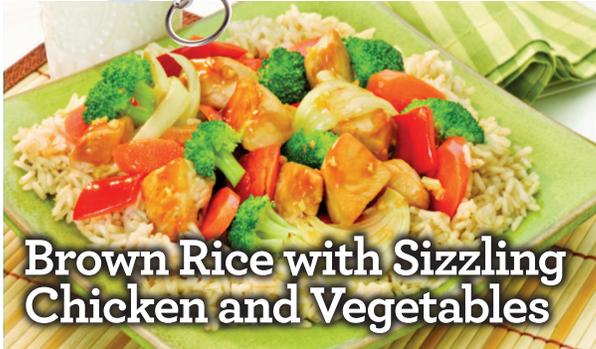




the CommonHealth Compass



Brown Rice with Sizzling Chicken and Vegetables

Rice bowls with vegetables and chicken, popular at many restaurants, are appealing to children and adults, alike. And they're simple to prepare at home.

Preparation time: 30 minutes, excluding rice preparation – Serves: 4

Ingredients

- 3 cups hot cooked brown rice
- 3 tbsp low-sodium soy sauce
- ¼ cup water
- 1 tbsp honey
- 1 tbsp cornstarch
- 1½ tbsp canola or corn oil
- 1 lb boneless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about ⅛ inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1½ cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces

Instructions

Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.

Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side.

Add onions to center of skillet; cook until slightly tender and push to the side.

Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.

Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.

Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Serves 4: 410 Calories per serving; 10g total fat, 1.5g saturated fat, 0g trans fat; 75 mg cholesterol; 580 mg sodium; Total Carbohydrate - 49g; Dietary Fiber - 6g; 9g sugar; 30g protein

*Recipe Submitted by Produce For Better Health Foundation
United States Department of Agriculture
<http://myplate.gov/healthy-eating-tips/sample-menus-recipes/BrownRiceChicken.pdf>*

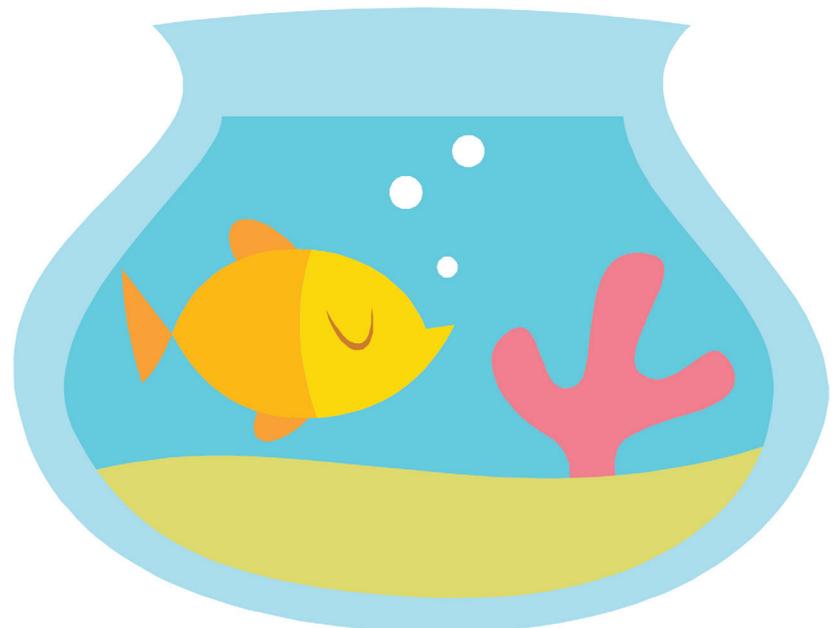
Getting Your ZZZs... CommonHealth's Guide to Healthy Sleep



CommonHealth's new sleep education program, *Getting Your ZZZs...CommonHealth's Guide to Healthy Sleep* is now underway. The program takes a closer look at what may be interfering with your "sweet dreams" and increasing your risk of heart disease. We address why sleep is needed, what sleep does

for our bodies, how sleep keeps our hearts healthy, good sleep hygiene, and planning ahead for your best night's sleep.

Whether it is a sleep disorder, our nonstop 24/7 culture, work schedule, or stressful situations, not getting enough sleep negatively affects our heart and all aspects of our lives. Finding ways that you can improve your sleep will put you on a path toward restful nights and productive, healthy days and CommonHealth can show you how. Ask your agency CommonHealth Coordinator to schedule a program today.



10 Tips for Fall Fitness



Fall is a great time to start a fitness program because you're more likely to create good habits for the upcoming winter months and holiday season. According to some fitness experts, with the change of seasons comes a renewed time to rethink and restart. Here are 10 ways to start making the most of the season.

