

National Cholesterol
Education Month

National Ovarian & Prostate
Cancer Awareness
Month

B. INFORMED

SEPTEMBER 10

A Monthly Publication From The Wellness Division Of The Benecon Group & ConnectCare3

*"The strength of the
Pack is the Wolf, the
strength of the Wolf
is the Pack."*

- Rudyard Kipling

B. ACTIVE

Old school workouts are back and it appears that training routines are cyclical. Years ago everyone was doing push-ups, pull-ups and sit-ups in order to get in shape. The trend in exercise shifted to aerobic classes then trainers promoted free weights, followed by customized machines for circuit training. Now it is popular to participate in boot camp type exercise classes, which brings training routines full circle. The lesson here is not that one type of exercise is better than another, but that just as people crave change in everyday life, your body craves change too! Your exercise program should change every 3 months in order to maintain effectiveness. It does not always have to be a drastic change. Mix up the order of your exercises, change sets and reps or try a new type of activity.



B. PACKED

Children are heading back to school! Be sure your child is not carrying a backpack that is too heavy for their body to support. A good rule of thumb is that backpacks should weigh no more than 15% of a child's body weight. For example, if your child weighs 97 pounds, their backpack should only weigh 14 pounds. If your child is unable to lighten their backpack to an acceptable weight by removing unnecessary items, consider buying a backpack with a handle and wheels.



B. PREPARED

You have finally done it. You called the doctor, made the appointment and you are on the way to the office. Do you know what questions to ask your doctor? Will you even ask any questions you may have? No one knows your body as well as you do. Help your doctor treat you effectively by being prepared for your office visit and asking questions. Our nurse navigators at ConnectCare3 have prepared a helpful newsletter which can guide you as you prepare for your doctor visit. To access the newsletter, go to www.connectcare3.com click on CC3 newsletters and read the June newsletter. It is filled with great information that will help you get the most out of your next doctor visit.



B. SLEEPY

Eating before bed can interrupt your sleep depending on what you choose for that late night snack. Having protein, like milk, before bed can raise alertness and fats can make you feel too full. Try a light snack like popcorn without the butter if you are craving a late night snack.

LMS
Leasing Management Sales
LMS
Commercial Real Estate

www.LMS-PMA.com

Mark My Words

Question:

Why should I take the time to fill out a Health Risk Assessment?

Abby P.

Answer:

A Health Risk Assessment (HRA) can be an awesome tool when filled out accurately. Do you answer the questions honestly? I will often hear people say they do not want to answer the questions because they are afraid that their company will use the information against them in some way. What people fail to realize is that a third party administers the assessment. Each respondent is assigned a number which protects their identity. In addition, you as an employee are protected by many laws that prevent companies from using any information collected by the HRA against you.

If the assessment determines you are in a risk category, your information will be forwarded to a case manager that may contact you to see if you want help. You will then have the right to accept their help, refuse their help or request no further contact.

I think the real problem is that most people do not want to answer the questions honestly because they are fearful of the results. This attitude reminds me of the old adage: out of sight, out of mind. People don't want to know if something is wrong because then they will feel compelled to do something about the problem. This can be a dangerous and costly way to live.

Answering the questions honestly gives a snapshot of where you may be at risk for a chronic disease or illness. The earlier those diseases and illnesses are detected, generally the more favorable the outcome.

Mark

B. MINI

In the morning, many commuters like to stop by the coffee shop to grab a quick cup of java and a bagel for breakfast. That's healthy right? Not always. Most of the

bagels that are found in a coffee shop are large and contain up to 350 calories. That's before adding the cream cheese or butter. Next time try a mini bagel that has approximately 100 calories instead.



B. REGULAR



Did you know that regular moderate exercise can:

- ◆ boost your immune system
- ◆ lower blood pressure, cholesterol levels and the incidence of type 2 Diabetes
- ◆ decrease the symptoms of depression
- ◆ reduce the risk to chronic disease and illness
- ◆ improve your mood and enhance your mental skills

B. NUTRITIOUS



Cranberry Pancakes (makes 2 servings)

INGREDIENTS

1/2 cup fresh cranberries
2 tablespoons whole-wheat flour
1 tablespoon sugar
1/8 teaspoon salt
6 tablespoons nonfat milk
2 tablespoons pasteurized egg substitute, such as Egg Beaters

1/4 cup all-purpose flour
1 tablespoon yellow cornmeal
1/2 teaspoon baking powder
1/8 teaspoon ground nutmeg or
1/4 teaspoon vanilla extract
1 1/2 teaspoons walnut or canola oil

COOKING DIRECTIONS

Step 1 Bring 2 inches of water to a boil in a small saucepan. Add cranberries; boil for 2 minutes. Drain and cool for 5 minutes.

Step 2 Meanwhile, whisk all-purpose flour, whole-wheat flour, cornmeal, sugar, baking powder, salt and nutmeg (if using) in a large bowl.

Step 3 Whisk milk, egg substitute, oil and vanilla (if using) in a small bowl until combined.

Step 4 Coarsely chop the cranberries; stir into the milk mixture. Stir the milk mixture into the dry ingredients just until combined.

Step 5 Coat a griddle or large nonstick skillet with cooking spray; heat over medium heat. Using 1/4 cup of batter for each pancake, cook 2 pancakes at a time until bubbles dot the surface, 2 to 3 minutes. Flip and continue cooking until browned, 1 to 2 minutes more. Repeat with the remaining batter.



If you have a question you would like answered please contact me at mkrug@benecon.com.
www.benecon.com
www.connectcare3.com