

Featured Employee: Danielle Erjavec

Upcoming Events:

- Oct 8—UMD Homecoming Parade—Downtown Superior St. 5:30pm
- Oct 10—Essentia Health Harvest Run & Fitger's Harvest Fun
- Oct 10 & 17—Boo at the Zoo 10am-4pm
- Oct 18—Climb Duluth Day! Starts 10am—Free bouldering (check out climbduluth.com for more info)
- Oct 24—Fido's Fall Fest at Fitgers (Bring your pup for on-site care and info) 11am-3pm
- Oct 29—Chester Chat at Glensheen Mansion 7pm (FREE)

Philosophy on Wellness: Wellness is a lifestyle. It is not just a fad or diet. It is something you do every day. Wellness is not just working out, eating healthy, staying hydrated, getting enough sleep, or doing the things that make you happy—it's all of those things combined; an integrated approach. Wellness is not a piece of your life; it's a total package.

What do you do to stay healthy: Danielle likes working out, eating healthy, staying hydrated, getting enough sleep, and doing the things that make her happy to help her stay healthy. She likes to regularly change things up as well with a new exercise, activity or recipe. Danielle is also disciplined. When it comes to dessert, for example she will eat it, but wait until after dinner rather than over-doing it at every meal.

What motivates you to stay healthy? Danielle's philosophy is what motivates her. For her it is a lifestyle and a part of who she is—she's internally motivated, not driven by incentives or external motivators.

What inspires and/or challenges you and how do you overcome those challenges? Danielle shares: "There are some days that I do not want to work out because I am just too tired or sore. So I tell myself this: "I really regret that workout. Said no one. Ever." This quote motivates me because it reminds me that the only regret I will have is the workout I didn't do."

Any advice? Do everything in moderation. Working out is great for you, but so are rest days. Fruits and veggies have great nutrients, but a cookie isn't going to ruin your diet. Also, listen to your body—it does a great job of telling you what it needs.



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BRIDGE TO WELLNESS HEALTH FAIR

Get ready for our annual Bridge to Wellness Health Fair!

WHO: All employees and retirees are invited and encouraged to attend

WHEN: Thursday, November 5th, 8am—3pm

WHERE: The DECC (parking is free)

WHAT: This FREE health fair features several opportunities to take advantage of including:

- Biometric Screenings
- Flu Shots
- Wellness Assessments
- Functional Evaluations
- Presentations
- Exhibitors

- Raffle Prizes
- A \$75 Gift Card (when you complete the Biometric screening & Health Risk Assessment)
- Massages
- And more...!

The schedule of presentations, link to sign up for your biometric screening and more information can be found on the Bridge.

Questions? Please contact **Angel** at 730-5201 or email ahohenstein@duluthmn.gov



weights...



Which is Better for Weight Loss: Cardio or Strength?

That question comes up all the time when someone is trying to lose weight. The answer—

BOTH, you do need to do both cardio workouts (raise your heart rate) and strength training to see improvement.

What? I thought I only had to do strength training to see results!

Lifting weights will definitely help define your muscles and will help with injury prevention. It will also keep your metabolism elevated by up to 10% for up to three days following a hard workout. This is good news in terms of calorie burn. If your goal is to lose weight, you might see some improvement initially if you start picking up weights, however you will not experience the same benefits if you ne-

glect to incorporate an aerobic workout.

Why is a cardio workout so important? I am not out to win any races!

Cardiovascular workouts (or aerobic exercise) increase the capacity of your heart and lungs to supply oxygen-rich blood to the muscles. It also enhances the muscle's ability to use this oxygen and supply adequate energy for movement. In other words, if you never get your heart-rate up, you'll never see the impact of your weight-training. You can be incredibly strong, but not be able to see the definition of your muscles.

Cardio workouts also give you an endorphin boost which has been proven to aid with anxiety and depression.

I don't have time for both! Good news—you can combine them! If you are worried about being time-crunched and not being able to do both strength & cardio...combine movements. Think plyometric exercises such as jump squats, burpees (yuck...I know), and any explosive movements that leave you breathless will help deliver benefits of both exercises.

