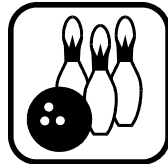


Be Well!

The Buzz

Drop the Ball: Summer weight loss challenge

FACT: The average man's bowling ball weighs 15 pounds.



FACT: If you are overweight (or obese) a 15 pound loss has significant health benefits.

FACT: Reducing your daily calorie intake by 300 to 500 calories and participating in 30 minutes of physical activity most days can result in a weight loss of 1 pound a week (for a total of 15 pounds from July through September)

Join the Challenge!

Teams can sign on by emailing *Be Well* with your team members' names & email addresses. Please limit teams to 5 members. Teams provide a source of encouragement and accountability

Individuals can be a 'team' (if you would rather join as a singleton)

The **Team Captain** will be asked to report in each week via email to record each member's progress.

Weekly updates will be emailed to all participants on overall 'team' progress along with tips and motivations .

Individual nutrition analysis and counseling by a Registered Dietitian available on request at no charge.

Start the Fall season lighter & healthier!



Volume 1, Issue 5

July 2007

Tour de Mansfield

July 14

5 mile Family Ride
~~~

20 & 40 mile  
Challenge Rides  
~~~

t-shirt, lunch & community fun!

****EMPLOYEE DISCOUNT ****

Registration forms available at the Town Hall & the MCC. Get a \$5 discount on your registration (individual or family): write 'EMPLOYEE' & your **WORK SITE** in the upper right corner of the registration form.

July: Stay safe in the Summertime

When working outdoors over the summer, it is important to take precautions and be aware of heat-related illnesses:

Heat Exhaustion: Due to the body losing too much fluid and/or sodium; **do not** give salt tablets to someone with symptoms such as:

dizziness, weakness, fatigue, headache, nausea

Heat Stroke: a *Medical Emergency!* Seek medical attention immediately. Symptoms include:

Body temp of 105° or greater; skin that is hot, dry, or red spotted; mental confusion; loss of consciousness; convulsions

Know the symptoms for heat exhaustion & heat stroke for yourself and for family & co-workers. Be aware on H³ days (hot, humid, hazy) that you need to be proactive to stay safe.

AVOID Heat-related illness:

- ⇒ Increase water intake
- ⇒ Take frequent rest breaks
- ⇒ Wear light, loose clothes
- ⇒ Avoid consuming alcohol

Another summertime health concern is **Lyme Disease**. Remember to check for ticks anytime you have been outside around brushy and shaded areas. Infected deer ticks that are removed early have little risk of transmitting Lyme disease. If you find a deer tick that is engorged, it can be brought to the Eastern Highlands Health District for testing (see www.ehhd.org for instructions).

Health Tip!

A positive attitude affects your health and well being. People with a positive outlook on life are sick less often and heal quicker than those with a negative attitude. Not sure if you are a 'positive' person? Ask two people you work with and two personal friends their opinions. **You can** become more positive! Need help? Ask *Be Well*.

Be Well !

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Mansfield, CT 06268

Phone: 860.429.3361
Fax: 860.429.3321
Email: be_well@mansfieldct.org

An EHHD Wellness
Program

Be Well is on your
worksite intranet!



SUMMERTIME EMPLOYEE DISCOUNTS & PROMOTIONS

\$20 OFF one visit to a personal trainer at the Mansfield
Community Center

\$5 OFF Tour de Mansfield registration fee

<< Contact Be Well for details >>

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.

Be Well has great resources for employees:

- >> Pamphlets on many wellness topics
- >> Men's health resource books

Sent to you FREE on request!

Vegetable Enchiladas

16 enchiladas

1 large onion, diced	2 cloves garlic, diced
1 lb. fresh green beans, diced	2 med. Zucchini, shredded
2 med. Carrots, shredded	2 tsp cumin
32 oz low sodium tomato sauce	2 tsp chili powder
¼ cup cilantro, chopped	2 cups shredded Jack Cheese
16 low fat, whole wheat flour tortillas	

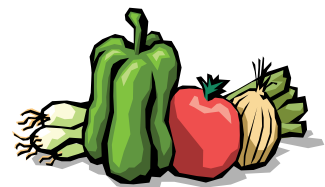
1. In a large pan, sauté onion & garlic for 5 minutes. Add chopped green beans, cover and simmer until tender.
2. Add shredded zucchini and carrot; stir to mix well. Cover and simmer for 5-7 minutes until tender. Remove from heat.
3. Add ¼ cup tomato sauce to vegetables and mix well. Mix in cumin and cilantro.
4. In a tortilla, place about 2 T of cheese in a line down the middle; add a spoonful of vegetable mix, and roll up. Place seam-side down on a non-stick baking dish. Repeat for all tortillas.
5. Spread the remainder of the tomato sauce mixed with the chili powder on top. Sprinkle with any remaining cheese.
6. Bake at 350 for 30-40 minutes

Serve with black beans with corn and red pepper & Mexican rice

Nutrition Facts per enchilada:

Calories: 215
Total fat: 8 g
Saturated fat: 3.5 g
Cholesterol: 12 mg
Sodium: 400 mg*
Fiber: 5 g
Protein: 8 g
Carbohydrate: 27 g

* reduce sodium content by selecting low sodium cheese & tortillas



Summer is a great time to incorporate fresh vegetables into your main dish—add color, taste, fiber & nutrients to your meal!

Active Living Tip:

Overall fitness can be enhanced by everyday activities if you are deliberate in your actions. Focus on stretching, lifting, and moving with *intent* when cleaning the house or doing yard work