



City of Duluth

Bridge to Wellness Newsletter

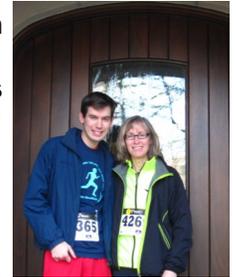
Featured Employee: Maureen Maloney—Reference Librarian

Upcoming Events:

- July 4—Fourth Fest Celebration in Bayfront Park (FREE)
- July 6—Beginning of the Summer Challenge for employees
- July 8—Sidewalk Shuffle 5K Run/Walk. Noon run, come join a team & join in the fun! \$20/person
- July 10—Beginning of Movies in the Park series in Leif Erickson (FREE)
- July 14—Mini Relay for Life event at the Airport 11am-1pm, \$10/person
- July 16—Sand-modeling contest & water safety expo at Park Point 11am -3pm (FREE)
- July 17—Park Point 5-Miler
- July 20—Mudman Extreme Obstacle 5K at Spirit Mtn
- July 25—Giant Slide 12-6pm

Maureen Maloney is a picture of health. The Reference Librarian has her own reasons and methods for staying healthy:

Maureen's Philosophy on Wellness? Do what is right for you. Motivation to be healthy, needs to come from the inside, not trying to please others or live up to unattainable images. Variety is also key—mixing things up makes it more fun and interesting. **What do you do to stay healthy?** Maureen alternates between running and biking, resistance training and yoga. She also does a lot of walking and is able to walk or bike to work. Throughout the years she has collected a variety of simple fitness gear that she is able to use at home, which gives her the option to workout at home and not necessarily go to the gym. Maureen claims to love food, but loves healthy meals and knowing where her food comes from. She tries to take bits of wisdom from different diets and practices moderation.



What motivates you to stay healthy? Maureen had a health scare in her early 40's which made her think about her health and realize she wanted to be active throughout her lifetime, not just today. She would like to age gracefully and feel good doing so. Maureen's other motivating factor comes from her family. Her sister encouraged her to join a gym and even though they live far away Maureen feels she stays connected, knowing her sister is going to the gym as well. Maureen's son took up running too recently and they have been able to run races together. **What inspires and challenges you and how do you overcome those challenges?** Overall health concerns inspire Maureen to continue to seize the moment and live actively. She has been a member of the Y for some time and is inspired by the members, how accepting and nurturing the Y is, and joined a 5K training program through the Y which has continued to push and challenge her. Having a running buddy and the fact that Duluth is such an amendable place for outdoor fitness activities year 'round helps. **Any advice?** Tell your goal to someone. Maureen wanted to be a runner for a long time. She discovered that she needed to say it out loud in order to commit to it. **Books to Read:** "Drive" by Daniel Pink and "Green Metropolis" by David Owen

The Summer Challenge (July 6—August 16)

Inside this issue:

- Right Amount of Exercise 2
- Running Plans 2
- FDA Cuts Trans Fats 3
- Gut Bacteria Explains Your Mood 3
- Recipe of the Month 3
- Opportunities to Do Well and Be Well 4
- Wellness Days 4

If you are not signed up already—please do so!

This **INDIVIDUAL** challenge is based strictly on the amount of exercise you do and we will be using a site called "**Daily Endorphin**" to track progress. Whether it's your daily commute walking/biking to work, running, canoeing, yoga, etc., it all counts. The more you do, the better chance you have to win **fabulous prizes** (and bragging rights)! The challenge is broken into 3 categories so **everyone** can participate:

Beginner—No regular exercise

Intermediate—Exercise 2-3 days/week

Frequent—Exercise 4+ days/week

The challenge is points based and you will be asked to choose your intensity level. The system is all "on your honor". There will be weekly prizes and prizes for the overall winners. We will be offering participants an opportunity to try an exercise class on-site.

When: July 6th -August 16th

Why: Fun, motivation, prizes, try new things—lots of reasons!

How to sign up: Use the link

[https://](https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3)

www.dailyendorphin.com/de/signup/join/group/2610/c434a3 and either "Create an account" or sign in with existing

Daily Endorphin information. For more info regarding the challenge, **contact Angel** at 730-5201 or email

ahohenstein@duluthmn.gov

Alright...What is the “Right Amount of Exercise”?



So many choices ...

It's the Goldilocks Complex...Too little exercise increases our risk of disease and premature death, too much could also be potentially dangerous. What is the “just right” amount? Recently the Journal of American Medical Association (JAMA) Internal Medicine published two new studies

that revealed some insight regarding the “right dose” of exercise for adults. They found that, unsurprisingly, the people who did not exercise at all were at the highest risk of early death. But those who exercised a little, not meeting the recommendations but doing something, lowered their risk of premature death by 20%. Those who met the guidelines precisely, completing 150 minutes per week of moderate exercise, enjoyed greater longevity benefits and 31% less risk of dying during the 14-year period compared with those who never exercised.

