

Be Well !

The Buzz

The Culprit & the Cure

Are you looking for a common sense approach to motivate you to take better care of yourself? A new book available for loan through Be Well, 'The Culprit and the Cure', will take you through the process. First, The Culprit: Lifestyle Choices. Author Steven Aldana puts in clear language daily choices in America (and most likely in your life) that affect your health. Moving from "Why" to "What" to "How" he helps the reader get a clear understanding

of the culprit of our un-healthy lifestyle. Aldana shares solid research regarding the risks and benefits of lifestyle choices (primarily food and activity). Then, The Cure: transforming that lifestyle to help you feel better and be in charge of your life. Non-judgmental and clear tips on how to identify and overcome the barriers to healthy eating and active living in your life .

Request a copy from Be Well today!



Be Well Refresher Programs

Refresh your knowledge, rejuvenate & energize your wellness at Be Well Refresher programs!

Make plans to join us at our Summer BLAST for wellness. Attend one or all four of the following programs at the Town Hall. The sessions are from noon to 1 with a light lunch provided. There is no fee to attend; reservations are required.



August 9—Stress Busters with Crystal Park, Associate Professor (Clinical Psychology) at the University of Connecticut

August 23—Ergonomics in the Workplace

September 6— Getting a Handle on Headaches

September 13—Sit & Fit (Staying active while sitting at work!)



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Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power.

Clint Eastwood

Health Tip!

Dark Chocolate Power

There have been multiple reports recently about the potential health benefits of dark chocolate. Here's another to add to the list:

Researchers in Germany report that as little as 1 Hershey Kiss worth of dark chocolate a day can lower blood pressure in pre-hypertensive individuals.

(That's an easy pill to swallow!)

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An EHHD Wellness
Program

Be Well is on the world wide web!
www.ehhd.org
Look under Health Promotion for
Be Well!



Never too late to know the score...

TAKE YOUR HRA TODAY!

The HRA is a tool for you to better recognize areas in your life that impact your health and well-being. The HRA takes about 10 minutes to complete, is free, and you get the results the same day! All information you submit is confidential, and will only be used as aggregate data. Call or email Be Well to get started.

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.

Have you contacted a "Health Coach"?
It is a FREE Employee Wellness Service
through WellCall!

(888) 493-5522
9 am - 9 pm Eastern time

Chicken Broccoli Roll-ups

8 skinless, boneless chicken breasts
16 oz broccoli (fresh or frozen)
8 oz shredded Cheddar cheese
1 tsp of nutmeg
Dash of garlic powder

1. Pound chicken breasts until flat and half original thickness.
2. Mix shredded cheese and broccoli in a bowl. Toss with nutmeg.
3. Place 1/8 of broccoli & 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. Sprinkle remaining broccoli/cheese mixture around chicken.
6. Bake at 400 degrees for 25 minutes.

Serve with brown rice pilaf , peas & carrots and a garden salad.

8 Servings

Nutrition Facts per serving:

Calories: 278
Total fat: 13 g
Saturated fat: 7 g
Cholesterol: 103 mg
Sodium: 190 mg
Fiber: 3 g
Protein: 36 g
Carbohydrate: 4 g



Poultry can be a good source of lean protein in your diet if you remove the skin & visible fat.

Active Living Tip:

The benefits to being active are numerous but make sure you *take care of your body*: get clearance from your health care provider, follow safety rules, start slow, and increase intensity or time gradually.