

# BeWell News



For the first quarter of 2013, Benefit Options Wellness is focused on nutrition and fitness. Wellness offers various health management seminars, health screenings, mammography screenings and prostate cancer screenings to help you with your healthy lifestyle changes! Visit the wellness website at [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) to find classes and screenings near you.

## Fitness Basics

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight and even boost your self-esteem. Regardless of your age, gender, or physical ability, the benefits are endless.

The U.S. Department of Health and Human Services recommends that healthy adults include aerobic exercise and strength training in their fitness plans specifically:

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity a week. This can include exercises such as walking, jogging, cycling, swimming, or even dancing. Moderate activity should be an effort which makes you feel tired, but you can still have a conversation and vigorous activity should make you feel very fatigued and it is difficult to hold a conversation.
- Strength training exercises at least twice a week. Strength training includes using body weight, weights, strength machines, or resistance bands to improve overall muscular strength.

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. However, if you have not exercised for a long time and you have health concerns, you may want to talk to your doctor before beginning a new fitness routine. When you are designing your personal fitness program, consider your fitness goals. Think about your likes and dislikes, and note the barriers you have regarding fitness. For instance, if you have joined a gym in the past but never felt comfortable going, find a different activity that you like more. It could be a dance class or something as simple as taking a walk around your neighborhood.

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## Healthy Weight- It's not a diet, It's a lifestyle!

When it comes to weight loss, there is no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run. The key to achieving and maintaining a healthy weight is not about short-term dietary changes. It is about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. Staying in control of your weight contributes to good health now and as you age.

**Assessing your weight.** If you have been thinking about your current weight, it may be because you have noticed a change in how your clothes fit or because you have been told by a doctor that you have high blood pressure or high cholesterol and that excessive weight could be a contributing factor. The first step is to assess whether or not your current weight is healthy. One way to determine whether your weight is healthy is to calculate your body mass index (BMI) or to measure your waist. You can find a BMI chart on the following website: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.pdf](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.pdf).

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## Mobile On-Site Mammography (MOM)

Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona. MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. **PPO members who have not reached their deductible will pay coinsurance.**



Call MOM at 480-967-3767 to schedule your appointment

### Scheduled Screenings:

- Jan 7 -- ADOA  
100 N. 15th Ave, Phoenix  
7:30a-5:30p
- Jan 8 & 9 -- ADOT  
206 S. 17th Ave, Phoenix  
7:00a-5:00p
- Jan 29 -- ADOT-MVD  
1801 W. Jefferson, Phoenix  
7:00a-11:00a

For additional dates visit: [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

## Congratulations to the first four iPad recipients!

James Borders of AHCCCS  
Judy Rascon of DOC  
Aleks Woodroffe of Dept. of Agriculture  
Terri Dillard of DOC



The iPads were donated by the Arizona State Credit Union. Two more iPads will be given away to participants in the Health Assessment which ended December 10th!

## Mini Health Screenings

**All State employees and Benefit Options members are eligible to participate in mini health screenings.**

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar (fasting and non-fasting available)
- Facial skin analysis with Visiderm machine
- Free osteoporosis screen for women 40 and older. \$30 for women under age 40.
- \$5 PSA screen (blood draw) for men 40 and older. \$42 for men under age 40.

*You will need your Employee Identification Number (EIN) and/or Insurance card for these events. No appointments necessary.*

### Schedule of Worksite Screenings:

- Jan 8 -- DEQ - Phoenix  
1110 W. Washington, Room 250  
8:00a - 11:00a
- Jan 14 -- ASDB - Tucson  
1200 W. Speedway, Gym  
9:00a - 12:00p
- Jan 17 -- ADOA- Phoenix  
100 N. 15th Ave, Lobby  
7:00a-11:00a
- Jan 31 -- DOI- Phoenix  
2910 N. 44th St.  
3rd Floor Training Room  
9:00a-10:30a

For questions about these screenings, please contact Benefit Options Wellness at [wellness@azdoa.gov](mailto:wellness@azdoa.gov) or 602-771-9355. If you would like to have a Mini Health Screening at your agency please let us know and we will do our best to accommodate you and your employees.

