and that was really our goal."

## 5 Easy Ways to Work Activity into Your Workday

### 1. Break Away from the Parking Lot Pack

Every morning, park in a lot space as far away from the entrance as possible. This is a great way to build physical activity into the start and finish of your workday.

### 2. Step Up Your Game

Take the stairs instead of an elevator whenever you can. Consider the stairway a piece of workout equipment: go up and down stairs over lunch

or on breaks if you're looking to burn some calories on the clock.

### 3. Join the Band

Keep an exercise band at your workstation. Do a dozen stretches to work your upper-body muscles.

### 4. Get a Leg Up

Especially convenient for colleagues who work at a desk, this is a great way to secretly workout your abs throughout the day. While

sitting, hold your legs up and out in a horizontal position for 30 second intervals.

### 5. Desk Jockey Chair Squats

This military-recommended workout involves standing in front of a chair and repeating standing and sitting up to 10 times, 3 times a day. It's a quick way to increase your heart rate and give you a refreshing break without leaving your workstation.

## Healthy Eating for the Heart



Research has shown that maintaining a healthy diet and lifestyle can reduce your risk of heart disease, heart attacks, and stroke. The path toward a heart-healthy diet begins with smart choices, specifically recognizing which foods to eat more of and which foods to limit. Remember, it's about progress, not perfection. So, in honor of **American Heart Month** (February), take a look at your personal eating habits and try to incorporate at least one of the following tips into your diet each week.

### 1. Eat more fruits and vegetables.

- Top cereal with bananas or strawberries or add blueberries to pancakes.
- Keep a bowl of fruit on your table or desk for convenient snacks throughout the day
- Choose red, orange and dark-green vegetables like tomatoes and broccoli.
- Grill or steam your vegetables rather than frying.

### 2. Limit salt intake.

- Consider a medley of herbs, spices and low-fat seasonings as a flavorful replacement.
- Buy fresh products, rather than canned or processed, foods.

• Know which foods are high in sodium and avoid them in favor of low- or reduced-sodium options.

• Use the DASH (Dietary Approaches to Stop Hypertension) eating plan as a guide toward planning meals that are lower in sodium.

### 3. Change the way you shop for and prepare foods when cooking at home.

- Incorporate whole grains into your daily diet.
- Use low- or no-fat sauces, dressings and condiments.
- Limit saturated and trans fats, along with cholesterol, by following the American Heart Association guidelines.

### 4. Make smart choices when eating out.

- Skip the buffet, where it is easy to overload your plate with unhealthy options.
- Choose appetizers and salads rather than super-sized entrees.
- Opt for fruit at the end of a meal, instead of high-calorie desserts.

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for additional daily recommendations and advice.

## Upcoming Walks From Get Out! Lehigh Valley

Register online, or call 610-402-CARE.

### ⇒ Jordan Creek Parkway

**Date:** Saturday, Feb. 21

**Time:** 10 a.m.

**Duration:** 2 hours

**Where:** Jordan Creek Parkway, 1401 Lehnert Road, Whitehall, PA 18052

**Length:** 2 miles

### ⇒ Allentown Rose Garden

**Date:** Saturday, March 14

**Time:** 10 a.m.

**Duration:** 1+ hours

**Where:** Cedar Beach Park, 3000 Parkway Blvd., Allentown, Pa.

**Length:** 0.6 mile

### ⇒ Louise Moore Park

**Date:** Saturday, April 11

**Time:** 10 a.m.

**Duration:** 2 hours

**Where:** Louise Moore Park, 146 Country Club Road, Easton, Pa.

**Length:** 2+ miles

### ⇒ South Mountain Preserve

**Date:** Saturday, April 25

**Time:** 10 a.m.

**Duration:** 2+ hours

**Where:** South Mountain Preserve trailhead parking area, 111 Kline Lane, Emmaus, PA 18049

**Length:** 2.3 miles



## Recipe Box: Rotini with Spicy Red Pepper and Almond Sauce

8 oz whole-wheat rotini (spiral) pasta

½ C whole natural almonds, unsalted

1 jar (12 oz) roasted red peppers

1 Tbsp garlic, roughly chopped (about 2–3 cloves)

1/8 tsp ground cayenne pepper

1 tsp paprika

1 Tbsp dried basil or parsley

1 tsp red wine vinegar

½ tsp salt

Ground black pepper to taste

**Tip:** Try adding chicken, seafood, lima beans or edamame

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. 2. Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain pasta. 3. While the pasta cooks, toast almonds in a toaster oven or regular oven at 350 °F until lightly toasted, about 5–8 minutes. Set aside to cool. 4. Meanwhile, in a food processor or blender, add roasted red peppers and liquid, garlic, cayenne pepper, paprika, basil, vinegar, salt, and pepper. Blend until smooth, 1–2 minutes. 5. Add cooled almonds to the sauce in the processor. Pulse until the almonds are chunky. 6. After draining the pasta, return to pot. Add almond sauce. Toss until pasta is well coated. 7. Divide into four equal portions (about 2 cups).

**Yield:** 4 servings

**Serving Size:** 2 C pasta

**Source:** *Keep the Beat™ Recipes*, U.S. Department of Health and Human Services

### each serving provides:

calories	322	total fiber	9 g
total fat	10 g	protein	12 g
saturated fat	1 g	carbohydrates	49 g
cholesterol	0 mg	potassium	47 mg
sodium	383 mg		

### The Healthy Scoop

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# KNOW YOUR NUMBERS

Help Us Reach the FY2015 Better Health Goal  
**Get Screened Today!**

*No Appointment Needed*

	Employee Health, LVHN-CC	Employee Health, LVHN-M	LVHN Fitness, Cedar Crest	LVHN Fitness, Mack Blvd.	LVHN Fitness, One City Center	LVHN Fitness, Muhlenberg
<b>Monday</b>	7:00a–8:00a 1:30p–3:30p	1:30p–3:30p	11:00a–1:00p 4:00p–6:00p			
<b>Tuesday</b>	1:00p–3:00p	7:30a–10:00a		6:00a–8:00a 11:00a–1:00p		
<b>Wednesday</b>	7:30a–8:30a	2:00p–3:30p				
<b>Thursday</b>	1:30p–3:30p	7:00a–10:00a			11:00a–1:00p 4:00p–6:00p	
<b>Friday</b>	7:00a–8:00a	8:00a–10:00a				6:00a–8:00a 11:00a–1:00p