

SPECIAL POINTS OF INTEREST:

- ♦ NEW HEALTH AND WELLNESS DIRECTOR
- ♦ MARCH INITIATIVE
- ♦ ASK THE ATHLETIC TRAINER
- ♦ HEART HEALTHY RECIPES
- ♦ FREE WEEKLY PASS FOR THE YMCA

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Next issue special feature:

Label Language -how to decipher what they mean with words like fat free, reduced sodium, etc.

Health and Wellness Newsletter

Lycoming County School Districts

VOLUME 1, ISSUE 1

MARCH 2012

Health and Wellness Coordinator

Welcome to the first newsletter dedicated to Health and Wellness for the Lycoming County School District employees. My name is Carmen Terry and I am the new health and wellness coordinator that will be working directly with school employees to improve their knowledge of health and wellness related issues as well as becoming a resource for you. My background and education are in Sports Medicine and I am a certified athletic trainer. I have worked in various settings in colleges, high schools and clinics. I also taught AP Biology and Sports Medicine at a high School in Virginia. My most recent adventure was working as a healthcare advocate for colleges and universities in PA, MD and VA. I have spent many years working on injury management, injury prevention, nutrition, strength and conditioning and overall wellness. I am excited to begin this new adventure with you and am ready to help you with your health and wellness initiatives.

Mission Statement

To develop health-promoting knowledge, attitudes, and behaviors among all employees and maintain a worksite climate that fosters well-being within the context of a coordinated school health program.

March is National Nutrition Month[®]

The Academy of Nutrition and Dietetics created an annual campaign for the month of March called National Nutrition month, originally founded in 1973 as a week long campaign. During the month of March, they draw attention to the importance of making smart and informed food choices, promoting physical fitness and making lifestyle changes. This month is a time to make small changes that you can sustain during your lifetime. So here is my challenge to you. Change one thing a week for the entire month. An example may be:

Week 1. Drink 2 more glasses of water each day

Week 2. Add 10 more minutes per day of physical exercise

Week 3. Add one more piece of fruit per day on top of what you already eat

Week 4. Try one new food each day this week.





Ask the Athletic Trainer

This section will be devoted to those who would like questions answered regarding injury management, injury prevention or sport related exercises. Do you have pain in your legs when you run? What is the difference between a sprain and a strain? Why does my heel hurt when I get up in the morning? What type of stretches are best for my back? Please feel free to email me at cterry@iu17.org. I will try and answer one to two questions for each newsletter. Questions will be anonymous in the newsletter.



Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.
~Doug Larson

Walking Toward a Healthier You

There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health.

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer and dependent (type 2) diabetes



There really are so many benefits for such a simple activity!

Sole-Mate: A Friend By Your Side

The thought of being alone can be enough to keep some people from walking. The best way to solve this is by finding a friend to walk with. You can plan walking paths that are convenient for both of you, or map out routes that take you places you've never been before. It's a great way to exercise and spend time with friends!

Information taken from the American Heart Association Why Start! Walking? Program

The Runner's Corner...



Do you want to take your workout to the next level? This year are you vowing to up that 5K to a 10K, half marathon or even marathon? Now is the time to try something new and different. Cross-training refers to a training routine that involves several different forms of exercise. Your body gets used to certain activities over a period of time and progress slows. Have you been in a rut and would like to gain muscle, burn more fat or up your cardiovascular endurance?

To break out of that cycle and increase your potential for speed, strength and endurance, try some new exercises a few days during the week to complement your running.

Swimming

Jumping Rope

Cycling

Elliptical training

Weight training

Core Exercises

Pilates

Circuit Training

Nutrition Label Envy?

Have you ever seen the people in the grocery store reading those food labels? You probably think they are crazy, right? Well I am one of those crazy people that read label after label to determine what I think would work well in my lifestyle. Don't get me wrong, I certainly enjoy a good ice cream cone, a piece of chocolate or a good salty treat. The key is to find out what works for you and reading labels can help you do that. So the next time you are in the grocery store, take the label challenge. If you find a product you love or can't live without, read the label and challenge yourself to find a similar product with a better nutritional label. See the picture to the right and the description below to learn how to read a nutrition label.

1. Note the size of a single serving and how many servings are in the package.
2. **Check total calories per serving.** Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).
3. **Limit these nutrients.** Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).
4. **Get enough of these nutrients, which may improve your health and help reduce the risk of some diseases and conditions.**
5. **Quick guide to % DV.** The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Start here (points to Serving Size)

Check the total calories per serving (points to Calories 160)

Limit these nutrients (points to Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carb)

Get enough of these nutrients (points to Dietary Fiber, Sugars, Protein)

Quick Guide to % Daily Value:
5% or less is low
20% or more is high



Heart Healthy Recipe

Oven-Crusted Chicken Breast from www.nih.gov

A healthy way to fry chicken.

