



the CommonHealth Compass



Baked Salmon Dijon

- 1 cup sour cream, fat-free
- 2 tsp dried dill
- 3 Tbsp scallions, finely chopped
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1½ lb salmon fillet with skin, cut in center
- ½ tsp garlic powder
- ½ tsp black pepper
- fat-free cooking spray as needed

Instructions

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Yield: 6 servings

Serving size: 1 piece (4 oz)

Each serving provides:
Calories: 196, Total fat: 7 g, Saturated fat: 2 g,
Cholesterol: 76 mg, Sodium: 229 mg,
Fiber: less than 1 g, Protein: 27 g,
Carbohydrate: 5 g, Potassium: 703 mg

Source: <http://www.health.gov/dietaryguidelines/dga2005/healthiyou/html/entrees2.html#7>

Recipe for a Healthier Heart

CommonHealth’s new health campaign provides you with some simple, key ingredients for a healthier heart. Many of us know that eating certain foods can increase your heart disease risk; it’s often tough to change our eating habits. This campaign will help employees learn which foods to eat more of and how to include healthy fats in your diet. Tips will be provided for planning ahead and creating daily menus to put your healthy eating plan into action. You will also learn easy ways to increase physical activity. If you are not sure where to get begin, CommonHealth will show you how to get a walking group started at work. Finally, the campaign will take a closer look at relaxation exercises to reduce stress levels and lower heart disease risk. Contact your regional coordinator to schedule an on-site program today!

See more about the new health campaign on the CommonHealth website at <http://www.commonhealth.virginia.gov/programs.htm>.



CommonHealth Families



Want an activity that the whole family can sink their teeth into? Take them to a “pick your own” farm to enjoy the bounty of the season. Go to www.pickyourown.org to find a farm near you. Fresh strawberries, blackberries, and raspberries are delicious in your family’s favorite whole wheat muffin recipe or try www.allrecipes.com/recipe/whole-wheat-blueberry-muffins and substitute your fresh picks.

The Seven Most Effective Exercises

Does Your Workout Really Work?

Done right, these seven exercises give you results that you can see and feel. You can do them at a gym or at home. If you're not active now, it's a good idea to check in with your doctor first.

1. Walking – Why it's a winner: You can walk anywhere, anytime. Use a treadmill or hit the streets. All you need is a good pair of shoes.

How to: If you're just starting to walk for fitness, begin with five to 10 minutes at a time. Add a few minutes to each walk until you get to at least 30 minutes per walk. Add time to your walks before you quicken your pace or add hills.

2. Interval Training – Why it's a winner: Interval training lets you boost fitness, burn more calories, and lose weight. The basic idea is to vary the intensity within your workout, instead of going at a steady pace.

How to: Whether you walk, run, dance, or do another cardio exercise, push up the pace for a minute or two. Then back off for two to 10 minutes. Exactly how long your interval should last depends on the length of your workout and how much recovery time you need. A trainer can fine-tune the pacing. Repeat the intervals throughout your workout.

3. Squats – Why it's a winner: Squats work several muscle groups -- your quadriceps ("quads"), hamstrings, and gluteals ("glutes") -- at the same time.

How to: Keep your feet shoulder-width apart and your back straight. Bend your knees and lower your rear as if you were sitting down in a chair. Keep your knees right over your ankles.

4. Lunges – Why it's a winner: Like squats, lunges work all the major muscles of your lower body. They can also improve your balance.

How to: Take a big step forward, keeping your back straight. Bend your front knee to about 90 degrees. Keep weight on your back toes and drop the back knee toward the floor. Don't let the back knee touch the floor.

5. Push-Ups – Why it's a winner: Push-ups strengthen your chest, shoulders, triceps, and core muscles.

How to: Facing down, place your hands slightly wider than shoulder-width apart. Place your toes on the floor.



If that's too hard, start with your knees on the floor. Your body should make a straight line from shoulders to knees or feet. Keep your rear-end muscles and abs engaged. Bend your elbows to lower down until you almost touch the floor. Lift back up by pushing through your elbows. Keep your torso in a straight line throughout the move.

6. Crunches – Start by lying on your back with your feet flat on the floor and your head resting in your palms. Press your lower back down. Contract your abdominal muscles (abs) and in one smooth move, raise your head, then your neck, shoulders, and upper back off the floor. Tuck in your chin slightly. Lower back down and repeat.

7. Bent-over Row – Why it's a winner: You work all the major muscles of your upper back, as well as your biceps.

How to: Stand with your feet shoulder-width apart, bend your knees, and bend forward at the hips. Engage your abs without hunching your back. Hold weights beneath your shoulders, keeping your hands shoulder-width apart. Bend your elbows and lift both hands toward the sides of your body. Pause, then slowly lower your hands to the starting position.

*You can view a slideshow of each exercise by visiting the website <http://www.webmd.com/fitness-exercise/ss/slideshow-7-most-effective-exercises>. It is helpful to watch the form shown by the trainer in the pictures as good technique is a must.

Source: WebMD, reviewed by Varnada Karriem-Norwood, MD

How to Start a Walking Group at Work



Starting a walking group requires little effort and provides big rewards. Just spread the word and get organized. Soon you'll be walking toward better health.

