Healthy Minute

Take a Minute for Your Health

Prepared for you by WellPATH — Your Path to Better Health — Joint Health Management Board

March 2018

Healthy Eating for a Healthy Life

A well-balanced diet means eating the right amount of nutrients to supply the body with the energy it needs to function properly. It also means getting the right amount of nutrition to support growth and development. A well-balanced diet contains nutrient-rich foods from all of the food groups. People who follow a well-balanced diet feel better and are in better health, says the American Dietetic Association.

Review the spotlight to learn more about healthy eating and grocery store tips, and complete the monthly quiz for a chance to win a $25 gift card at: **www.JHMBHealthconnect.com/health-spotlights.**

FREE Monthly Webinars

Surviving the Fast Food Lane

Tuesday, March 13 @ 6 PM

Presented by Pinnacle Training Systems

*****Listen Live and Complete the Quiz for a chance to win a $50 Gift Card!*****

We are all faced with busy schedules which might mean grabbing lunch or dinner on the go. There are actually some healthy choices at most fast food restaurants. This seminar will focus on healthy options for fast food meals.

Workplace Differences: A Matter of Style

Available All Month - No Registration Required

Presented by Claremont EAP

Everyone has a different style of learning, working, and communicating, and one style is not necessarily better than another – just different. In this session, participants will discover; their personal learning/ communication style, how their own style affects learning and communication for everyone in the workplace, how understanding and considering the learning and communication styles of others can prevent tension, misunderstanding and stress in the workplace, and how to maximize your own personal style.

For more info: **www.JHMBHealthconnect.com/monthly-webinars**

Colorectal Cancer Awareness Month

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the 2nd leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. The good news is that this disease is highly preventable, by getting screened beginning at age 50.

Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.

FREE March 2018 Wellness Screenings

Thu, Mar 1:	7:00 AM - 10:00 AM	McCardle Elementary
Mon, Mar 5:	1:00 PM - 4:00 PM	Columbia Elementary
Tues, Mar 6:	7:00 AM - 11:00 AM	DPI
Wed, Mar 7:	10:00 AM - 1:00 PM	Figarden Elementary
Fri, Mar 9:	7:00 AM - 11:00 AM	Education Center
Tues, Mar 13:	8:00 AM - 12:00 PM	Duncan Polytechnical
Wed, Mar 14:	7:00 AM - 10:00 AM	Hoover High School
Fri, Mar 16:	7:00 AM - 10:00 AM	Holland Elementary
Fri, Mar 23:	11:00 AM - 2:00 PM	Yokomi Elementary

Congratulations Winners of the Maintain Don't Gain Challenge

Thank you to everyone that participated in our recent Maintain Don't Gain Holiday Challenge! Congratulations to our Maintain Don't Gain Challenge individual winners:

- **Susana Rodriguez** (Tenaya Middle School),
- **Stephanie Carrillo- Higlesia** (Edison High School),
- **Marisela Maldonado** (Fort Miller Middle School),
- **Deborah Pratt** (Fort Miller Middle School)
- **Chau Bui** (Education Center).

Also, **HUGE** congratulations to **Fort Miller Middle School** for being our school/site winner with the most challenge participants!

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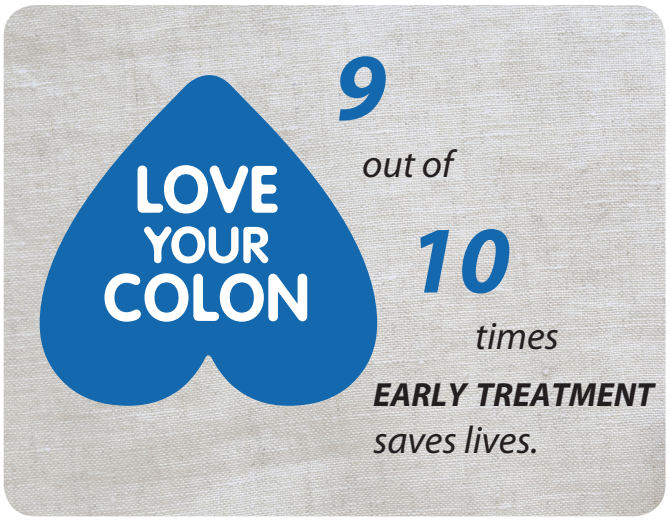
Healthful Tip: Love Your Colon - Screening is Important

As you may know, the colon is a very important part of your body's digestive system. It helps in the final stages of digestion, absorbing water and minerals from food and eliminating bodily waste through the rectum. Because the colon is such a vital part of your body, it's important to keep it in good health.



Colon cancer is one of the most serious conditions that can affect your colon. It is the second biggest cancer killer in the United States among cancers that affect both men and women. While colon cancer is very serious, it may be preventable through regular screening. In fact, 90% of the time, colon cancer can be treated if caught early.

By discussing screening with your doctor and following recommendations, you may be able to do something about colon cancer. It is important to get screened if you:

- Are 50 years or older
- Have family history of colon cancer or a colon polyp
- Have inflammatory bowel disease
- Have had an abnormal colonoscopy in the past

YOUR COLON

Screening helps save lives. Talk to your doctor.

Visit **www.JHMBHealthConnect.com** for more details about colon cancer screenings and recommendations.

March 2018 Recipe

Stuffed Bell Peppers

Nutrition

Serving Size: 1 piece
Total calories: 233
Total fat: 2.3 g
Saturated fat: 0.3 g
Carbohydrates: 48.3 g
Protein: 6.7 g
Fiber: 10.7 g
Sodium: 810 mg

Ingredients

- 2 large green bell peppers
- 2 large red bell peppers
- ½ cup converted white rice
- 15 ¼ ounces whole kernel corn- drained
- 2 ¼ ounces sliced ripe olives- drained
- 3 pieces green onions- chopped
- ¼ teaspoon salt
- ¼ teaspoon garlic pepper
- 14 ½ ounces diced tomatoes- undrained
- 1/3 cup dry red wine
- 6 ounces tomato paste

Directions

Slice tops off peppers & carefully remove seeds & inner ribs. Remove stems from tops & chop remaining pepper pieces. Stand the peppers upright in a 5 qt slow cooker. In a medium bowl, combine chopped pepper tops, rice, corn, olives, green onions, seasoned salt, garlic pepper, & 1/4 cup tomatoes. Mix well. Stuff peppers with corn mixture, dividing evenly & packing lightly. Mix remaining tomatoes & their liquid with wine & tomato paste until well blended. Pour over & around the peppers in slow cooker. Cover & cook on low for 6-7 hours, or until rice is cooked & peppers are tender, but still hold their shape. Enjoy!

Source: http://eatfresh.org/recipe/side-dish/stuffed-bell-peppers#.Wo26GKjwbcs