The **sweet spot** for exercise benefits, however, came among those who tripled the recommended level of exercise, working out moderately, mostly by walking, for **450 minutes per week**, or a little more than an hour per day. Those people were 39 % less likely to die prematurely than people who never exercised.

The second study revealed a very similar outcome. As in the other study, researchers found that meeting the exercise guidelines substantially reduced the risk of early death, even if someone's exercise was moderate, such as walking.

But if someone engaged in even occasional vigorous exercise, he or she gained a small but not unimportant additional reduction in mortality. Those who spent up to 30% of their weekly exercise time in vigorous activities were 9% less likely

to die prematurely than people who exercised for the same amount of time but always moderately, while those who spent more than 30% of their exercise time in strenuous activities gained an extra 13% reduction in early mortality, compared with people who never broke much of a sweat. The researchers did not note any increase in mortality, even among those few people completing the largest amounts of intense exercise.

Bottom line? Anyone who is physically capable of activity should try to **reach at least 150 minutes of physical activity per week and have around 20 to 30 minutes of that be vigorous activity.** What is “moderate” vs. “vigorous” activity? Think walking fast vs. running a 10-minute mile or you can also categorize into a “talk test”. Moderate activity—you could still hold conversation with a slight strain, where vigorous you might be able to speak 3-5 words

Grandma's is Over—But it's Not Too Late to Start Training

Just because Grandma's Marathon is over, doesn't mean you have to wait until next year to start a training program!

Maybe you are interested in running a 5K for your first time, or maybe it's been a while since you have put those running shoes on, or are a seasoned runner who would like to improve your times. Whatever your reason, there is no time like the present to start a training plan! There are several running programs around Duluth—Duluth Running Company, the Duluth Y, Tortoise and Hare, just to name a few organizations—offer various programs from Couch to 5K, to full marathon training programs. Running with a program or plan is incredibly beneficial for many reasons:

- Keep you on track/focused towards your goal
- Helps prevent injuries/overtraining/burnout
- Mixes up the workouts (keeps you from getting bored)

If you are unable to join a running group, but would like a training plan, there are several resources that can help you develop one. If this is something you are interested in and would like to take advantage of, please contact Angel at 730-5201

or email ahohenstein@duluthmn.gov to learn more.

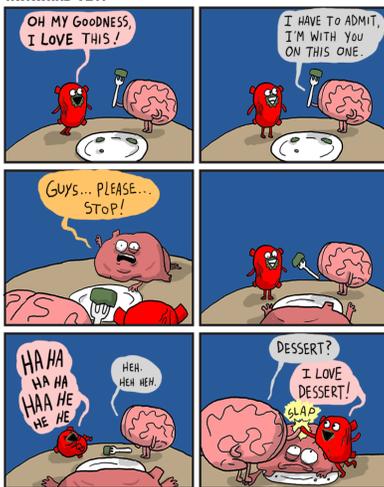
FDA Cuts Trans Fats in Processed Foods—so What Does That Mean?

You may have seen the amount of *trans* fat listed on a Nutrition Facts label, but were uncertain why it's there. *Trans* fat intake has been linked to an increased risk of coronary heart disease by contributing to the buildup of plaque inside the arteries that may cause a heart attack. For this reason, the Food and Drug Administration requires that the *trans* fat content of food be declared on the Nutrition Facts label to help consumers determine how each food contributes to their overall dietary intake of *trans* fat. Many processed foods contain **partially hydrogenated oils (PHOs)**, the major dietary source of industrially-produced *trans* fat in processed food.

Now, the FDA is taking a step to remove artificial *trans* fat from the food supply. This step is expected to reduce coronary heart disease and prevent thousands of fatal heart attacks every year. In 2013, FDA made a preliminary determination that PHOs were no longer generally recognized as safe. PHO's are found in many popular frozen foods and baked goods to preserve shelf-life and flavor. Although food companies

have a 3 year compliance period in which to remove PHO's, some manufacturers still use partially hydrogenated oils in processed foods. In the meantime, what should the average consumer do if he or she picks up a favorite food and sees that it has *trans* fat on the Nutrition Facts label? The best thing to do is to consider the amounts of saturated fat and *trans* fat. Choose the product that has the lowest amounts of these nutrients,. Even if a food claims on its packaging to have "0 grams *trans* fat," it's a good idea to look at the ingredients list on the label and maybe avoid it if it contains partially hydrogenated oils.