If you crave solitude, walking on your own might be the perfect workout. But if you'd rather not go it alone, bring others along for your walking adventures. Getting support from others by walking together can actually help you stick with your health and fitness goals. To do that, consider starting a walking group.

You already know the health benefits of walking. When you walk with others, you also get safety, socialization, accountability, friendship and motivation.

To start a walking group, talk it up among your family members, friends and neighbors. You might be surprised to find that you're surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise.

Ask your employer about having a friendly workplace competition. Challenge those in your work group to a pedometer contest, for example. The group that achieves the most steps takes home bragging rights or a simple prize.

Once you've recruited members for your walking group, hold a kickoff meeting. Be sure to collect everyone's contact information so you can stay in touch about workouts.

Then discuss the details of your walking group, such as how often to walk, the distance to cover, the speed to walk, logistics and what to do in case of bad weather.

If you've recruited lots of people, consider breaking into smaller walking groups, perhaps based on fitness level, fitness goals, availability or other factors.

On the other hand, walking group members who at different fitness levels may be able to encourage and motivate each other by walking together. So lean on your walking buddies for support, especially on those days when you feel like skipping your workout.

Once you've established a walking routine, look for ways to maintain and boost motivation. You might choose a name for your walking group, design a group logo, or enter charity walking events.

The camaraderie you experience in a walking group and the shared fitness success can help you walk your way to better health.

Original article: <http://www.mayoclinic.org/walking/art-20045837>

Tips For Preventing Poison Ivy, Oak and Sumac



- Learn what poison ivy, oak, and sumac plants look like so you can avoid them.
- Wash your garden tools and gloves regularly. If you think you may be working around poison ivy, wear long sleeves, long pants tucked into boots, and impermeable gloves.
- Wash your pet if it may have brushed up against poison ivy, oak, or sumac. Use pet shampoo and water while wearing rubber gloves, such as dishwashing gloves. Most pets are not sensitive to poison ivy, but the oil can stick to their fur and cause a reaction in someone who pets them.
- Wash your skin in soap and cool water as soon as possible if you come in contact with a poisonous plant. The sooner you cleanse the skin, the greater the chance that you can remove the plant oil or help prevent further spread.
- Use the topical product "Ivy Block" or "Armor" if you know you will come into contact with the poisonous plants. This FDA-approved product is available over the counter (OTC).

Source: <http://www.fda.gov/forconsumers/consumerupdates>



The Danger of Heat Stroke

Heat stroke is a very common heat-related disease that can be life-threatening if left untreated.

What is heat stroke?

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. The elderly, infants, persons who work outdoors, people with mental illness, obesity, poor circulation, and those on certain types of medications or drinking alcohol are most susceptible to heat stroke. It is a condition that develops rapidly and requires immediate medical treatment.

What causes heat stroke?

Our bodies produce a tremendous amount of internal heat and we normally cool ourselves by sweating and radiating heat through the skin. However, in certain circumstances, such as extreme heat, high humidity, or vigorous activity in the hot sun, this cooling system may begin to fail, allowing heat to build up to dangerous levels. If a person becomes dehydrated and cannot sweat enough to cool their body, their internal temperature may rise to dangerously high levels, causing heat stroke.

What are the symptoms of heat stroke?

The following are the most common symptoms of heat stroke. However, each individual may experience symptoms differently. Symptoms may include:

- Headache
- Dizziness
- Disorientation, agitation, or confusion
- Sluggishness or fatigue
- Seizure
- Hot, dry skin that is flushed but not sweaty
- A high body temperature
- Loss of consciousness
- Rapid heartbeat
- Hallucinations

The symptoms of a heat stroke may resemble other medical conditions or problems. Always consult your doctor for a diagnosis.

What is the treatment for heat stroke?

Treat the person immediately as heat stroke can cause permanent damage or death. While waiting for help to arrive, here are some immediate first-aid measures:

- Get the person to a shaded area.
- Remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating.
- Apply ice packs to the groin and armpits.
- Have the person lie down in a cool area with their feet slightly elevated.
- Cool the person rapidly however you can. Intravenous (IV) fluids are often necessary to compensate for fluid or electrolyte loss. Bed rest is generally advised and body temperature may fluctuate abnormally for weeks after heat stroke.

How can heat stroke be prevented?

- Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice. Avoid caffeinated tea, coffee, soda, and alcohol, as these can lead to dehydration.
- Wear lightweight, tightly woven, loose-fitting clothing in light colors.
- Schedule vigorous activity and sports for cooler times of the day.
- Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.
- Increase time spent outdoors gradually to get your body used to the heat.
- During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.
- Try to spend as much time indoors as possible on very hot and humid days.
- Never leave children or pets in closed cars on warm or sunny days.

If you live in a hot climate and have a chronic condition, talk to your doctor about extra precautions you can take to protect yourself against heat stroke.

Source: http://www.hopkinsmedicine.org/healthlibrary/conditions/non-traumatic_emergencies/dehydration_and_heat_stroke_85,P00828/



Visit CommonHealth Online!

www.commonhealth.virginia.gov

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

