

Be Well !

# The Buzz

## Choose Your Cover

It is just not the same sun anymore... Gone are the days of lathering yourself with baby oil and laying by the pool or on the beach all day (or all weekend). We now know that there is a direct link between exposure to Ultraviolet Radiation (from the sun) and skin cancer. We also know that skin cancer results in over ten thousand deaths each year.

Some unlikely partners have come together in recent years to help educate Americans on the dangers and implications of sun exposure including the American Academy of Dermatology, the Center for Disease Control and Prevention, the Food and Drug Administration, the Environmental Protection Agency, and the National Cancer Institute. All of these agencies have the same basic message: limit exposure to Ultraviolet Radiation (sun & tanning beds) throughout your life to reduce your chance of skin cancer. Sunscreen and shade are not just for the kids!

When spending an extended time outside, consider all of these ways to minimize sun exposure:

**Sun Glasses:** go for ones that wrap around and provide 100% UVA & UVB protection

**Shade:** although it does not provide complete protection from UV rays, it helps minimize exposure. Bring a collapsible umbrella for personal shade wherever you go!

**Hats:** provide some coverage of your head, face and neck if you pick one with a wide brim

**Clothing:** long sleeves and long pants can be cool and comfortable—keep them loose and light-weight for extended protection in the sun

**Sunscreen:** use SPF 15 or above, and apply 20 minutes before going out into the sun; re-apply every 2 hours, but do not rely *only* on sunscreen to protect you from UV rays



Protect the skin you're in...CHOOSE YOUR COVER!



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Did You Know...  
Be Well has many pamphlets on a myriad of topics for you to request?

Topics include:

- ◆ Nutrition
- ◆ General Health
- ◆ Fitness
- ◆ Stress

### Health Tip!

#### Stressed?

Although stress in your life is unavoidable and even helpful (it helps you perform at your peak); constant or extreme stress can inhibit your immune system and lead to illness, while chronic stress can lead to depression or anxiety.

Learn what causes stress in your life and how to address it for better health!



## June 11 - 17 is National Men's Health Week

Men, you know you have special considerations when it comes to your health. The month of June is Men's Health Month & a good time to take a look at your health behaviors. Did you know that men have a higher rate of death than women for heart disease, cancer, stroke and accidents?

How do you rate on these basic prevention strategies:

- ⇒ I have had a physical in the past year
- ⇒ I have seen a dentist in the past year for a cleaning and examination
- ⇒ I know the ABCDs of melanoma detection and check my moles regularly
- ⇒ I know my blood cholesterol & triglyceride levels and keep them within the normal range
- ⇒ I have had my blood pressure checked in the past year and keep it at a healthy level
- ⇒ I wear my seatbelt (or helmet) when driving & drive within 5 mph of the speed limit

### Request your FREE copy of *Blueprint for Men's Health*

This 70+ page book discusses the factors that increase health risks, shows how to recognize symptoms, and gives practical, easy-to-implement prevention strategies. It discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions effecting men.

Available FREE from Be Well.

Request your copy by phone or email today!

## Be Well !

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An EHHD Wellness  
Program

Be Well is on your  
worksite intranet!



## TAKE AND BAKE DINNER 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.

## STRESS BUSTERS

1. Know & identify your stressors
2. Make changes to address those that can be dealt with
3. Learn and use stress reducing techniques
4. Get help or support for sources of stress that you cannot deal with on your own

## Chicken Florentine

8 Servings

8 skinless, boneless chicken breasts  
16 oz spinach (fresh or frozen)  
8 oz shredded cheese (Swiss or Mozzarella)  
15 oz can tomato sauce or diced tomatoes  
1 T Italian seasoning  
Dash of garlic powder

1. Pound chicken breasts until flat and half original thickness.
2. Mix shredded cheese and spinach in a bowl.
3. Place 1/8 of spinach & cheese mixture in the center of a chicken breast and roll chicken around the filling. Place fold-down on a 9x13 baking dish.
4. Repeat step 3 for remaining chicken breasts, leaving space between each breast on the baking pan.
5. Mix sauce with seasonings and pour over chicken breasts
6. Bake at 400 degrees for 25 minutes

Serve with whole wheat angle hair pasta and a fresh garden salad.

Nutrition Facts per Serving:

Calories: 245  
Total fat: 8 g  
Saturated fat: 4 g  
Cholesterol: 91 mg  
Sodium: 288 mg\*  
Fiber: 2 g  
Protein: 37 g  
Carbohydrate: 7 g

\*To reduce the amount of sodium, use a low sodium tomato sauce



Dark green leafy vegetables provide important nutrients for your body that are hard to find elsewhere.

## Active Living Tip:

Practice good posture while at your computer; sit tall, contract your stomach muscles firmly to support your spine and try to also relax the shoulders while lengthening your neck.