



The Buzz

Challenge Your Comfort Zone

Is it time to shake up your routine a bit? This month, take a look at your physical activities and your diet, and take control! If you are still on the fence about how important lifestyle (activity and nutrition) is to your overall health and wellness, read "The Culprit and the Cure" by Steven Aldana. *Be Well* has this book for loan, and it is full of compelling reasons to look at your lifestyle and make a few changes for the better. If you think you are ready to make some changes but are not sure where to start, Aldana gives these simple nutrition goals as a primer:

- Drink water before a meal
- Eat only half of your dessert
- Avoid food portions larger than your fist
- Eat off smaller plates
- Skip seconds
- Don't skip meals
- Eat before grocery shopping
- Make a grocery list before you shop
- Choose fruit for dessert
- Top your favorite cereal with fruit
- Try brown rice or whole wheat pasta
- Limit yourself to one 'treat' a day
- Keep to a regular eating schedule
- Share a restaurant meal with a friend
- Try a garden salad instead of fries

Take Your HRA Today!

The Health Risk Assessment is a FREE tool for all employees to better recognize areas in your life that impact your health and well-being. All information you submit is confidential. Your employee wellness program pre-pays for this service, so it is only cost-effective when everyone participates!

Log on today at wellcall.com

Or contact Be Well for assistance.

September: Whole Grains Month

What better time of the year to assess the whole grains in your diet than September—Whole Grains Month?

Whole grains are those that contain all the essential parts of the grain: bran, germ & endosperm. Some examples of whole grains are: buckwheat, corn meal, popcorn, millet, oats, rye, quinoa, brown rice, triticale, and wheat berries.

The current recommendation from the Dietary Guidelines for Americans is to consume at least half of our grains as whole grains. That translates to minimum of three servings of products that contain 100% whole grain. Because many products contain a combination of grains, the Whole Grains Council has implemented a program to identify products that contain at least 16g of whole grain

per serving.

Look for the Whole Grain stamp on products to be certain that you are purchasing a whole grain item.

Whole grains go with every meal!

For breakfast, chose a whole grain cereal or bread. Lunch can include whole grain breads for sandwiches. Popcorn and whole grain crackers make a great snack, and for dinner, try brown rice, quinoa, whole grain pastas and breads.



Health Tip!

What have you done for **your** wellness lately? With so many resources available for employees, this is the ideal time to focus on YOU!

Increase your daily activity

Eat quality foods that improve your health

Make time for recreation and fun

Be Well !

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Email: be_well@mansfieldct.org

An EHHD Wellness
Program

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



What's Happening this Fall at Worksites:

Healthy Eating Active Living Support Group

(tips, feedback, recipes... lose weight, feel great!)

Flu Shots & Health Fair

Yoga Classes

Take and Bake Dinner Club

Chair Massage

Refresher Programs

Be Well has made every effort to make a variety of programs available at each worksite. Details of programs will be posted at worksites and via email notices. Please let us know if there are other programs you would like to see at your worksite!

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.

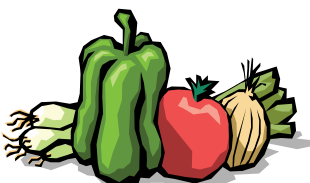
Zucchini Parmesan

4 servings

4 cups sliced zucchini
6 oz whole-wheat crackers
4 oz shredded mozzarella cheese
½ cup grated Parmesan cheese
16 oz no salt added tomato sauce, with garlic & Italian seasoning added

In a non-stick, 8-inch square pan, place a layer of zucchini, crackers, & cheeses, then top with several spoonfuls of tomato sauce. Repeat layers several times and finish with cheese on top. Bake at 350 for 45 minutes.

Serve with whole grain pasta or bread, garden salad and sliced pears.



Fresh produce can be a
great starter for a main
meal

Nutrition Facts per serving:

Calories: 358
Total fat: 13 g
Saturated fat: 4 g
Cholesterol: 23 mg
Sodium: 600 mg*
Fiber: 7 g
Protein: 15 g
Carbohydrate: 41 g

* reduce sodium content by selecting low sodium cheese

Active Living Tip:

Adding one mile a day (2000 steps) can give a real boost to your overall health and Calorie balance. Try these simple ways to add steps in your day:
Make two trips down the driveway for your mail and newspaper; **Walk** around the house while talking on the phone; **Take** 10 minutes to walk during lunch; **Walk** the perimeter of the store before shopping.