



City of Duluth

Bridge to Wellness Newsletter

Featured Employees: Ironmen—Jim Benning, Steve Hanke & John Kelley



Upcoming Events:

- Sept 10—United Way Chili Cook-Off at DECC, 5-7pm, \$8/A, \$3/C
- Sept 11—Twin Ports Bridge Festival at Bayfront—\$30
- Sept 13—MN Mile (One-Mile race on Superior Street)
- Sept 18-20—Hot Air Balloon Festival at Bayfront
- Sept 19—Learning & Libations at the Library at 6pm(fundraising event)
- Sept 19—Chester Bowl Fall Fest (FREE) 9:30a-4:30p
- Sept 19—Inline Marathon & Wheels Off Half-Marathon
- Sept 20—UMD Farm & Food Festival at UMD
- Sept 26—Lester Park Rendezvous, 10am-5pm (FREE)

Jim, Steve and John (and myself) are all Ironman finishers. Why am I featuring our Ironman participants? Jim & Steve (and 2800 others) will be competing in Ironman Wisconsin on September 13th. This unique race is truly a lifestyle for some people and takes serious discipline and commitment to complete it. **What is Ironman?** A consecutive 2.4 Mile Swim, 112 Mile Bike, 26.2 Mile Run which must be completed under 17hours to earn the “Ironman” title. Professionals can race and complete in just over 8 hours, where average times are from 12-14hours. **Why race in an Ironman?** For John, triathlon is a lifestyle. Training to stay physically fit is a way of life. John is a 5-time finisher and chose Ironman because it is the pinnacle of triathlon. Jim’s main motivation to participate in the Ironman triathlon, was the distance of the race and the difficulty. He says shorter triathlons are a matter of how quickly the person can complete the race. The Ironman is a question of IF the person can complete the 140.6 mile race. Steve can relate to the superhero with the same name: an American billionaire, playboy, business magnate, and ingenious engineer.... Ironman is a true test of physical and mental endurance. Steve enjoys running. Triathlon training keeps him running while also pushing him to different exercise and routines. Plus, Duluth offers excellent training grounds for runners and triathletes. Duluth has a welcoming great running and triathlete community. **What motivates you to stay healthy?** For John, it is his family, his wife and his life. For Jim, staying healthy and exercise has always been a part of his life. He has been in the army for 32 years and you are required to maintain fitness. After a while, the exercising becomes routine and a part of everyday life. Stress relief and endorphins motivate Steve. **Any advice?** John shares—stay active and healthy. Triathlon covers 3 disciplines and can serve as great cross-training for other physical activity. Above all, he says, have fun! Jim advises to pick a goal or an event to compete in. Choose something you enjoy doing or something that you have always wanted to try. Realize that it is supposed to be fun and set realistic goals. Unless you plan on winning the race, it is just for fun and staying healthy. Steve says there is no magic pill. Don’t let anyone sell you one. Set goals. Search for exercises and healthy habits that you actually enjoy (or hate less than others). You will have setbacks. Try to learn what you can from them and move forward.

It’s the City vs. the County...Move or BUST Challenge!

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It’s time to show the St. Louis County Employees, who’s who!

This will be an exercise challenge based on minutes, and **every minute counts!** For those of you who participated in the Summer Challenge, let’s keep the momentum going, and for those of you who started or maybe thought about it but didn’t end up participating, now is your time to shine! Let’s prove to the County that we are indeed fitter, faster and stronger and a hard-working bunch.

WHO: All employees and retirees are encouraged to participate

WHAT: A 6-week exercise challenge, based on minutes. No minimum, no maximum. This will be tracked on the Daily Endorphin site, so for those

who have created an account, it will be just a matter of logging minutes.

WHEN: Begins Sept 21, ends Nov 1

Those who participate will have a chance to **win weekly prizes** and anyone who completes 300min or more for the week, gets entered twice into the weekly drawings for prizes. When we (the City team) beat the County—we get to wear **t-shirts** with pride! Use the below link to join:

<https://www.dailyendorphin.com/de/signup/join/group/1887/5fcc10>

For more info regarding the challenge, **contact Angel** at 730-5201 or email ahohenstein@duluthmn.gov

When is the Right Time of Day to Work Out?

Morning, midday or midnight — when's the best time to work out?

Well, that depends on when's the **best time for you**.

"The best time of the day is when you will do it most consistently, because the benefits of physical activity are tightly linked to the amount you do on a consistent basis," said Russell Pate, M.D., professor of exercise science.