For chicken:

- 4 boneless, skinless chicken breasts (3 oz. each)
- 1 egg white (*or substitute liquid egg white*)
- 1 C fat-free evaporated milk
- 1 C breadcrumbs
- ¼ C rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
- 1 C whole-wheat flour
- 2 Tbsp. olive oil or vegetable oil

For salad:

- 2 Tbsp. lemon juice
- ½ Tbsp. olive oil
- 4 C red leaf lettuce, rinsed and dried
- 1 C cherry tomatoes, rinsed and halved
- ¼ tsp. salt
- ¼ tsp. ground black pepper

1. Preheat oven to 350 °F.
2. Place chicken in a freezer bag with the air squeezed out, and pound each breast down to ½-inch thickness.
3. Combine the egg white and evaporated milk in a bowl, and mix well. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
4. Coat the chicken breasts in flour, and shake off the excess. Dip the chicken breasts in the egg and milk mixture, and drain off the excess. Then dip the chicken breasts in the breadcrumb mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
5. Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown, about 2–3 minutes. Turn carefully, and pan fry the second side for an additional 2–3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil. Place on baking sheet, and finish cooking in a 350 °F oven for about 5–8 minutes (to a minimum internal temperature of 165 °F).
6. For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt, and pepper.
7. **Serve 1 cup salad with one piece of 3 oz. chicken. (This is one serving)**

Tip: Try serving with a side of steamed broccoli, whole wheat orzo or rice (Not included in nutritional value)

Yield: 4 servings
Serving size: 3 oz. chicken breast, 1 C salad

Each serving provides:

Calories: 264
Total fat: 11 g
Saturated fat: 2 g
Cholesterol: 49 mg
Sodium: 263 mg
Total fiber: 3 g
Potassium: 553 mg
Protein: 24 g
Carbohydrates: 18 g

Weight Watchers Points 8



Website Resources-Click on the links below for more information

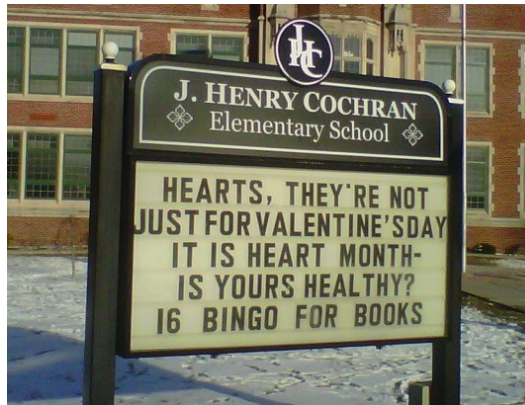
[American Heart Association](#)

[National Nutrition Month](#)

[Runner's World](#)

NATIONAL WEAR RED CAMPAIGN

Thanks to everyone who participated in the Wear Red Campaign, which is dedicated to women's heart health. Heart Disease is the #1 Killer of men and women and bringing awareness to that fact is important. Below are some pictures dedicated to that campaign.





FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Activate Healthy Living

March Group Ex Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 am Spinning <i>Beth</i>		6 – 7 am Spinning <i>Terri</i>			9 -10:30am GYM-Hardcore <i>Buffy</i>	
8:30 – 9:30 am Triple X <i>Kathy</i>						
9:30 – 10 am Simply Stretch <i>Kathy</i>	9 - 10am Row, Ride & Redefine <i>Derek</i>	9 – 10 am Step & Tone <i>Kathy</i>	9 – 10 am Cardio Blast <i>Diana</i>	9 – 10 am Definitions <i>Cheryl</i>	9-10am Drums Alive  <i>Diana</i>	
Amrit Yoga will return in April	10-11am PILOXING® Angie/Buffy	10 – 10:30 am Simply Stretch <i>Kathy</i>	10 – 11 am Zumba <i>Irina</i>	Amrit Yoga will return in April	10:15 – 10:45 am Super Stars <i>Diana</i>	
9 – 10 am GYM- Silver Sneakers MSROM-Rotates	10 – 11 am GYM- Silver Sneakers Cardio Circuit- <i>Diana</i>	10:30 – 11:30am Zumba <i>Cathy</i>	10 – 10:45 am GYM- Walking & Weights <i>Julie</i>	10 – 11 am GYM – Silver Sneakers MSROM - <i>Diana</i>		
10 – 11 am GYM- Silver Sneakers MSROM-Rotates		10 – 11 am GYM- Silver Sneakers MSROM – <i>Julie</i>				
						1 – 2 pm Pilates <i>Megan</i>
						2 – 3 pm Spinning <i>Rotation</i>
4:30-5:30 Butt Busters <i>Denise</i>	4:30 – 5:30 Boot Camp <i>Lisa</i>	4:30 – 5:30 Fusion <i>Buffy</i>	4:30-5:30 PILOXING® <i>Angie/Buffy</i>	Zumba (Marla) will return in April		
5:30 -7 Advanced POLAR Paid Program	5:30 – 6:30 Zumba <i>Irina</i>	5:30 – 6:30 Transform 2012 - Paid	5:30 – 6:30 Yoga <i>Renee</i>	5:30 – 6:30 Spinning <i>Brooke</i>		
5:30 – 6:30pm GYM-Zumba <i>Heather</i>	6:30 – 7:30 Yoga <i>Renee</i>	6:30 –7:30 Spinning <i>Beth</i>	6:30-7:30 Zumba <i>Tracy</i>			

This group schedule is for the Eastern Lycoming YMCA. *Children under the age of 11 are not permitted in group fitness classes.*

EASTERN LYCOMING BRANCH 50 Fitness Dr Muncy PA 17756 570-546-8822 or wellness@elymca.org

The Williamsport YMCA has graciously offered a One Week Free Trial pass for any employee in the Lycoming County School District. Please take advantage of this offer by clipping the coupon from this page and redeeming at the front desk.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**THE YMCA
IS FOR
EVERYONE**



The Y – a leading nonprofit committed to youth development, healthy living and social responsibility – exists to strengthen community. Joining the Y means belonging to a cause that gives children, adults and families the opportunity to learn and grow, while also making communities healthier and stronger. The Williamsport Branch YMCA is available to all. To ensure that everyone has the opportunity to engage with the Y, we offer financial assistance to those in need.

YMCA FREE ONE WEEK PASS

Present this pass for one free week trial membership.
Offer good at the Williamsport Branch YMCA only.
Offer good until March 31, 2012

www.williamsportymca.org – 570.323.7134

Williamsport YMCA Winter 2012 Group Exercise Schedule

Spinning Room Schedule

BETWEEN THE HOURS OF:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45AM	5:45-6:45 Spinning® Frank	5:45-6:45 Spinning® Frank		5:45-6:45 Spinning® Frank	5:45-6:45 Spinning® Frank		
9:00AM-5:15PM			9:00-10:00AM Spinning® Melanie		9:00-10:00AM Spinning® Melanie		
(Note Friday*) 5:30-7:15PM		5:30-6:30 Spinning® Glenn	5:30-6:30 Spinning® Bill	5:30-6:30 Spinning® Glenn	10:00-10:45AM Beginner Spinning® Melanie		

AEROBIC ROOM SCHEDULE

6:15-7:00AM					6:15-7:00 Power Hour Sue D		2:30-3:30 Zumba® Rotation
9:15-10:15AM	9:15-10:00 Step Rebecca	9:15-10:00 Boot Camp Rachel	9:15-10:00 Step Rebecca	9:15-10:15 Boot Camp Rachel	9:15-10:15 Zumba® Gigi	9:00-10:00 PowerPump Lenora	
10:00-11:15AM	10:00-10:15 Core Strength 10:15-11:00 PowerPump Rebecca	10:15-11:15 Zumba® Gigi	10:00-10:15 Core Strength 10:15-11:00 PowerPump Rebecca	10:15-11:15 Beginner Step n' Core Rebecca	10:15-11:15 Boot Camp Lisa E	10:00-11:00 Zumba® Rotation	
5:15-6:15PM	5:15-6:00 Rock, Sweat, Weights Jeremy	5:15-6:15 Step Weights n' More Brenda	5:15-6:00 Boot Camp Rachel	5:15-6:15 PowerPump Lisa L			
6:00-7:15PM	6:00-6:30 Core Strength Jeremy	6:15-7:15 Zumba® Mandy	6:00-6:30 Core Strength Sue D	6:15-7:15 Zumba® Mandy			
6:30-8:00PM	6:30-7:30 Zumba® Irena		6:30-7:30 Zumba® Irena				

Williamsport YMCA
320Elmira Street

P 570-323-7134 F 570-323-0467 www.williamsportymca.org