## Fitness, continued

### Aerobic Activity:

Regular aerobic exercise reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood. The recommendation of 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week does not have to be done all at one time. If you are aiming for 30 minutes of exercise a day, five days a week; you can break it down even further to 10 minutes of exercise three times during the day. For many people, walking is a great choice for aerobic activity. In fact, it is one of the most natural forms of exercise. It is safe, simple, and all it takes to get started is a pair of walking shoes **and** the commitment to include aerobic exercise in your daily routine!

### Strength Training:

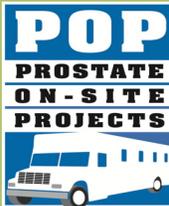
Strength training can help you tone your muscles and improve your appearance. A common misconception with strength training is that you are going to "bulk up", however the truth is with a regular strength training program, you can reduce your body fat, increase your lean muscle mass and burn calories for efficiently. Better yet, strength training does not have to take as long as you might think. For most people, one set of strength exercises for major muscle groups performed two to three times a week is sufficient. Strength training can be done at home or in the gym. Free weights and weight machines are popular strength training tools, but they are not the only options. You can do strength training with inexpensive resistance bands or even your own body weight. With proper technique, you may enjoy noticeable improvements in your strength and stamina in just a few weeks.

### Stretching and flexibility:

Stretching is a powerful part of any exercise program. Most aerobic and strength training programs cause your muscles to contract and flex. Stretching after you exercise promotes equal balance. Stretching also increases flexibility, improves range of motion in your joints and boosts circulation. Stretching can even promote better posture and relieve stress. As a general rule, stretch whenever you exercise. If you do not exercise regularly, you may want to stretch at least three times a week to maintain flexibility. When you are stretching, keep it gentle. Breathe freely as you hold each stretch. Try not to hold your breath. Do not bounce or hold a painful stretch. Expect to feel tension while you are stretching but if you feel pain, you have gone too far.

Starting a fitness program is an important decision, but it does not have to be an overwhelming one. Start slowly; first with cardiovascular activities and then gradually add strength training. One of the best ways to hold yourself accountable for exercising is to find a work out buddy. Whether it is a friend or your significant other, it makes exercise more enjoyable when you have company and you will also not want to let them down! By planning carefully and pacing yourself by adding components as your fitness level improves, you can make fitness a healthy habit that lasts a lifetime.

Resources: [www.mayoclinic.com](http://www.mayoclinic.com), [www.intelihealth.com](http://www.intelihealth.com)



## Prostate On Site Projects (POP) Screenings

**Take a Stand Against Cancer...  
It could be the most important 15  
minutes you spend**

The State of Arizona offers FREE Prostate Cancer Screenings for benefit eligible, male employees 40 years and older. The POP mobile medical unit takes convenient, 15 minute appointments at your workplace. Man up; schedule your appointment NOW!

**Appointments required.  
Call Today 480-964-3013**

### What you Need:

- **UnitedHealthcare** and **BCBSAZ/AmeriBen** members please bring your Benefit Options insurance cards to your appointment.
- **Aetna** and **CIGNA** members and **non-Benefit Options members** please bring your State ID badge and Employee Identification Number (EIN) to your appointment
- **Retired Benefit Options members** please bring your Benefit Options card and your Employee Identification Number (EIN)

### Scheduled Screenings:

**Jan 17 -- Supreme Court  
1501 W. Washington, Phoenix  
10:00am – 2:00pm**

**Jan 23 -- DOC - San Luis  
4125 E. Juan Sanchez, Yuma  
8:00am - 4:00pm**

**Feb 5 -- ADOA  
100 N. 15th Ave, Phoenix  
8:00am - 12:00pm**

**Feb 13 -- AZ School for the Deaf and Blind  
1200 W. Speedway, Tucson  
12:00pm - 4:00pm**

**Feb 14 -- University of Arizona, Tucson  
East side of Cherry Pullout  
8:00am - 3:00pm**

For additional dates visit: [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

## Healthy Weight, continued

Another way to assess your weight is to measure your waist size. A man whose waist circumference is more than 40 inches and a non-pregnant woman whose waist circumference is more than 35 inches can be at a higher risk of developing obesity-related conditions such as; heart disease, type 2 diabetes, and high cholesterol.