Your best time is based on a "constellation" of factors:

- location,
- time of day,

- type of physical activity and
- social setting, among others.

"It's not just what time, but what activity, with whom and where," said Pate. "This mix of factors for people come together to result in being consistent."

Everybody's Different "Different people will have different preferences and predispositions with regard to how they respond to exercise at different times of the day," Pate said.

For example, if you're much more likely to work out consistently with a partner, then you're better off to opt for a social part regardless of the time of day. On the other hand, some people like the solitude, the

chance to get away.

You might have heard that the best time to work out is early in the morning — to get your metabolism revving or to avoid unexpected distractions during the day that could derail your regimen. Are there differences in working out at different times of the day? Maybe. But those differences would be minor compared to the overall effect of doing it consistently. If you're not a morning person, it does no good for you to try to get up at 5 in the morning to work out. Try to stack as many cards on your side of the table as possible by doing what's most likely to work for you.



How to Stay Motivated Heading into Fall

1. **Go for a Hike!** The fall is the best time of year to go hiking. With all of the trails we have at our disposal, you can get lost for hours and never see the same site twice. Staying outside this time of year will allow your body to adjust to the temperature changes and keep you going into the winter (just add more layers).
2. **Join a gym!** Many gyms waive join fees or have trial periods during this time of year. Check one out today! Ask for a tour, a chance to try it out for free, put your workout time on your calendar and make it a habit.
3. **Join a sports league!** Fall leagues are starting and you don't have to be an "athlete" to jump in. Hockey, basketball, volleyball, flag football, bowling, and more! If you have an urge to dust off those skills, now is the perfect time to sign up and be responsible to your team through the winter.
4. **Try a new activity!** Now? Yes! Now! There are hundreds of ways to get active, and sometimes it's just finding what you love. Try rock climbing at Vertical Endeavors, kayaking through one of the many outfitters in the area, fishing, mountain biking, gravel-road riding, horseback riding, rollerblading, sailing, rowing, etc. Adverse to the outdoors? Try Cross-Fit, yoga, spin, Pilates, dance, and any number of classes available through the great gyms and studios in Duluth.
5. **Sign up for a race or competition!** Do it—bite the bullet and sign up for an event that you can train for all winter. Thinking about trying triathlon? There are plenty to choose from next summer. Focus on RAGNAR or RAGBRAI or any number of endurance events. Sign up for your first 5k or rock climbing competition—just get yourself to the starting line of something!
6. **Find a Workout Buddy!** As the mornings start to get darker, it can be easier to hit the snooze button than get up and go to a gym, but if you have someone who is meeting you at the gym or at your house for a run, it makes it almost impossible to say no. You don't have to do the same workout, but knowing that someone is waiting for you will help keep your promise to yourself.

There are a number of ways to be active well into winter. Get into the habit now before winter comes & you'll be able to maintain your fitness (or improve) and keep from getting sucked into hibernation mode!

Food as Medicine

There are many different schools of thought about nutrition and a lot of confusing messages as well. Our food should be our source of energy and fuel our bodies. Whether you believe in the idea of “you are what you eat” or not, there is truth to healing the body with the right kinds of food. Fruits, vegetables and other plant-based foods contain vital vitamins, minerals and other nutrients that can help repair muscle and tissue damage, build our immune system and cleanse our organs and arteries. If you are on a fact-finding mission, check out <http://nutritionfacts.org> for more knowledge.



Breaking Unhealthy Food Habits in Children

Just like any good investment, teaching your child healthy habits now will pay off in the long run. Kids who nibble on nutrient-rich foods from a young age are more likely to maintain those good habits later in life. Research shows that children who become overweight are more susceptible to weight-related health issues as adults. Although it can be easy for families to slip into unhealthy food habits, with some practice, you can steer your child toward healthier choices.

Beyond Restriction When you're trying to break an unhealthy food habit, forbidding certain foods that are already in the home may lead to behavioral problems such as tantrums and sneaking food. "Research has shown that restriction can result in a child overeating the restricted food when it is offered," says Keith Williams, PhD, director of the feeding clinic at the Penn State Hershey Children's Hospital. He suggests keeping the foods you don't want your child to eat out of the

house altogether. If you still want to keep your favorite snacks around, don't munch in front of your child unless he or she is allowed to have some, too. It's always better to work on making healthy changes as a family. Your child should know that you're all in this together.

