

★ New Enhanced Look! WELCOA Expert Content! ★



THE WELL WORKPLACE

HEALTHLETTER

Health Information As If
Your Employees' Lives
Depended On It!

NORTH AMERICA'S FINEST EMPLOYEE HEALTHLETTER

29¢
per copy



★ A PUBLICATION OF THE WELLNESS COUNCILS OF AMERICA ★

Promote Improve Enhance

The Well Workplace is ideal for:

- ★ Manufacturing Companies
- ★ Health Care providers
- ★ Public and Private Schools
- ★ Towns, Municipalities & Government Agencies
- ★ Non-Profit Organizations
- ★ Public and Private Utilities
- ★ Financial and Insurance Companies
- ★ Any organization that's concerned about their employees' health!

Covers ALL Aspects of Health

- ★ Exercise
- ★ Nutrition Facts & Recipes
- ★ Wellness Topics
- ★ Work and Family
- ★ Self-Care
- ★ Personal Finance

It's An Easy Read

- ★ Speaks to Employees Needs
- ★ Holds Your Attention
- ★ Infused with Fresh, New Energy
- ★ 8 Full-Color Pages
- ★ Excellent Graphics
- ★ Promotes Positive Lifestyle Changes

Research Backed By Experience

- ★ Partnership with Prestigious Fisher Institute for Wellness
- ★ Reviewed by a Medical Advisory Board for Content and Clarity

Make It Look Like Your Own Healthletter

- ★ Personalize the Cover and Back Masthead
- ★ Add Your Own Article
- ★ Completely Customizable

Self-Response Employee Health Productivity

Check This Out!

- ★ Enhanced Readability!
- ★ Useful Tips To Stay Healthy!
- ★ WELCOA Expert Content!



Responsibility, Health and Safety!

VOL. 9 | NO. 3 health | self-care | work & family | finance | exercise

HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT

THE WELL WORKPLACE HEALTHLETTER

Healthy Recipe... 2
Physical Activity... 3
Get That Body Moving... 4-5
Self-Care... 6
Financial Wellness... 7

A Public Of The W Councils Of

The Whole Grain Quiz:

True or False: Bread that is darker in color means it is made from whole grains.
False. The color could be from the inclusion of molasses, caramel coloring or other artificial colorings.

True or False: Reading the label is a good way to determine if the food is made from whole grains.
True. The first ingredient of whole grain foods should include the words whole wheat, whole rye, oats, whole-grain corn, oatmeal, wild rice, brown rice, graham flour or bulgur. Another important...

Whole vs. Organic

What's The Difference?

Organic food is a more familiar term with a clearer meaning. Organic foods have specific standards on how the food is produced, handled, processed, and marketed. Farming organically is a production process that avoids or mainly excludes using synthetic fertilizers and pesticides. Labeling a food as organic is describing the food based on the process in which it was made and not the product itself.

Fresh fruits and vegetables are the easiest examples of whole foods. They are naturally grown and haven't had nutrients removed from them. Whole grains are another common whole food, available in a variety of forms. Breads and cereals are the most common source of...

A HEALTHY RECIPE BY RICHARD COLLINS, MD

Hummmus Veggie Wrap



Hummmus Veggie Wrap

Measure	Ingredients	Preparation
2	fat free 10-inch tortillas	Spread the cream cheese over one tortilla, placing the second tortilla on top of the cream cheese. Spread the hummus on top of the second tortilla. Sprinkle with the chopped tomatoes, onions, lettuce, parsley and salsa. Roll up tortilla and wrap tightly with plastic wrap. Chill to firm up the cream cheese. Slice in half, making two 5-inch wraps. Remove plastic and serve.
4 Tbsp	softened fat-free cream cheese	
4 Tbsp	pureed garbanzo beans (a.k.a. "hummus")	
1	small tomato, chopped	
1	green onion, chopped	
1/2 cup	shredded leaf lettuce	
2 Tbsp	fresh Italian parsley	
2 Tbsp	salsa of choice	

Number of Servings: 2

Nutritional Analysis
Calories 262, Fat 4g, Cholesterol 5mg, Protein 17g, Sodium 937mg, Carbohydrate 47g

Workout Pain

It's a nice day and you've fallen off your exercise bandwagon (ok it's been since February). Time to make up for that with a nice 5 mile run, followed by some sit ups and push ups, just enough to get back into things. Two days later and you can't even get out of bed due to muscle soreness—what were you thinking! We often encounter delayed muscle onset soreness (DOMS) a few days after a workout but what is it and is it a sign of a "good" workout?

DOMS is thought to be a result of small tearing of muscle fibers—the amount of tearing depends on how hard and long you exercise and what type of exercise you do. Activities in which muscles contract tend to cause the most soreness. Activities such as running downhill, lowering weights, and performing the downward movements of squats and push-ups can cause DOMS.

Dealing With Soreness

Let's say you overdo it one weekend. Most experts state the soreness will go away in 3 to 7 days with no special treatment. But there are some things you can do that may reduce the soreness and speed your recovery.

