

# Time Warner Cable Albany Division Wellness Newsletter



What a Great Place to be Healthy!



September  
2010

## SEPTember – Month of Action

### 5% Boost Pedometer Challenge!

#### Purpose of the 5% Boost Challenge:

- Promote and encourage walking as a lifetime physical fitness activity.
- Use a pedometer and challenge employees to increase their weekly steps by 5%!



#### Challenge Outline:

- The challenge begins on 10/1/10, ends on 11/30/10, and the raffle drawing will happen on 12/7/10.
- Use the "Walking Log" below to track your steps for 8 weeks.
- Track your steps and submit each weeks total to Katie Garippa at the end of each month and be eligible for a \$50 Gift Card to Dick's Sporting Goods at the end of the challenge!

Contact Katie in HR to request a pedometer!



**INTRODUCING**  
**Work Well, Live Well! Program**  
**Tips of the Month**

#### Keep Moving

- Be physically active every day.
- If you exercise for a short duration (< 60 minutes), at a low to moderate intensity activity, water is a good choice to drink before, during and after exercise.
- If you exercise at a moderate to high intensity for longer than 60 minutes, a sports drink that contains 6-8% carbohydrate is a good option.
- Regular walking can improve: Confidence, Stamina Energy, Weight Control, Life Expectancy, Stress and Mood.



## September National Wellness Days:

September 25: Family Health and Fitness Day USA

September 29: National Women's Health & Fitness Day

For more information: [www.fitnessday.com](http://www.fitnessday.com)

America on the Move: [www.AmericaontheMove.org](http://www.AmericaontheMove.org)

## Make someone laugh today!

*Did you know...*



**5 minutes of laughter a day can burn 10 to 40 calories**, depending on a person's weight and the intensity of the laughter. That's enough to shift between 1 and 4 lbs a year!

## Healthy Recipes: Macaroni and Cheese

#### Recipe Ingredients:

1. Whole-wheat elbow noodles
2. Frozen chopped broccoli
3. Low-fat milk

For the full recipe go to: <http://www.webmd.com/food-recipes/no-bake-macaroni-and-cheese>

Use **whole-wheat** and **low-fat** ingredients to make your meals even healthier!

### Healthy Recipe Raffle

Submit a healthy recipe by 9/30/10 to:

<http://www.surveymonkey.com/s/recipeaffle>

For your chance to win Food Network's Ellie Krieger's "So Easy: Luscious, Healthy Recipes for Every Meal of the Week" Best Seller Cook Book!

Want to share Wellness tips, healthy recipes, websites, stories, etc?  
Please email the Katie Garippa in HR at [Katie.Garippa@twcable.com](mailto:Katie.Garippa@twcable.com) to be in our next Wellness Newsletter!



## 5% Boost Walking Program Employee Weekly Step Totals Turn-In Forms

Send this form to Katie Garippa in HR by 11/5/2010 and enter to win a **\$50 Gift Card** to **Dick's Sporting Goods!** The raffle will be drawn a week after the challenge ends (12/7/10).

### Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: \_\_\_\_\_

Week of: 10/1/10 through 10/7/10

**Total Steps for the Week**

\_\_\_\_\_

Did you accomplish your goal  
for the week?

YES

NO

### Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: \_\_\_\_\_

Week of: 10/8/10 through 10/14/10

**Total Steps for the Week**

\_\_\_\_\_

Did you accomplish your goal  
for the week?

YES

NO

### Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: \_\_\_\_\_

Week of: 10/15/10 through 10/21/10

**Total Steps for the Week**

\_\_\_\_\_

Did you accomplish your goal  
for the week?

YES

NO

### Work Well, Live Well!™ **5% Boost Walking Program**

Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.

NAME: \_\_\_\_\_

Week of: 10/22/10 through 10/31/10

**Total Steps for the Week**

\_\_\_\_\_

Did you accomplish your goal  
for the week?

YES

NO

**Try to increase your steps by 5% each week!** Check with your Doctor before starting. Walking can reduce your risk of: Coronary Heart Disease, Diabetes, High Blood Pressure, Some Cancers, Alzheimer's Disease, Osteoporosis, Arthritis, and Depression.



## 5% Boost Walking Program Employee Weekly Step Totals Turn-In Forms

Send to Katie Garippa in HR by 12/6/2010 to be entered to win a **\$50 Gift Card** to **Dick's Sporting Goods!** The raffle will be drawn on 12/7/10.

Work Well, Live Well!	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/1/10</u> through <u>11/7/10</u>	
<b>Total Steps for the Week</b> _____	
Did you accomplish your goal for the week?	
YES	NO

Work Well, Live Well!	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/8/10</u> through <u>11/14/10</u>	
<b>Total Steps for the Week</b> _____	
Did you accomplish your goal for the week?	
YES	NO

Work Well, Live Well!	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/15/10</u> through <u>11/21/10</u>	
<b>Total Steps for the Week</b> _____	
Did you accomplish your goal for the week?	
YES	NO

Work Well, Live Well!	5% Boost Walking Program
Please write your total number of steps walked for the week and drop off or send your totals to Katie Garippa in HR by end of each month.	
NAME: _____	
Week of: <u>11/22/10</u> through <u>11/30/10</u>	
<b>Total Steps for the Week</b> _____	
Did you accomplish your goal for the week?	
YES	NO

**Try to increase your steps by 5% each week!**

Check with your physician before starting.

