

# Healthy Minute

Take a Minute for Your Health



Prepared for you by

**May 2019**

**Get Moving –  
Start with Just 30  
Minutes a Day**



Regular exercise is one of the best things you can do for your health. It has many benefits, including improving your overall health and fitness, and reducing your risk for many chronic diseases. Fitting regular exercise into your daily schedule may seem difficult at first. But you can start slowly, and break your exercise time into chunks.

Learn more about why physical activity is so important for your health and wellbeing by reading this month's article. Complete the monthly quiz for a chance to win a \$25 gift card at: [www.JHMBHealthconnect.com/health-spotlights](http://www.JHMBHealthconnect.com/health-spotlights).

## FREE May 2019 Webinars

How to Modify or Advance Your Workout  
**Healthy Minute Video on YouTube**

*Presented by Pinnacle Training Systems*

Group fitness classes are a great environment to try something new and for ALL fitness levels. Check out how you can modify or increase the intensity of your workout. The Pinnacle Training Systems team is here to help provide you with some helpful tip when needing to make fitness class modifications to our routine.

Letting Your Emotions Interfere with Eating  
**Available All Month - No Registration Required**

*Presented by Claremont EAP*

How many times do you eat simply because you are bored or need comfort? We often tend to not even notice why we are eating and many times it's not because we are hungry, but rather our emotions are coming into play. Excessive stress, not sleeping well, anxiety, and needing emotional comfort lead many of us to the refrigerator or to the snack pantry leaving us with unwanted weight gain, health issues, and lowered self-esteem. Learn how to identify when you are eating emotionally and your triggers. Also, learn how not to use food to fulfill an emotional void in this engaging, introspective webinar.

For more info: [www.JHMBHealthconnect.com/monthly-webinars](http://www.JHMBHealthconnect.com/monthly-webinars)

## Upcoming WellPATH Activities

### FREE May 2019 Wellness Screenings

Fri, May 3:	7:00 AM - 11:00 AM	Vang Pao Elementary
Mon, May 6:	8:30 PM - 11:30 AM	Tioga Middle School
Wed, May 8:	8:00 AM - 11:00 AM	Torrenez Middle School
Thu, May 9:	8:00 AM - 1:00 PM	Cesar Chavez Adult School
Fri, May 10:	8:30 AM - 12:30 PM	Yokomi Elementary
Fri, May 10:	2:30 PM - 5:00 PM	Lowell Elementary
Mon, May 13:	1:00 PM - 4:30 PM	Adult Transition Program
Tues, May 14:	1:00 PM - 4:00 PM	Roosevelt High School
Fri, May 17:	2:00 PM - 4:30 PM	Hidalgo Elementary
Mon, May 20:	2:00 PM - 5:00 PM	Erison Elementary
Tues, May 21:	9:00 AM - 1:00 PM	Phoenix Secondary School
Fri, May 24:	8:00 AM - 12:00 PM	Phillip J. Patino School

For the full schedule, visit: [www.JHMBHealthconnect.com](http://www.JHMBHealthconnect.com)

## FREE Summer Wellness Screenings

Did you miss your site's FREE wellness screening? The WellPATH Program understands that you have a busy schedule, so we are offering four (4) FREE summer wellness screenings for you and any dependent (age 18+) covered under the District's medical plan. For schedule details, please review the Events Calendar at [www.JHMBHealthconnect.com/events-calendar](http://www.JHMBHealthconnect.com/events-calendar). To pre-register for a wellness screening or to schedule an appointment, complete a personal wellness assessment online at [www.wellnessiqsystems.com](http://www.wellnessiqsystems.com) using the client code: **FUSD123**. If you experience issues accessing the Wellness Systems portal call Alex Camarena with Pinnacle Training Systems at **(559) 548-3260**.

## Group Fitness - We Need Your Help!

Summer 2019 Group Fitness Classes are back by popular demand! To provide you with better service, we need your input. Help us determine where and when the summer classes will be offered by completing the following survey at the link provided below:  
[www.surveymonkey.com/r/Summer2019FUSD](http://www.surveymonkey.com/r/Summer2019FUSD).

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at [www.JHMBHealthConnect.com](http://www.JHMBHealthConnect.com) or contact us at [jhmbhealthconnect@yahoo.com](mailto:jhmbhealthconnect@yahoo.com).

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## Healthful Tip: Cervical Cancer: Early Detection and Prevention

A well-proven way to prevent cervix cancer is to have testing (screening) to find pre-cancers before they can turn into invasive cancer. The Pap test (or Pap smear) and the HPV (human papillomavirus) test are specific tests used during screenings for cervical cancer. If a pre-cancer is found, it can be treated, stopping cervical cancer before it really starts. Most invasive cervical cancers are found in women who have not had regular Pap tests.

### Prevent Pre-Cancer and Cancers

HPV is passed from one person to another during skin-to-skin contact with an infected area of the body. Although HPV can be spread during skin to skin contact, sex doesn't have to occur for the infection to spread. All that is needed is skin-to-skin contact with an area of the body infected with HPV. Here are 3 ways American Cancer Society recommends to protect against infection:

- **Use Condoms:** Condoms provide some protection against HPV but they don't completely prevent infection. One reason that condoms cannot protect completely is because they don't cover every possible HPV-infected area of the body, such as skin of the genital or anal area. Still, condoms provide some protection against HPV, and they also help protect against HIV and some other sexually transmitted infections.
- **Don't Smoke:** Not smoking is another important way to reduce the risk of cervical pre-cancer and cancer.
- **Get Vaccinated:** Vaccines are available that can protect young people against certain HPV infections. These vaccines protect against infection with the HPV subtypes most commonly linked to cancer, as well as some types that can cause anal and genital warts.

Source: <https://www.cancer.org/cancer/cervical-cancer/prevention-and-early-detection/can-cervical-cancer-be-prevented.html>

## May 2019 Recipe

### Garlic Roasted Mushrooms



**Serving Size: 4**  
Calories: 124  
Fat: 10g  
Saturated Fat: 1g  
Carbohydrates: 5g  
Fiber: 1g  
Protein: 3g  
Sugar: 2g

### Ingredients

- 1 Lb Button Mushrooms Cleaned
- 3 Tbsp Olive Oil
- 6-8 Garlic Cloves Peeled
- a pinch of salt and pepper
- Fresh chopped thyme to taste or Parsley

### Directions

- Preheat the oven to 400F.
- In a large bowl add all the ingredients and mix to combine. You can mince 2 of the garlic cloves and add to the mixture and leave the others whole.
- Place them on a baking sheet in a single layer and roast for about 20 minutes, mixing halfway through.
- Garnish with more fresh thyme and enjoy!

Source: <https://healthyfitnessmeals.com/garlic-roasted-mushrooms-recipe/>