**Balancing Calories.** There is a lot of talk about the different components of food. Whether you are consuming carbs, fats, or proteins all of them contain calories. If your diet focus is on any one of these alone, you are missing the bigger picture. When it comes to maintaining a healthy weight for a lifetime, the bottom line is calories count! Weight management is all about balance; balancing the number of calories you consume with the number of calories your body uses or “burns off” with physical activity. To find out how many calories you should intake during the day depends on your age, gender, and activity level. The American Diabetes Association utilizes this chart: [www.diabetes.org/assets/pdfs/2010-calorie-intake-chart.pdf](http://www.diabetes.org/assets/pdfs/2010-calorie-intake-chart.pdf). If you are maintaining your current body weight, you are in caloric balance. If you need to gain or lose weight, you will need to tip the balance scale in one direction or another to achieve your goal. If you are trying to lose weight, keep in mind that you have to “burn” 3500 calories to lose a pound of body fat. In order to lose about 1 to 2 pounds per week, you will need to reduce your caloric intake by 500-1000 calories per day. To learn how many calories you are currently eating, begin writing down the food you eat and the beverages you drink. By doing this you become very aware of everything you are putting in your mouth. There are many online tools that you can utilize that calculate your calories based on the foods you enter and you can also enter any physical activity you have done within the day. Here is a list of websites and free smart phone apps you can use: [www.myfitnesspal.com](http://www.myfitnesspal.com) (my personal favorite), [www.myfitnessjournal.com](http://www.myfitnessjournal.com), [www.fitday.com](http://www.fitday.com), [www.jefit.com](http://www.jefit.com), [www.diet.com](http://www.diet.com), [www.mycaloriecounter.com](http://www.mycaloriecounter.com), [www.livestrong.com](http://www.livestrong.com).

Smart Phone apps include: My Fitness Pal, Calorie Counter, Lose it!, Fitness Buddy, Livestrong.com, Makemyplate, and many more.

**Preventing Weight Gain.** If you are currently at a healthy weight, you are already one step ahead of the game. Maybe you are overweight but are not ready to lose the weight. If this is the case, preventing further weight gain is a worthy goal. As people age, their body composition shifts; the proportion of muscle decreases and the proportion of fat increases. This shift slows metabolism making it easier to gain weight. In addition, some people become less physically active as they get older, increasing the risk of weight gain. The good news is that weight gain can be prevented by choosing a lifestyle that includes good eating habits, and daily physical activity. By avoiding weight gain, you avoid higher risks of many chronic diseases such as heart disease, type 2 diabetes, high blood pressure and high cholesterol,

For more information and resources on how to get started being healthier visit: [www.cdc.gov](http://www.cdc.gov), [www.mayoclinic.com](http://www.mayoclinic.com), [www.nutrition.gov](http://www.nutrition.gov), [www.diabetes.org](http://www.diabetes.org), or [www.heart.org](http://www.heart.org).

## 10 Superfoods Everyone Needs

There is no one secret food that can be everything for everyone. In the late 1990's, the term “superfood” came into common use to help describe food with high nutrient content, rich in properties that promote good health, and are typically low calorie and contain no artificial coloring, additives or preservatives.

**Beans:** Beans are a great low-fat source of protein that can be easily substituted for meat products. They are loaded with insoluble fiber, which helps lower cholesterol, and soluble fiber, which helps rid the body of waste. They are also a good source of carbohydrates, magnesium, and potassium.

**Blueberries:** Blueberries have the highest antioxidant capacity of all fresh fruit. They help the immune system and prevent infections. A study by the University of Michigan Cardiovascular Center suggests that blueberries may help reduce belly fat and risk factors for cardiovascular disease and metabolic syndrome.

**Garlic:** Garlic provides antibacterial properties and helps boost the immune system. Garlic's most common uses as a dietary supplement are for high cholesterol, heart disease, and high blood pressure.

**Tomatoes:** Tomatoes are high in lycopene which gives them their red color and is a powerful antioxidant. Tomatoes are an excellent source of Vitamin C, Vitamin A, and potassium.

**Broccoli:** Broccoli and other cruciferous vegetables, such as radish and cauliflower, may be crucial to boosting the immune system as people age.

**Oranges:** Oranges are highly valued for their Vitamin C content however, they also offer calcium, potassium, magnesium, folacin, thiamin, and niacin. Eating the whole fruit provides 140% of the recommended dietary allowance for Vitamin C.

