

Be Well !

# The Buzz

## And the Winner Is...

A friendly competition between worksites would not normally be the topic of our main page article, but the recent Health Risk Assessment challenge has been anything but normal. While there was no bloodshed, there were tears shed (mine alone?) over the complications a few faced trying to log on and take the assessment. Mostly, it was just sheer excitement over the numbers of employees willing and ready to participate in the personal Health Risk Assessment.

There were as many employees who took the Health Risk Assessment from January 2007 through April 2007 as did the *entire* previous year! And it was about even between each major worksite for participation. Unfortunately, there were enough employees from every worksite who experienced difficulties in taking the HRA, that it would not be fair to judge the competition by

just those who completed the assessment.

So, in the name of fairness, **each worksite** is hereby designated as a 'winning worksite' in our HRA Challenge! We will be working with your worksite administration to schedule several days of "Relaxation" for those who participated or *tried* to take the HRA.

Although we had an 'end date' for our challenge, the Health Risk Assessment is available every day of the year to employees. Please consider taking the assessment- both to gain an objective view of your overall health and to provide Be Well (your employee wellness program) aggregate data. If you experience any problems logging onto the assessment, please email [info@wellcall.com](mailto:info@wellcall.com) or Be Well and we will do our best to work with you to resolve the issue.



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### BIKE TO WORK WEEK

May 14 - 18

Make a plan, know your routes, find a buddy to inspire you to ride to work on a bike (and we'll all hope for good weather!)

#### \*Bike to Work Day\*

will be celebrated at the Town Hall on Friday May 18th



## May is (among *many other things*) National Bike Month!

We all probably know an avid bike rider or two; many of us work with several. This article is not for them, it is for you! May is the perfect time of year to dust off your bicycle, oil the chain and go for a ride.

**Riding for pleasure:** There are many places in our community that are safe and enjoyable to ride a bike. For novice riders, try some of the rail trails and other park trails. The EHHD brochure "Opportunities for Physical Activity and Heart Healthy Dining" highlights many areas in our community that are suitable for riding a bike; it is available on-line ([www.ehhd.org](http://www.ehhd.org)) or by request from Be Well.

**Riding for transportation:** Can your bike factor into your daily commute (or even the trip to the bank or store)? Only you can determine that, but here are a few tips for keeping an open mind about the possibility: WRTD busses have racks for bikes (10 tickets are \$10; Mansfield residents can get a FREE annual pass); the Mansfield Community Center has fabulous locker room facilities (join for the summer to

shower after riding your bike to work?); the current cost of gasoline could mean a significant savings (and might even pay for that MCC membership); and a 20 minute ride to work could eliminate your need to *squeeze* in an exercise routine.



Is it time to "get on your bike and ride"?

#### TIPS FOR EVERY BIKE RIDER

- ⇒ Be safe (wear a helmet, ride on the right, know *and* follow all rules of the road)
- ⇒ Be predictable (use hand signals)
- ⇒ Be visible (wear light, bright or reflective clothing)

### Health Tip!

Breathing deep and slow can be a boost to your physical and emotional state. Although frequently associated with Eastern medicine, most people can benefit from daily breathing 'focus sessions'.

#### Focus on Breathing:

- > Sit up straight
- > Take a deep breath
- > Hold for 5 seconds
- > Exhale slowly
- > Repeat 5-10 times



## Be Well !

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An EHDH Wellness  
Program

Be Well is on your  
worksite intranet!



Your surveys indicated  
this might help...

## Need help with dinner?

Join the Be Well

### TAKE AND BAKE CLUB

Be Well will offer a new menu each week, employees can 'order' the number of servings they need of each meal, and ingredients will be brought to the 'club' meeting for employees to put together their dinners in a snap, take them home and bake when needed. A nominal fee per serving will be charged to cover the cost of ingredients. To view the current menu and select a club meeting, contact Be Well!

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 program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

### HRA Challenge Winners:

MBOE TOWN REGION 19

'Thank You' to all who participated

## Lentil & Rice Bake

8 Servings

**\*\*THIS RECIPE CAN BE MADE IN A SLOW COOKER OR IN THE OVEN\*\***

(and if you are not a 'lentil eater', the taste will surprise you!)

- 1 1/2 cups lentils
- 1 cup brown rice (not quick cooking)
- 2 small onions, chopped
- 2 14.5 oz cans of low fat chicken or vegetable broth OR  
2 cups boiling water with 4 chicken bouillon cubes
- 1 3/4 cups water
- 1/2 cup wine (white or red)
- 1 T Italian seasoning
- 1 tsp garlic powder
- 1 1/2 cups shredded Mozzarella cheese

Slow Cooker Directions: Place all ingredients EXCEPT the cheese in the slow cooker, and stir. Cook on high for 4 hours ; top with cheese and allow to melt before serving.

Oven Directions: Mix all ingredients in a 9x13 pan EXCEPT the cheese. Bake uncovered for 90 minutes. Sprinkle on cheese and bake 10 minutes.

Serve with steamed vegetables and a fresh garden salad.

### Nutrition Facts per Serving:

Calories: 315  
Total fat: 6 g  
Saturated fat: 3 g  
Cholesterol: 24 mg  
Sodium: 280 mg\*  
Fiber: 8.4 g  
Protein: 17 g  
Carbohydrate: 36 g

\*reduce the sodium by using low sodium broth



You don't have to be a vegetarian to enjoy a 'meatless' meal. Combining whole grains with dairy or legumes provides a complete protein and a nutritious meal!

## Active Living Tip:

Vary your fitness activities. Try different things! If you always do what you have always done, you will always be what you have always been.