First, avoid any activity that increases pain, but you can still workout. By doing low-impact activities such as biking or walking, blood flow can be increased in the muscles, which may help soreness.

Applying ice, gentle stretching, and massaging the affected muscles can help. Also, non-steroidal anti-inflammatory medications like aspirin or ibuprofen may reduce the soreness temporarily, though they won't actually speed healing. Finally, allow the soreness to subside before vigorously exercising, and stretch and warm up beforehand. If pain lasts longer than about 7 days or increases despite these measures, consult your physician.

SOURCE - Physician and Sports Medicine, 1998

PHYSICAL ACTIVITY

Rest, Ice, Compression, Elevation (RICE)

As soon as possible after an injury, such as an ankle sprain, relieve pain and swelling with RICE—Rest, Ice, Compression, and Elevation.

Rest. Stop, change, or take a break from any activity that may be causing your pain or soreness.

Ice. Apply an ice pack immediately to prevent swelling. Apply 10 to 20 minutes, 3 or more times a day. After 48 to 72 hours, if swelling is gone, apply heat to the area that hurts. Do not apply ice or heat directly to the skin. Place a towel over the ice pack before applying it to the skin.

Compression. Compression with an elastic bandage will help decrease swelling. Don't wrap it too tightly, since this can cause more swelling below the affected area. Signs that the bandage is too tight include numbness, tingling, increased pain, coolness, or swelling in the area below the bandage.

Elevation. Elevate the injured area while applying ice to help decrease swelling. Elevate the area above the level of the heart to help decrease swelling.



What want
get bored
when you
no excuses
rewarding for you
has those things. If
their exercise becomes
have to do.

ORDERING INFORMATION

IT'S EASY TO ORDER!

- PHONE** 402.827.3590 (8am-5pm CST, Mon-Fri)
FAX 402.827.3594 (24 hours, 7 days a week)
WEB www.welcoa.org/store
MAIL **WELCOA**
 9802 Nicholas Street, Suite 315
 Omaha, NE 68114

INVOICING

- Orders above 100 can be billed monthly or annually. Terms are net 30 days.
- Shipping and handling fees will apply.
- 45 days written notice is required for any changes or cancellations.

SHIPPING OPTIONS

- Direct shipment.
- Home mailing (200 minimum). Call for details.

PERSONALIZATION OPTIONS

Check all that apply. Must order a minimum of 100 Healthletters. A one-time \$99 personalization set-up fee is billed to the first invoice.

Personalized cover and back page masthead

(Please choose one of the following options)

- 1-color masthead (eg. black only) \$99/per issue
- 1-color masthead - other than black (eg. red only) \$139/per issue
- 2-color masthead (eg. black + red) \$186/per issue
- Full-color masthead (eg. black + red + blue) \$595/per issue
- Front page left column** \$139/per issue
Up to 150 words.
- Back page left column** \$149/per issue
Up to 400 words.
- Customization** Quote
Simply call our CUSTOM hotline at 402.827.3590 and our dedicated production team will provide you with a personalized quote.

SOME OF THE COMPANY WE KEEP

Healthcare Systems

- ★ Southern Illinois Healthcare
- ★ West Virginia University Hospitals

Financial and Insurance Services

- ★ American Century
- ★ Northwestern Mutual

Industrial and Manufacturing

- ★ Crown Equipment Corporation
- ★ Smurfit-Stone Container Corporation

School and Universities

- ★ Pinellas County Schools
- ★ Blue Earth Schools

Government Entities

- ★ Minnesota Department of Transportation
- ★ City of Mesquite

Your Preferred Client ID is: ESTORE

YES!

I want *The Well Workplace* Healthletter for my employees for only 29¢ per copy.

Quantity: _____
 Minimum quantity of 10

Number of Times per Year: (CHECK ONE)

12/year 6/year 4/year Other _____

Starting Month: _____

Shipping: (CHECK ONE)

Qty. of 10-249 = \$7.50 Qty. of 250+ = 4¢ per Healthletter

Billing: (CHECK ONE)

Annually (All orders under 100 automatically billed annually)

Per Issue (Available for all orders over 100)

All orders totaling \$100 or less must include a credit card number or purchase order number.

Purchase Order # _____

Credit Card: Visa MasterCard American Express

Credit Card # _____

Signature _____ Exp. _____

TEST DRIVE!

Send me 100 copies of *The Well Workplace* Healthletter to give to my employees for only 29¢ per copy plus shipping and handling. My credit card or purchase order number is included.

CONTACT INFO:

COMPANY NAME _____

CONTACT _____ TITLE _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

FAX _____

E-MAIL _____

SHIP TO: (IF DIFFERENT THAN ABOVE)

COMPANY NAME _____

CONTACT _____ TITLE _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

FAX _____

E-MAIL _____

BILL TO: (IF DIFFERENT THAN ABOVE)

COMPANY NAME _____

CONTACT _____ TITLE _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

FAX _____

E-MAIL _____

