

**January 2017**

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Physical Fitness & Activity.

### How To Start And Stick To Exercising

Here are seven tricks that can help you start exercising and stick to it:

- 👉 Choose an activity you like. Be sure it's right for you physically, too. For example, if you have arthritis, swimming is a better choice than jogging.
- 👉 Find a partner. A friend or relative can make exercising more fun.
- 👉 Vary your routine. Switching up what you do can keep you from getting bored or injured. Maybe you walk one day and bicycle the next. Be creative.
- 👉 Select a time of day that works for you. Don't exercise too soon after eating or when it's too hot or cold outside.
- 👉 Don't get discouraged. Results aren't instant. It can take weeks or months to notice some positive changes from exercise, but they do happen.
- 👉 Don't believe "no pain, no gain." A little soreness is normal when you first start exercising; pain isn't. Take a break for a day or two if you hurt or are injured. If pain or injury continues, contact your health-care provider.
- 👉 Make exercise fun. Read, listen to music, or watch TV while riding a stationary bicycle. Find fun things to do, such as taking a walk through the zoo.



Source: [Familydoctor.org](http://Familydoctor.org)

**Human Resources Department**  
1201 E. 8<sup>th</sup> Street  
Mission, Texas 78572  
(956) 580-8631

**Staff:**  
**Noemi Munguia**  
Human Resources Director

**Nereyda Peña**  
Assistant Human Resources  
Director

**Catherine N. Hernandez**  
Human Resources Coordinator

**Anais Chapa**  
Benefits Coordinator



**Next Month's Issue:**

**Healthy Heart**



Achieving your Goals



## Bit By Bit

Adults should get 150 minutes of moderate or 75 minutes of vigorous activity each week. Sadly, less than 20 percent meet those guidelines. But this is a doable goal. Even short bouts of brisk movement can add up to good results.

There are 1,440 minutes in each day. Use 30 of them for physical activity. And it can be in as little as 10-minute groupings. Think about your day and look for ways to be more active.

Try moving while watching T.V., walking with a group on Saturday morning, parking the car further away, and taking fitness breaks or doing desk exercises at work.

Take a wise approach by starting slowly. Choose activities you enjoy, then slowly add to the length of time and speed.



*Source: Centers for Disease Control and Prevention; U.S. Department of Health and Human Services*

## Make Walking Work For You



A daily routine—30 minutes or more—of moderately-paced or brisk walking can help you control your weight, lower cholesterol, strengthen your heart, and reduce the likelihood of serious health problems down the road. And since America is spending more than ever on preventable health problems such as obesity, heart disease and diabetes, every step you take can help build a healthier nation.

### Simple Steps

It's easy. There are ways you can increase your physical activity to maintain a basic level of fitness—without setting aside a big part of your busy day.

- 👉 Walk up the stairs instead of riding the escalator at the mall
- 👉 Take an after-dinner walk with your family
- 👉 Choose the farthest parking spot in the lot at work.
- 👉 Enjoy your lunch outdoors instead of at your desk.

By walking 30 to 60 minutes a day at a brisk pace, you're on your way to better health!

*Source: Centers for Disease Control and Prevention; Mayo Clinic*

# Question & Answer



## Is physical activity safe for people with heart problems?

**Answer:** For most heart patients, physical activity is not only safe; it's part of the treatment! Be sure to talk with your doctor before you start your physical activity program and follow the doctor's advice. The doctor may want you to have an exercise stress test to help determine a safe level of activity for you.

## How can I include more physical activity in my life?

**Answer:** You can add physical activity to your daily life in many ways: If you have a desk job, use your coffee breaks to take five-to-10 minute walks. In parking lots, park your car as far away as you can. Use a pedometer to count how many steps you take each day. Each week aim to increase your daily step count by 1,000 steps until you reach 10,000 steps a day. Walk a flight of stairs 10 times a day.