Focus on Healthy Foods When unhealthy food is missing, be sure to have plenty of healthful alternatives available. Wash and cut fresh fruits and vegetables into pieces ahead of time; then, place them within easy reach in the refrigerator. Children feel more independent when they have options, so try keeping a snack drawer of healthier items and let them choose a food from it every day. Keep the "sometimes" foods out of reach so that you can control when your child eats them. "The goal is to make it easier to obtain the healthy snacks you want your child to eat and more difficult to obtain the foods you don't want him to

eat," says Williams.

Learning to Like New Foods If your child is a picky eater and prefers unhealthy food, she will not be enthusiastic about having her favorite foods limited as you try to break the habit. A carrot is just not as exciting as a cookie — at first. But take heart, stick with the plan and celebrate small victories as you make gradual changes. "Repeated taste exposure is the most common method of developing food preferences," says Williams. Once your child takes a bite of the new food, offer lots of praise and reward that taste with a bite of his favorite food. As a general rule, it may take 8 to 15 tastes of a new food before your child willingly eats it.

As you make a commitment to healthier eating, you'll reap some great benefits — both now and in the future.

Recipe of the Month: Tomato, Onion & Cucumber Salad

Use your fall produce in this easy recipe!

INGREDIENTS

- 4 med. tomatoes (cut into 1/2 in wedges))
- 1/2 thinly sliced sweet onion
- 2 med cucumbers sliced
- 2 T freshly chopped herbs
- 3 T Rice vinegar
- 1 T canola oil

- 1 T honey
- Black pepper, garlic salt &/or kosher salt to taste

DIRECTIONS

1. Whisk oil, vinegar, honey, salt & pepper in bowl.
2. Add tomatoes, cucumbers & onion, tossing gently.

Leave stand in bowl to marinate for at least 30minutes.

3. Just before serving, add fresh herbs & toss again.



Opportunities to Do & Be Well :

1. **Making Strides Against Breast Cancer** - Saturday, October 3rd, registration at 7:30am, walk at 9am at Lake Superior College. The American Cancer Society is looking for teams to participate in this event. More information can be found at makingstrideswalk.org/twinportsmn
2. **Walk for Wishes** - a fundraiser for the MN Make a Wish Foundation. The walk will be held on Oct 4th at 9am in Bagley (near UMD) - and you can either form a team or participate individually. To register, go to <http://bagleywalkforwishes.kintera.org/faf/home/default.asp?ievent=1142499>
3. **Food & Health Education Group** that meets monthly – the 2nd Tuesday of the month from 6:30-8pm at the Lake Superior Interfaith Community Church. Each month the Food & Health Education group covers different topics – and they are all free. The upcoming topics include the following:
 1. Sept. 8 – Maintain Immune Health by Supporting Microbial Balance focusing on Lyme disease, candida & yeast infections, intestinal dysfunction.
 2. Oct 13 – Brain Change, Gluten: A danger to your brain and Unlocking your DNA to build a better brain.
 3. Nov 10 - Toxins – Let's Lighten your Load!
 4. Jan 12 – Celiac Disease (what is it, is it genetic, etc.).Again – all of these meetings are free and you do not have to attend all of them – they are open to everyone.
4. If you have not checked out our Employee Assistance Program (EAP) yet, be sure to do so! There are so many resources available to you as employee, and free to you. The EAP is designed to be a comprehensive source for you—everything from financial or legal advice, to personal development and more. If you are unsure of where to find our EAP information, please contact Human Resources, 730-5210.

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](mailto:bridgetowellness@cityofduluthmn.gov) contact list to receive regular tips, reminders and other information regarding wellness.



<http://www.duluthmn.gov/bridge-to-wellness/>

Wellness Days! September 24th: Hike on the Superior Hiking Trail

Join me in a nice walk in the woods! The Superior Hiking Trail is out our back door (practically) and the fall is a great time to explore it. Meet at the M&H gas station parking lot (Michigan St)—we will hike starting at 5pm and wrap up around 7pm. If the weather is inclement, rain-date will be September 29th. This is open to everyone—employees, retirees, families & friends.

Please RSVP Angel at ahohenstein@duluthmn.gov or 730-5201.

Have an Idea or a Question?

Please let me know if you have an idea for a newsletter or a Weekly Wellness Tip.

If you have questions about nutrition, mental health, physical health, fitness, stress management, etc., please do not hesitate to contact me, I would be happy to help in any way I can!