1. **Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking, cycling or in-line skating are great activities for the fall. Discover some of Virginia's beautiful park trails and take in some new scenery.
2. **Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Look around for new classes at gyms and elsewhere to see if there is something fun and unique that intrigues you.
3. **Be an active TV watcher.** Many people get geared up for fall premieres of their favorite television shows. If you're going to spend hours watching TV, use it as a chance to get moving. While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.
4. **Integrate exercise into your life.** You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:
 - If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, why not walk around the outside of the field while they practice? Or (if you feel comfortable) warm up and cool down with the kids.
 - Try "walking meetings." Go for a walk while brainstorming, delegating responsibility for an upcoming project, etc.
 - Try inspirational music or a motivational talk to listen to while you walk for 30 minutes.
5. **Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness.
6. **Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes. That's why people who give up on their fitness programs tend to do so within the first 30 days. So, when the alarm goes off in the morning and it's darker and colder, don't roll over and hit the snooze button. Try to stick with a new program for a month.
7. **Strive for the 3 Cs – commitment, convenience, and consistency.** Having all three will more likely lead to a successful fitness program.
 - First, exercise takes commitment. Everyone is busy, but that is a part of our lives. Plan for exercise, just like you do meetings, dinners, and getting kids to lessons or practice.
 - Convenience means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted.
 - Think Consistency. It is better to exercise 10 minutes a day rather than one hour once a month.
8. **Deal with darkness.** The best way to enjoy fall is to exercise outdoors. But be smart and safe since it is getting darker earlier, and staying dark later in the morning. If walking or running outdoors, wear a reflective vest and carry a flashlight. When cycling, affix a light to your helmet or bike.
9. **Dress in layers.** When exercising outside, layer your clothing. The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The outer layer should provide warmth and protection.
10. **Find your motivation.** Choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class. Creating a challenge for yourself will motivate you, as will encouragement and accountability.



Are You Getting Enough Water?

Ever notice how lifeless a house plant looks when you forget to water it? Just a little water and it seems to perk back up. Water is just as essential for our bodies because it is in every cell, tissue, and organ in your body. That's why getting enough water every day is important for your health.

Healthy people meet their fluid needs by drinking when thirsty and drinking fluids with meals. But, if you're outside in hot weather for most of the day or doing vigorous physical activity, you'll need to make an effort to drink more fluids.

Where do I get the water I need?

Most of your water needs are met through the water and beverages you drink.

You can get some fluid through the foods you eat. For example, broth soups and other foods that are 85% to 95% water such as celery, tomatoes, oranges, and melons.

What does water do in my body?

Water helps your body with the following:

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Gets rid of wastes through urination, perspiration, and bowel movements.

Why do I need to drink enough water each day?

You need water to replace what your body loses through normal everyday functions. Of course, you lose water when you go to the bathroom or sweat, but you even lose small amounts of water when you exhale. You need to replace this lost water to prevent dehydration.

Your body also needs more water when you are -

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

To help you stay hydrated during prolonged physical activity or when it is hot outside:

- Drink fluid while doing the activity.
- Drink several glasses of water or other fluid after the physical activity is completed.

Also, when you are participating in vigorous physical activity, it's important to drink before you even feel thirsty. Thirst is a signal that your body is on the way to dehydration.

Some people may have fluid restrictions because of a health problem, such as kidney disease. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

Tips for Increasing Your Fluid Intake by Drinking More Water

Under normal conditions, most people can drink enough fluids to meet their water needs. If you are outside in hot weather for most of the day or doing vigorous activity, you may need to increase your fluid intake.

If you think you're not getting enough water each day, the following tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.
- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

Source: <http://www.cdc.gov/nutrition/everyone/basics/water.html>



VDOT Bowls It Over!

VDOT Central office held a Wii bowling tournament. Over 40 employees bowled on several screens during their lunch hour. They burned calories, laughed and had fun! CommonHealth supplied door prizes and even gave the winner a prize. Congratulations to Deborah Gardener and Nancy Berryman for thinking outside the box and getting the staff moving!



the CommonHealth Compass

CommonHealth: 25 Plus Years of Wellness and Still Going Strong

More than 500 state agency locations have active CommonHealth programs. Your Regional Coordinator brings wellness programs directly and personally to your workplace. Programs focus on:

- Weight Loss and Activity Challenges
- Nutrition and Healthy Eating
- Take 10 for Better Health
- Stress Management
- Activity and Fitness
- Stroke Awareness
- Sleep and Health
- Type 2 Diabetes
- Heart Health
- Safe Driving

CommonHealth is always working to bring fitness and wellness to you. Now you can schedule “At-Work Fitness Classes” Discover how you can start a fitness class at or near your work location. Zumba, Pilates, Yoga, and more – Go to: <http://commonhealth.virginia.gov>

There is also a New WeightWatchers portal! Find an at-work meeting location and join now. Weight Watchers programs are very successful and are available at many work locations and in your community. All state employees may participate. Many participants report great outcomes in this program plus 50% of the program fee may be reimbursed for employees who meet program requirements. Get started at: <http://www.dhrm.virginia.gov/genlbenefits/weightwatchers/DHRMWWGateway.pdf>

Finally, there are additional resources available to employees who are enrolled in a state health benefits plan.

- **Healthy Beginnings** – Maternity Support
- **Healthy Lifestyles** – Lifestyle Coaching and Support for smoking cessation, weight management, stress and more.
- **Healthy Insights** – Disease Management for diabetes, high blood pressure and many other health conditions

Employees eligible for these services should go <http://www.MyActiveHealth.com/cova> and log in to access these resources or call 1-866-938-0349.



Watch Us on You Tube and Like Us on Facebook!

CommonHealth has expanded its library of videos to include all topics covered in the last 5 years on our new YouTube channel. You can view any video from any past program anywhere that you can access the web. Videos on healthy eating, safe driving, good dental care, and much more are all in one easy location on the web. Visit the page today and see what you can share to help your co-workers, friends, and family live healthier and happier lives.

Also, “like us” on Facebook where you can get a dose of the great health information that CommonHealth has to offer while you keep up with your friends and family online. We have made it easy for you to stay engaged in your wellness journey and spread the word to others about healthy living, all with just a few clicks. Get in on the fun and “like us” today!



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Questions? E-mail us at wellness@dhrm.virginia.gov.

