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CITY OF  
MISSION  
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# Health & Wellness

WELCOME TO THIS MONTH'S EDITION OF *HEALTH & WELLNESS HIGHLIGHTS*. IN THIS ISSUE, WE WILL BE HIGHLIGHTING THE IMPORTANCE OF:

## Highlights

### PHYSICAL FITNESS & NUTRITION

## Consider the Possibilities...

Is your weight holding you back from physical activity? While there may be special challenges for large people who want to be physically active, overcoming the following barriers can make all the difference:

**Barrier:** I don't have enough time.

**Solution:** Be active for a few minutes at a time throughout the day.

**Barrier:** I feel self-conscious when I'm active.

**Solution:** Be active at home doing household chores and find ways to move more during day-to-day activities.

**Barrier:** I'm worried about my health or injury when I exercise.

**Solution:** Consult a health care professional first, and consider finding a personal trainer to guide you.

**Barrier:** I just don't like exercise.

**Solution:** Try dancing to your favorite music, taking the stairs instead of an elevator, and walking outdoors with friends.

**Source:** National Institute of Diabetes and Digestive and Kidney Diseases



## Keys to Fighting Weight Gain

Rather than starving or throwing yourself into a strenuous exercise routine, experts suggest that small modifications for our diet and routine may be better and more effective long term.

- Count for grams, not calories. Cut down your fat intake and avoid fried foods.
- Eat smaller meals throughout the day.
- Exercise regularly, which will increase your metabolism and burn calories.

**Source:** Blue Cross Blue Shield



Smart beverage choices  
can help cut calories



## Rethink Your Drink

If you've ever tried to lose weight, you probably focused solely on food. But another way to cut calories may be to think about what you drink. Calories in drinks are not hidden. They're listed on the Nutrition Facts label. Yet many people don't realize how these calories can add up each day. Try these healthful substitutes the next time you're ready to grab a drink:

- Sparkling water with natural lemon flavor (not sweetened) instead of sweetened iced tea from the vending machine.
- Water with a slice of lemon or lime rather than a glass of lemonade
- Bottled water or diet soda in place of a 20-ounce bottle of regular cola
- Small café latte (12 ounces) made with fat-free milk instead of a medium café latte (16 ounces) made with whole milk

*Source: Centers for Disease Control and Prevention*

## Take a Break and Walk

One of the best ways to improve your health is to get to the heart and 'sole' of the matter. So grab some comfortable shoes, lace them up and get going on a walking program. Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's safe, simple, doesn't require practice, and the health benefits are many. And it can help you lose those 'love handles,' too.

If you're crunched for time, you can even fit walks in during your work breaks and lunch. Always remember to warm up and stretch first. Also, keep your posture straight and avoid exaggerated movements to help prevent injury and setbacks. To stay motivated:


- Set performance goals
- Make it fun
- Vary your route or routine

*Source: Mayo Foundation for Medical Education and Research*

### 20 Benefits Of Walking

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1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



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## Get Your Snacks on Track

Were you taught as a kid to believe that snacking isn't okay? You'll be relieved to know that snacking can actually be good for you—as long as it's healthy and done in moderation. Try these yummy substitutions that are sure to be taste bud pleasers:

### Instead of

Fried tortilla chips  
Devil's food cake  
Ice cream bars  
Pudding made from whole milk  
Doughnut

### Enjoy

Reduced sodium baked tortilla chips  
Angel food cake  
Frozen fruit bars  
Pudding made from skim milk  
Bagel

*Source: American Heart Association*

You can burn extra  
calories every day



## Learn to Burn

Did you know that studies show that only three in 10 adults get the recommended amount of physical activity? If you need to boost your physical activity, try incorporating some of these calorie-burning ideas into your day to help safeguard your health:

- Park further away at work or at the shopping mall
- Take the dog for a walk instead of letting him out in the backyard
- Take the stairs rather than the elevator
- Get involved in your kids' activities
- Strive for 30 minutes of physical activity, such as raking leaves or brisk walking, five or more days a week

It's the little extras that count. By burning extra calories every day, you'll be doing something very important for your health and your life.

*Source: American Heart Association*

# Healthy Recipe

## Turkey, Spinach and Apple Wrap

A healthy combination of plant-based, cancer-fighting foods and leftover turkey easily turns into a quick lunch. The wrap's appeal comes from the variety of textures - crunchiness from the apples and spinach, firmness from the turkey and creaminess from the simple dressing – surrounded by a nutty lavish wrap.

**Per serving:** 260 calories, 6 g. total fat (1 g. saturated fat), 28 g. carbohydrate, 22 g. protein, 3 g. dietary fiber, 444 mg. sodium.

### Ingredients:

- E** 1 Tbsp. reduced-fat mayonnaise
- E** 2 tsp. honey mustard
- E** 2 (8-in) whole-wheat lavash wraps or flour tortillas
- E** 2 cups (washed and dried) baby spinach leaves, loosely packed, or two large leaves of a soft leafy green lettuce
- E** 4 thin slices turkey breast (4 ounces)
- E** 1/4 Granny Smith apple, sliced paper-thin

### Directions:

1. Combine mayonnaise and mustard. Lay out both wraps. Spread the edges of each with the mayonnaise mixture.
2. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
3. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.



## Mission In Motion

*Our mission is to promote health awareness and to encourage healthy lifestyles.*

### Upcoming Events

As part of our Wellness Program, we are putting together a **"Biggest Loser" Contest**. If you are interested in participating, please join us on **Thursday, January 22, 2015** at 2:30 p.m. in the Council Chambers where we will share all the details with you!

Please call **580-8631** by **January 16, 2014** to register for the informational session.

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### 10 Healthy Food Swaps

- Sour Cream — greek yogurt *SNAP*
- Spaghetti — Spaghetti Squash
- Mayo — Avocado
- Pizza Dough Crust — Cauliflower Crust
- Cow's Milk — Almond Milk
- Table Salt — Sea Salt
- Breadcrumbs — Rolled Oats
- White Rice — Brown Rice / Quinoa
- Tortilla Wraps — Lettuce Leaves
- Coffee Creamer — Almond Milk / Coconut Oil