

Be Well !

The Buzz

Employee Wellness takes Center Stage

There are many aspects to being healthy, and just as many ways for individuals to focus on their overall wellness. Be Well is your worksite source for wellness services & resources to improve the quality of your life.

Be Well has many programs and resources to help you be well and live well. This month's issue of "The Buzz" highlights on-line resources to help you get informed and stay motivated!

HRA (Health Risk Assessment) - a free tool for you to better recognize areas in your life that impact your health and well-being. All information you submit is **confidential**:
wellcall.com/login/member_login.aspx

On-line check up - Offered through the US Department of Health & Human Services, this tool covers topics from A to Z including a calculator for daily caloric needs: healthfinder.gov

Food Pyramid - Learn more about how to eat a healthy and balanced diet: mypyramid.gov

BMI Calculator - Plug in your weight and height and learn your Body Mass Index (the effect body weight has on disease and death). As BMI increases, the risk for some disease increases:
pbs.org/americaswalking/health/bodymass.html

High Blood Pressure - Learn about your risk for stroke and steps to lower your risk: beaty-ourrisk.com/#

Make Your Calories Count! - an interactive learning program with information to help plan a healthful diet while managing calorie intake:
cfsan.fda.gov/~ear/hwm/labelman.html

Hot links for these and other resources can be found soon on your worksite intranet:

Just look for **Be Well!**



Don't leave your health to chance! Take charge of your wellness.

March is National Nutrition Month®

The American Dietetic Association celebrates National Nutrition Month® in March with a focus on Fad Diets. The American Dietetic Association defines "food fads" as "unreasonable or exaggerated beliefs that eating (or not eating) specific foods, nutrient supplements or combinations of certain foods may cure disease, convey special health benefits or offer quick weight loss."

Be Well advises that you watch for big claims: If it sounds too good to be true, it

probably isn't true. The FDA backs this up and cautions consumers to be wary of any product or program that uses the following words: easy, effortless, guaranteed, miraculous, magical, breakthrough, new discovery, mysterious, exotic, secret, exclusive & ancient

Be Well suggests that you take the time to get informed about the facts of good nutrition and healthy diets and focus on balance, variety, and moderation!



Volume 1, Issue 1

March 2007

Take the HRA Challenge:

The worksite with the greatest percentage of participation in the HRA from January through April, 2007 will win a "Relaxation Week" for their worksite complete with chair massages, aroma therapy, stress balls & more!

Health Tip!

Napping three times a week for an average of 30 minutes is good for your heart.

Research has shown that there are health benefits to closing your eyes or putting your head down for as little as 5-10 minutes a day.

Be Well !

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An EHHD Wellness
Program

Coming soon to your
intranet!



Be Well is an employee wellness program provided through the Eastern Highlands Health District. It was developed in cooperation with and supported by the Town of Mansfield, Region 19 School District, Mansfield School Board, and the Mansfield Safety and Wellness Committee. The goal of this wide-ranging program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

If you have ideas or suggestions on how Be Well can better meet the needs of your workplace, please call or email our program.

Savory Baked Fish

6 Servings

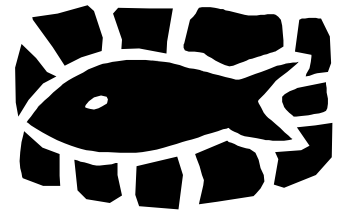
2 lb fish fillets	1/4 tsp salt
1 Tbsp fresh lemon juice	1/4 tsp onion powder
1/4 cup low-fat milk	1/2 cup crumbled cornflakes or whole grain bread crumbs
1 tsp fresh garlic, minced	1 fresh lemon, cut in wedges
1/4 tsp white pepper, ground	

1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk and garlic.
4. Combine pepper, salt and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat on both sides with seasoned crumbs. (leave in crumbs until coating sticks to each side of fish)
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes

Serve with brown rice pilaf, glazed carrots & snow pea pods

Nutrition Facts per Serving:

Calories: 183
Total fat: 2 g
Saturated fat: 1 g
Cholesterol: 80 mg
Sodium: 325 mg
Fiber: 1 g
Protein: 30 g
Carbohydrate: 10 g
Potassium: 453 mg



Fish is a good source of Omega-3
fatty acids

From US Department of Health and Human Services www.healthierus.gov/dietaryguidelines

Active Living Tip:

Being active includes more than just 'exercise':

Up your activity level each day: If you watch TV, get up at *every* commercial break and move! Try stretching, turning on music & dancing, or going up and down the stairs a half dozen times.