

Building a Healthy You!

Municipal Wellness Newsletter

February, 2016

Stepping Up

Stepping on a single stair is a convenient workout done anywhere, even at the office. It can be the cardio part of your regular workout, for heart and lung benefits, or you can use shorter sessions during breaks at the office to strengthen leg muscles and burn calories. A 135 pound person can burn about 150 calories in 20 minutes of stair stepping.

Sign up Today for the Winter Wellness Challenge

Many of us find it difficult to get motivated to get moving in the winter months! Sign up anytime and complete 20 minutes of physical activity and your name will be entered into a draw to win \$150.00 towards something that would help you get physically active. Sign up by emailing rkolstee@amans.ca who will grant you access to the challenge tracking sheet.



Good News Story



The Municipality of the County of Cumberland addresses numerous aspects of wellness by offering a series of Lunch and Learns...

Staff are encouraged to bring a healthy lunch from home, listen, ask questions and learn.

The subject of the sessions are: Income Tax Tips; Healthy Meal Planning; Sensitivity in the Workplace; Retirement Planning; Mental Health; Personal Budgets; Stress Management.

WEBINAR ALERT: E-cigarettes

Does your Municipality currently have a Smoke Free Space Policy? Would you like to see e-cigarettes included in the policy? Join the FREE webinar presentation on **amending your current policy to include e-cigarettes**.

When: February 17th from 9:30- 10:30

[Click here](#) to Register.

Teleconference number: 1-888-289-4573 Access code: 6933642

Webinar Description: Krista McMullin, Smoke Free Nova Scotia will facilitate the webinar that will cover the following

- What e-cigarettes are and the popularity in them now
- A rationale for including e-cigarettes in your current policy
- Wording options that are in line with provincial legislation

EXCITING NEWS: Building a Healthy You! Workplace Wellness Grant Program

The Building a Healthy You! Workplace Wellness Grant program will fund short term projects for Municipalities to promote health within their local municipal sites. The program recognizes municipalities' ability to understand their own employees' health and wellness needs and create their own solutions. The AMANS/UNSM Wellness Subcommittee will award 6 grants in the amount of \$300.00 each.

Examples of grants that may receive funding

- Guest speakers on wellness topics
- Facilitators on how to manage your energy (not just your time)
- Team building sessions
- Mental Health First Aid sessions
- Stress reduction sessions
- Walking/running clubs
- Yoga
- Activity sampler to encourage trying new and different activities
- Financial planning session
- Conflict Resolution sessions
- Music and art therapy

More information on the Grant program and the Application form will be released on March 7, 2016.

Building a Healthy You! Facebook Page

The Building a Healthy You! Wellness program is now on Facebook! The page was created for municipal employees to share wellness related stories and pictures, participate in challenges, and post questions/comments. For privacy reasons the status of the group will remain closed (meaning you will need approval to join and post. [Click here](#) to access the page:



Healthy Snacks: 10 Healthy and Tasty Snacks to Eat at Work

Most of us love the occasional snack, but when you're sitting at your desk all day and your job involves little movement, sugary or salty foods always feel like the best source of energy. But let's face it, when you're at your office meeting, a plate of deliciously coloured doughnuts are probably staring right at you, and they're hard to resist. When it comes to office treats, see if you can ask your manager to cater a variety for people who want to choose healthier foods.

1. **Edamame:** Edamame is full of protein and fibre. **SNACK TIP:** Buy frozen edamame beans and keep them in your office freezer, pop them in the microwave and add cherry tomatoes for a quick and wholesome snack.
2. **Cucumbers and Low-Fat Cheese:** Cucumber is packed with vitamin K (needed for strong bones) and low-fat cheese is full of calcium. **SNACK TIP:** Make mini cucumber sandwiches by taking low-fat cheese and turkey and wedging them in between two slices of cucumbers — the kids will also love this one.
3. **Fruit Smoothies:** Low calories and tons of fresh fruit. **SNACK TIP:** Start a smoothie club at work- have one person make smoothies at the office for everyone in the club once a week. Keep this role rotating and try flavours like mixed berries and tropical fruit.
4. **Apple and Peanut Butter:** Apples can boost your immune system and natural peanut butter is full of protein. **SNACK TIP:** Dip sliced apple pieces in plain Cheerios for a crunchy snack.
5. **Trail Mix:** Eaten in portions, homemade trail mix can be packed with fibre. **SNACK TIP:** Make homemade trail mix with seeds, nuts and dried fruits
6. **Muffins:** When made at home, muffins can be low in fat and packed with healthy oats and dried fruits or vegetables. **SNACK TIP:** If you still want to snack on muffins, try making a batch of zucchini pumpkin muffins. [Check out a recipe here.](#)
7. **Tortilla:** If you are buying tortillas from the store, avoid ones with excessive salt, sugar and corn. For the most part, homemade tortillas are not as bad as the store-bought kind. **SNACK TIP:** Take a whole wheat tortilla and spread almond butter on top. For an extra nutritional boost, wrap it around a banana.
8. **Greek Yogurt:** Greek yogurt is a great source of calcium, protein and probiotics (which is good for your digestive system). **SNACK TIP:** Mix berries or granola with a cup of sugar-free Greek yogurt
9. **Apple Sauce:** Apples are a great fibre booster. **SNACK TIP:** Sprinkle crushed graham crackers over sugar-free apple sauce.
10. **Popcorn:** Forget butter and salt, making popcorn in an old-fashioned pot over the stove with seasoning and a touch of oil can actually be a healthy snack. **SNACK TIP:** For a good snack, mix over-the-stove popcorn with flax seed oil and a bit of your favourite seasoning.

RECIPE OF THE MONTH

Pumpkin Baked Oatmeal with Maple Syrup

Pumpkin Baked Oatmeal is a warm, filling, wholesome breakfast featuring maple syrup, cinnamon, and warm spices. It's easy to make ahead of time and reheat on busy mornings!

Ingredients

- 1 cup pumpkin puree (about half of a 15-ounce can...but NOT pumpkin pie filling)
- 3/4 cup milk OR almond milk
- 2 eggs,
- 1/4 cup oil
- 1/4 cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 2 cups rolled oats
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt



Directions

1. Preheat oven to 350°F. Lightly grease or spray with nonstick cooking spray an 8-inch square baking dish.
2. In a large bowl, mix together pumpkin, milk, eggs, oil, maple syrup, and vanilla; beat until smooth. Blend in oats, cinnamon, nutmeg, ginger, allspice, and salt; stir until mixture is well-combined.
3. Spread oatmeal into prepared baking dish and bake for 20 to 25 minutes or until set and light golden brown on top. Allow to cool in the baking dish for at least 5 minutes before slicing. Serve warm with optional garnishes: warm milk drizzled over the top, additional toasted pecans, maple syrup, or fresh fruit.

Tips, Tricks, & Variations: Reheat oatmeal by placing an individual serving on a plate, drizzling with a little milk, and then heating in the microwave for about 30 seconds.