Regular walking can improve: Confidence, Stamina Energy, Weight Control, Life Expectancy, Stress and Mood.



## How to Create a Successful Wellness Plan?

Set goals for yourself weekly based on a number of wellness variable: 1) Food, 2) Fitness, 3) Rest and 4) Attitude. These four wellness areas will help you live a healthier lifestyle when goals are used. Below you will find how to best set your goals as well as a goal worksheet and wellness tools.

### Tips to creating your wellness plan:

- **Set realistic goals** - Even if they manage to set their goals, most of them are unrealistic and are eventually not met. Write your goals down and put it somewhere you will see it all the time to be reminded of your quest.
- **Be committed** - Being committed requires a lot of motivation. Fitness motivation is an essential part of a fitness program. It is the most important element in changing your body and your life.
- **Plan your daily routine** - Make a plan of your day-to-day activities. Elaborate everything that you will do everyday. Right from waking up in the morning to going to sleep at night, you should have detailed plan of your routine activities.
- **Progress gradually** - Don't try to do much; you might end up getting nothing out of it. Your fitness plan should provide gradual and consistent weight loss of about 0.5 to 1 kg per week. You should not lose more than 1 kg per week to maintain good health while losing weight.
- **Eat healthy** - Choose a nutrition program that reduces calories without leaving out specific foods or food groups. Make sure you are eating food from all the food groups on the nutrition pyramid.
- **Drink lots of fluids** - To keep your body functioning at maximum efficiency, you need fluid. Many people compromise their exercise and weight loss programs by never drinking enough water.
- **Exercise** - The importance of a regular workout plan cannot be stressed enough. You should include 30 to 60 minutes of cardiovascular activity at least 5 days every week.
- **Rest** - Rest is essential to allow our muscles to repair and grow and it gives you time to focus on your state of mind too. Rest is as important as exercise itself. One of the biggest mistakes that beginners make is that they do not give their muscles time to recover before working out again.
- **Always be ready to modify your plan**
- **Continuous assessment**
- **Maintenance plan** - Make sure you have a plan to maintain your healthy new weight after you have achieved your goals.

# healthy goals for the week:

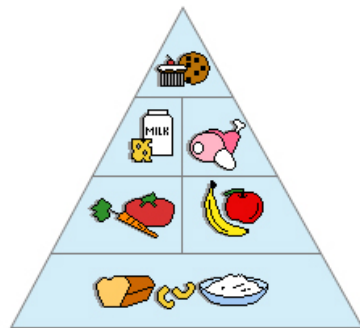
the health goal sheet

<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	achieved? ____ food goals for the week:
breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
lunch	lunch	lunch	lunch	lunch	lunch	lunch	
dinner	dinner	dinner	dinner	dinner	dinner	dinner	
snack	snack	snack	snack	snack	snack	snack	
<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	achieved? ____ fitness goals for the week:
<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	achieved? ____ rest goals for the week:
<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	achieved? ____ rest goals for the week:
							achieved? ____ "tiny changes are easier to make and have a better chance of sticking long term."
<b>mo</b>	<b>tu</b>	<b>we</b>	<b>th</b>	<b>fr</b>	<b>sa</b>	<b>su</b>	

## Tools and Resources

### USDA for Adults

Fats, Oils, & Sweets	Use sparingly; 5-7 teaspoons oil Discretionary calories (sugars, fats, alcohol) range from 195-360 daily depending on total calorie level.
Milk, Yogurt, & Cheese	3 cups
Meat, Poultry, Fish, Beans, Eggs, & Nuts	5-6 1/2 ounces
Vegetables	2 1/2-3 cups
Fruits	1 1/2-2 cups
Grains	5-8 ounces



Aim to make half of your grains whole grains.

Physical activity is also important for health. You should get at least 60 minutes of physical activity on most or all days.

The United States Department of Agriculture and the Oldways Preservation and Exchange Trust have designed food pyramids guidelines on what kinds of food to choose and how many servings to eat to help you plan your daily diet.

<http://www.webmd.com/food-recipes/healthtool-food-pyramid>



**Food & Fitness Planner:** Make a daily plan for eating and exercising.  
<http://www.webmd.com/diet/food-fitness-planner>



**Diet Evaluator:** Get a personal assessment of your diet.  
<http://www.webmd.com/diet/diet-health-check/default.htm>



**Fiber-o-Meter:** Calculate the fiber in your meals.  
<http://www.webmd.com/diet/healthtool-fiber-meter>



**Body Mass Index Calculator:** is used to find out if a person is underweight, normal weight, overweight, or obese.  
<http://www.webmd.com/diet/calc-bmi-plus>



**Healthy recipes:** Looking for healthy recipes that also taste great? Browse dozens of good-for-you recipes from WebMD and Eating Well magazine.  
<http://www.webmd.com/food-recipes/healthy-recipe-finder>



**Stress Management Center:** People who don't manage stress well can have headaches, stomach pain, sleeping problems, illness, and depression. You can manage stress by journaling, meditating, exercising, talking to others, or engaging in a hobby.  
<http://www.webmd.com/balance/stress-management/default.htm>



**America on the Move:** many resources out there for you to help you reach your goals.  
[www.AmericaontheMove.org](http://www.AmericaontheMove.org)