Most Americans gain an average of about one pound during the holidays - according to the National Institutes of Health. To help you beat the odds this year, WellPATH has teamed up with Kaiser Permanente to bring you our 3rd Annual Wellness Challenge, “Maintain Don’t Gain.”

This 8-week program will help you stay focused on healthy eating and active living so you can keep off the extra pounds. Last year, over 100 Fresno Unified employees participated in annual Maintain Don’t Gain Challenge – with the winners earning gift cards and wellness stipends.

Look for more details on this year’s challenge next month at JHMBHealthConnect.com.

FREE FLU SHOT CLINICS

The WellPATH program is partnering with Kaiser Permanente to offer Free Flu Shot Clinics at sites throughout the District and there are 15 more clinics scheduled in Nov/Dec.

The vaccine is free and available for employees with district medical insurance, covered spouses, domestic partners, dependents age 18+, early retirees, and Medicare-eligible retirees. Must present district-issued medical ID card. The clinics will be offered at multiple sites throughout the District.

View the schedule and pre-register for your flu shot appointment by visiting: JHMBHealthconnect.com/free-flu-shots.

If you’d like to host a wellness service at your site, please complete a brief Event Request Form. We will follow up accordingly to secure a date and location. A list of WellPATH services and the request form is available at: JHMBHealthconnect.com/wellpath/request-an-event.

Offer a WellPATH Service at Your Site!

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November 2014

Making Diabetes a Family Affair

Meal planning and blood sugar monitoring. Medicines and multiple injections. The day-in and day-out requirements of diabetes management can overwhelm those with this chronic disease.

“That’s where loving family members can help,” says Eve Gehling, R.D., a certified diabetes educator and author of The Family and Friends Guide to Diabetes. “The best way to help someone with diabetes is to first learn what diabetes is and how it’s treated.”

Review the November 2014 WellPATH Spotlight to learn steps to take to help family members along their path to better health. After you review the monthly spotlight, complete the Monthly Quiz and enter for a chance to win a $25 Gift Card. Visit JHMBHealthconnect.com/health-spotlights.

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Healthy Minute
Take a Minute for Your Health

Pre-registered
Today!

Take a Minute for Your Health

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Health Tip: Modifying Recipes for Better Health

Eating a healthy diet is one of the best ways to reduce your risk for heart disease, diabetes, some cancers and obesity. And modifying your favorite recipes is an easy way to go. Make them more nutritious and lower in fat by reducing high-fat ingredients or substituting more healthful ingredients, says Colorado State University (CSU).

The following are a few suggestions from CSU and other nutrition experts are designed to help you lighten up your recipes to improve your and your family’s health and weight.

Add fiber
• Substitute whole-wheat flour, oatmeal or cornmeal for part of highly refined bleached flour when baking. Whole-wheat flour can be substituted for up to half of all-purpose flour.
• Add grated, sliced or diced vegetables to soups, stews and stir-fries.
• Leave the skin on apples when making applesauce and on potatoes when making fried potatoes.

For salt-restricted diets
• Cut salt called for in recipes in half.
• Use low-sodium soy sauce and chicken broth in recipes.
• Drain liquid and rinse canned foods when cooking beans or vegetables.
• Reduce the salt in cooking water.
• Add herbs, spices and citrus juice instead of salt.

Recipe of the Month

Crunchy Chicken Salad

Serves (5): Each serving is about ¾ cup each and provides: 140 calories, 4.5 g fat, 65 mg sodium, 9 g carbohydrate, 1 g fiber, 17 g protein.

Ingredients
• 2 cups chunked cooked chicken
• ½ cup celery
• ¼ cup green pepper
• ¼ onion
• ½ cucumber
• 1 small diced apple (leave the peel on)
• ¼ cup grapes
• ¼ cup yogurt, plain

Directions
• Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
• Chop the celery and green pepper. Peel and chop ¼ of an onion. Peel and chop half of a cucumber.
• Chop the apple into pieces. It’s OK to leave the peel on the apple. Cut the grapes in half.
• Put all the ingredients in a large bowl. Stir together.
• Serve on lettuce, crackers, or bread.

Source: Krames Staywell—Claremont EAP Personal Advantage