THE AWKWARD YETI



Can Bacteria in Your Gut Explain Your Mood?

The Human Body is amazing! Believe it or not, your entire digestive track is lined with cells that were once previously thought to be found ONLY in the brain (serotonin dopamine, endorphins, insulin, gastrin, just to name a few). In other words, your gut has a mind of it's own, or at least, it is more connected to your brain than previously thought. Researchers have actually observed a greater flow of neuron traffic from the belly to the brain, rather than the other way around. What this means

is that rather than the brain telling the stomach what to eat and how to metabolize, the locus of command is stationed in the belly. If you are having a "gut-reaction" to something, chances are—it is your belly truly telling your brain what it's feeling! To get a little deeper, this is all the more reason to really pay attention to what we are putting in our bodies. We are hard-wired to instinctively know what to eat, we just don't always listen to it. If you think about the fact that

now you have two brains to feed, maybe making those nutritious choices will be a little easier. When we eat an apple, it might not have the same "pleasure" stimulus as say a fudgy, chewy brownie, but your belly-brain will be able to think more clearly (just listen)...

Recipe of the Month: Mango Cucumber Soup

Perfect for when it's hot and you don't want to cook—a cold soup with a twist.

INGREDIENTS

- 2 Ripe Mangoes (divided)
- 1 Lg. cucumber (divided)
- 2 TBSP chopped onion
- 1 jalapeño finely diced
- Juice from one fresh lime
- 1/2 C Water
- 2 containers plain non-fat Greek Yogurt

- 1/4 C freshly chopped cilantro
- ### DIRECTIONS

1. Cut all but one half of a mango into chunks., removing peel and pit., chill remaining mango half to use for garnish.
2. Slice 1/4 of cucumber off

and chill for use with garnish. Coarsely chop remaining 3/4 of cucumber.

3. Place chopped mango, cucumber, onion, and jalapeno in blender or food processor with lime juice and water. Puree until smooth.

4. Blend in yogurt. Chill until ready to serve.

5. For garnish, dice chilled mango

half, remaining cucumber and toss with cilantro. Assemble on top of soup.



Opportunities to Be Well :

What is Medication Therapy Management (MTM)?

MTM is a preventive solution for people with chronic conditions who are using multiple medications. The MTM pharmacist works individually with each patient and their other health care providers to help them manage their medications better and achieve their therapy goals. The MTM pharmacist confirms the purpose for each medication the patient is taking, ensures the safest and most effective dosages and makes sure the patient is compliant.

Medication Therapy Management includes regular face-to-face or telephonic meetings with a trained MTM pharmacist who will:

- Help you manage your prescription and over-the-counter medications
- Work with your physician to determine if any medications need to be changed
- Help you better understand how your medications work

Medication Therapy Management includes:

- A detailed review of your general health and medical status by a MTM pharmacist
- A comprehensive medication review to identify, resolve, and prevent medication-related problems
- Development of a medication treatment plan
- Documentation of the care delivered and communication with your primary care physician
- Monitoring and evaluating your response to medications, including safety and effectiveness
- Training and education that will help you better understand your medications and how to use them

Are you eligible?

MTM is available to any City of Duluth employee or dependent covered under the HealthPartners medical plan who is: Taking four or more maintenance drugs, **OR** Has a diagnosis of diabetes, **OR** Has been diagnosed with 2 or more of the following chronic conditions: high blood pressure, high cholesterol, asthma, COPD, heart failure, or depression, **OR** Has been referred by their primary care physician as someone who could benefit from MTM

Why should you participate in MTM?

BETTER HEALTH- Increased effectiveness of drug therapies
Prevention of dangerous drug interactions
Reduction in ER visits due to drug interaction related issues

For more information about how to get enrolled in MTM, please contact Shannon Sweeney, Employee Benefits Administrator at 218-730-5198 or ssweeney@duluthmn.gov

Be sure to check out the Bridge portal or the Bridge to Wellness site for more information, upcoming events and more! Subscribe to the bridgetowellness contact list to receive regular tips, reminders and other information regarding wellness.



Wellness Days! August 20th: Picnic at Lester Park

Come and join us for night of relaxation and fun!
You're invited to a picnic at Lester Park on August 20th starting at 5pm. Completely free for you (and your family), some food, yard games and fun. Stay tuned for more details!

Opportunities to Do Well:

Don't forget about the Relay for Life Mini-Event at the Duluth Airport Authority—July 14th. Come take a walk with us from 11:00am-1:00pm at the Airport! It's easy, you get a nice break in the day, and the funds raised go to a good cause. Sponsored by the Duluth Airport Authority.