**Spinach:** The flavonoids, which give the spinach its dark green color, are a phytonutrient with anti-cancer properties. They have been shown to slow down cell division in stomach and skin cancer cells and help protect against the occurrence of aggressive prostate cancer. Spinach is also a good source of Vitamins C and E, beta-carotene, zinc, and many others.

**Walnuts:** Nuts typically have a high fat content and are healthful in smaller doses. Walnuts have shown to help increase good cholesterol (HDL) while decreasing bad cholesterol (LDL). Walnuts are also a good source of omega-3 fatty acids which aid in lowering the risk of high blood pressure, coronary artery disease, strokes, and various cancers.

**Wild Salmon:** Wild, not farmed, salmon is a cold-water, fatty fish that is considered an omega-3 rich fish. Omega-3 fatty acids help protect heart health, reduce the risk of stroke, improve blood vessel function, reduce inflammation in joints, and control asthma, just to list a few benefits.

**Pomegranates:** Pomegranate juice provides about 16% of an adult's daily vitamin C requirement. Research has also shown it helps reduce the LDL level in the blood stream.

For more information about these and other “superfoods” and their health benefits visit: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov), [www.nutrition.gov](http://www.nutrition.gov), [www.choosemyplate.gov](http://www.choosemyplate.gov), and [www.quidanceresources.com](http://www.quidanceresources.com).

## Healthy Recipe Eggplant Parmesan



### Ingredients (Makes 8-10 servings):

- 3 eggplant, peeled and thinly sliced
- 2 eggs, beaten
- 4 cups Italian seasoned bread crumbs
- 6 cups marinara sauce, divided\*
- 1- 16 ounce package shredded mozzarella cheese\*, divided
- 1/2 cup grated parmesan cheese, divided
- 1/2 teaspoon dried basil

### Directions:

1. Preheat oven to 350 degrees.
2. Dip eggplant slices in egg, then in bread crumbs. Place a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish, spread marinara sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake for 35 minutes or until golden brown.

### Nutrition Information

Servings per Recipe: 8-10

Calories:	487
Protein:	24g
Carbohydrates	62g
Total Fat	16g
Cholesterol	78mg
Sodium	1663mg
Fiber	9g

\*For a lower fat and lower sodium meal, choose a low fat mozzarella cheese and be sure to read your labels when choosing a marinara sauce.

You can pair this meal with a vegetable salad and a low-fat dressing.

For more healthy recipes visit: [www.allrecipes.com](http://www.allrecipes.com)

## Banish Bad Breath

If your Secret Santa gifted you a package filled with breath mints, gum and mouthwash, it might be time to do something about your bad breath. Halitosis, also known as bad breath, can be caused by a number of factors. Here are some of the most common ones and how you can treat them.

**Food.** Certain foods can leave your breath smelling less than fresh up to three days after you have eaten them. Onions, garlic and coffee are common culprits. If you find that a certain food leaves this long-term effect with you, you may want to think about making some changes to your diet.

**Dry Mouth.** It may be hard to believe but saliva is a great thing. It helps wash away food particles and bacteria so food doesn't decay in your mouth and create bad breath and cavities. Dry mouth sufferers do not have enough saliva to do the job, but they can try to increase the flow by drinking more fluids or chewing sugarless gum. Dry mouth can also be caused by certain medications.

**Smoking.** Do you need another reason to quit smoking? It also makes your breath foul.

**Medical Conditions.** Sometimes bad breath is a warning sign. Halitosis can be a symptom of diabetes, chronic bronchitis, digestive issues and liver or kidney disease. If you have exhausted the other possibilities and are still suffering from bad breath, you may want to consider talking to your doctor about your overall health.

Good oral health habits never hurt either. Be sure to brush your tongue and gum line in addition to scrubbing your pearly whites. A tongue scraper may also be useful.

For more information on oral health visit: [www.azoralhealthexpert.com](http://www.azoralhealthexpert.com)



**The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.**

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website at:

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

to view what is available and learn what Wellness has to offer.

Event request forms must be completed and submitted online to [wellness@azdoa.gov](mailto:wellness@azdoa.gov)

Complete the brief form, including contact information, location and preferred event and click submit! A Wellness team member will reply to your request and begin scheduling your event.

**Log on Today!**

**Take advantage of the many available programs and services to keep employees healthy.**

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in an alternate format, please call 602-771-9355.