## Can people with heart disease lift weights?

**Answer:** Yes, most people with heart disease can lift weights. But if you had surgery, it's important for you to not to push, pull, twist or lift more than five pounds for up to six weeks after your procedure. You can start with weights weighing about one pound and work up to heavier weights as you get stronger.

# Puzzle



**Congratulations to last month's winner:**  
*Elia Tijerina*  
*City Secretary*

1		6			3		7
5	7			8	2		3
						8	4
	1			4		9	2
			8	5		1	6
		9		3			
					4		6
	2	1	6				
	3			2		5	

# Let's Get Moving!

## Move Of the Month:

**New Year Resolution**  
**30-Day Fitness Challenge**  
The new year is here, and it's the perfect time to start a fitness challenge!

**New Year Resolution 30-Day Fitness Challenge**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Get the workouts instructions via <a href="http://www.mydreamshape.com">www.mydreamshape.com</a> & <a href="http://www.myfitstation.com">www.myfitstation.com</a>			1) TRAIN MEAN GET LEAN	2) BOOTY POW: ELLIPTICAL HIT	3) Rest Day	4) ULTIMATE BUTT BUILDING + DREAM SHAPE ABS
5) TABATA BURNS + NO MORE ARM JIGGLE	6) SEXY BACK WORKOUT	7) BOOTY PUMP CIRCUIT	8) PLANKATHON	9) VICTORIA SECRET MODEL LEGS	10) Rest Day	11) PUMP, BURN & SCULPT
12) GOOD MORNING FAT BLASTER HIT	13) PLYOMETRICS POWER I	14) 30 MIN KETTLEBELL WORKOUT	15) COREBUSTER HIT	16) CELLULITE ERASER	17) Rest Day	18) FEEL THE BURN & DO IT ANYWAY
19) BACKLESS DRESS WORKOUT	20) SQUAT COMBO CHALLENGE	21) BIKINI TOP WORKOUT	22) KISS MY BOOTY HIT	23) BODY SCULPTING HIT	24) Rest Day	25) BIKINI MODEL BUTT + DREAM SHAPE ABS
26) BEST ELLIPTICAL WORKOUT	27) LUNGE SHREDDER	28) SEXY AS HELL CORE WORKOUT	29) NEW YEAR RESOLUTION FULL BODY WORKOUT	30) WHICKED STRETCH & TONE	31) Rest Day	

Complete the puzzle and turn it in to Human Resources by January 13, 2017 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

# Other Paybacks of Moving More

Regular physical activity isn't just good for your frame. It can also help you feel better about yourself. Being active can result in:

- 👉 More energy
- 👉 Faster, sounder sleep
- 👉 Greater self-confidence
- 👉 Better ways to cope and relax
- 👉 Shared time with family or friends

## Break it and Make it

If making time for 150 minutes of activity per week sounds tough, try breaking it up into small bits. Ten minutes of mid-level motion three times a day will give you the same perk as one 30-minute session. Think about taking three 10-minute walks. Maybe you can walk at lunch, on your break and after dinner.

By picking physical activities you enjoy and that match your abilities, it will help ensure that you stick with them. If you're not sure where to start, here are some examples.

Example 1: Moderate Intensity Activity and Muscle Strengthening Activity						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk	30 minute brisk walk	30 minute brisk walk	Weight training	30 minute brisk walk	30 minute brisk walk	Weight training
<b>Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity</b>						
Example 2: Vigorous Intensity Activity and Muscle Strengthening Activity						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25 minute jog		25 minute jog and weight training		Weight training	25 minute jog
<b>Total: 75 minutes vigorous-intensity aerobic activity + 2 days muscle-strengthening activity</b>						

*Source: National Heart, Lung and Blood Institute, Centers for Disease Control Prevention*

## Beating Fitness Road Blocks

Do you want to be physically active but aren't sure how to get started? There may be some road blocks holding you back. Keep in mind these common reasons for dodging workouts and how to beat them:

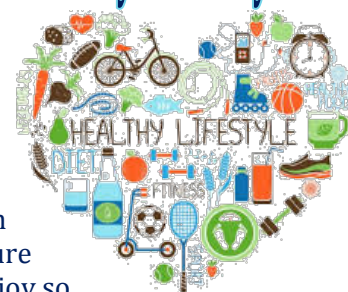
- 👉 I'm out of shape from not being active—start with small amounts of motion that you enjoy, such as walking or riding a bike, and slowly raise the amount each day.
- 👉 I'm too busy—fit in fun 10-minute sessions of motion where you can, such as a brisk walk at lunch or playing tag with your kids.
- 👉 It costs too much—try low-cost ideas, like dancing to upbeat music in your living room, taking a walk after dinner or jumping rope.

*Source: U.S. Dept. of Health and Human Services; U.S. Dept of Agriculture*



## Physical Activity for A Healthy LifeStyle

Adding physical activity is vital for everyone, whether you need to lose weight or not. Even a modest amount of movement can be good for you. Of course, the more you do the more health rewards you get. To begin, be sure you aim for fun activities you enjoy so you can stick with it.



Why is physical activity so key? Here are the pros of staying active:

- 👉 Healthy heart and lungs
- 👉 Strong bones
- 👉 Flexible, strong muscles and joints
- 👉 Lighter weight when also eating a healthy diet
- 👉 More energy and endurance

*Source: Centers for Disease Control and Prevention; United States Department of Agriculture*

# Healthy Recipe

## Sweet Potato Chili with Peanuts

This vegetarian one-pot meal will warm you up on even the coldest of winter days. Earthy sweet potatoes and carrots form the base and provide cancer-fighting fiber and carotenoids. Tomatoes, peppers and onion add even more flavor and nutrition. Ready in just 30 minutes; serve over a whole grain for a balanced, cancer preventive dinner.

### Makes 4 Servings

**Per serving:** 385 calories, 15 g total fat (2 g saturated fat), 55 g carbohydrate, 11 g protein, 8 g dietary fiber, 409 mg sodium



### Ingredients:

- 🍷 2 Tbsp. canola oil
- 🍷 1 Md onion, chopped
- 🍷 2 md carrots, peeled & sliced
- 🍷 1 md green bell pepper, seeded and chopped
- 🍷 1 md red bell pepper, seeded and chopped
- 🍷 3 cloves of garlic, minced
- 🍷 2 lbs, sweet potatoes, peeled and cut into bite sized chunks (4 cups)
- 🍷 1 ½ cups unsalted roasted peanuts
- 🍷 1 can (28 ounces) crushed tomatoes in juice
- 🍷 1 can (6 ounces) tomato paste
- 🍷 2 cans (4 ounces each) diced mild green chiles with liquid
- 🍷 4 to 6 Tbsp. chili powder, to taste
- 🍷 1 Tbsp. ground cumin, to taste
- 🍷 1 Tbsp. sugar
- 🍷 Salt & freshly ground pepper, to taste

### Directions:

1. In a large, heavy pot, heat the canola oil over medium heat. Add the onion, carrots, and bell peppers and sauté, stirring occasionally, for about 8 minutes, until vegetables are golden. Add the garlic and sauté stirring constantly for 30 seconds, until fragrant. Stir in the sweet potatoes, peanuts, tomatoes and juice, tomato paste, chiles and their liquid, chili powder, cumin, and sugar.
2. Bring to a boil, then reduce the heat to low immediately and simmer gently, stirring occasionally, for 15 to 25 minutes until the sweet potatoes are just tender. Halfway through the cooking process, adjust the seasonings, adding more chili powder and cumin, if desired. Season to taste with salt and pepper and serve.

## Last Month's Events



## December Birthday Celebration



Save the Date!

Super Slim Down Challenge Informational Session – January 11, 2017