Just remember, there is one more component to it...you have to eat well too. I will save the nutrition facts for the food sections, but keep in mind your diet needs to be clean and nutrient-rich if you are trying to lose weight!



Ergonomic & Safety Tips

Here are some things to think about whether you are sitting at your desk or lifting, carrying and/or pushing things all day:

Desk-dwellers:

- Get up and **MOVE** every 20 min (even just standing & stretching for 1-2min). Ideally, if you sit—sit for 20min, stand for 8min, stretch for 2min.
- Posture is imperative. Pay attention to how you are sitting (or standing) - head/neck should be straight in line with shoulders when you are looking at a computer screen; shoulders should be straight (not hunched); back should be straight/flat; etc.

Movers:

- Safe lifting zone is between mid-thigh and chest level. Make sure weight is evenly dispersed & test weight of object first
- Eliminate reaching over head & pivot with feet to avoid twisting torso
- Work with your arms & legs, not your back—use equipment when you can

Both

- Avoid repetitive motions for a prolonged period of time—by varying tasks . Be sure to break from static positions and rest in between forceful exertions as well.

- Keep loose with stretching exercises no matter if you are at a desk or moving all day. Stretching before you're lifting items is extremely important to avoid injury.

For more tips or if you have questions about ergonomics, please feel free to contact me.





Clean Eating...What is it?

Clean eating is a deceptively simple concept. Rather than revolving around the idea of ingesting more or less of specific things (for instance, fewer calories or more protein), the idea is more about being mindful of the food's pathway between its origin and your plate. At its simplest, clean eating is about eating whole foods, or "real" foods — those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible. However, modern food production has become so sophisticated that simply eating whole foods can be a challenging proposition these days.

Unprocessed foods include:

- Fresh fruits & vegetables
- Dried legumes
- Nuts
- Farm-fresh eggs

Minimally processed foods include:

- Unrefined grains, like whole wheat bread & pasta, popcorn, steel-cut oatmeal, quinoa & brown rice
- Frozen fruits and vegetables

- Unprocessed meat; wild over pastured, pastured over grain-fed
- Hormone-free dairy
- Oils

Pesticide-free organic food is preferable to avoid consuming added hormones or chemicals. It's also important to note that eating clean doesn't give you free reign to eat endless quantities. They may be healthy, but they still have calories! Realistically, eating clean doesn't mean you need to eat everything raw and straight from the ground. It means choosing minimally processed foods with few ingredients on the label, if it has a label at all.

When perusing the main aisles for packaged foods, ask yourself: Where did this food or its ingredients come from? How much has it been processed or handled? The ingredient label should be short, and all ingredients should be recognizable. Scan for easy-to-avoid additives like artificial coloring and flavors. Think about the colors you have in your cart or on your plate—there should be a variety (and not artificially enhanced by adding Skittles).



Recipe of the Month: Healthy & Easy Apple Crisp (in Under 10minutes)

Apples are in season! What better way to enjoy them.

INGREDIENTS

- 1 Apple—cored & sliced
- 1 1/2 tsp cinnamon
- 2 T rolled oats
- 3 T chopped nuts and/or seeds
- 1 tsp honey (melted)
- 1 tsp butter or coconut oil (melted)
- 2 T lemon juice
- 3–5 T water

- Pinch of sea salt

DIRECTIONS

1. Preheat oven to 425F, with rack towards the top of the oven.
2. Wash, core, and slice apple and toss with lemon juice and 1 tsp cinnamon. .
3. In small bowl, mix rolled oat, chopped nuts, 1/2tsp

cinnamon, & melted honey. Spread on thin layer of tin foil and bake for ~5min. Watch to avoid burning.

4. In small saucepan over medium heat, start cooking apples. Add a T of water as soon as pan starts going dry. Cook to preferred

"doneness".

5. Throw apples in bowl and mix with nut & oat crumble. Enjoy!



Opportunities to Do & Be Well :

October is full of “awareness” topics, but two major areas include:

Domestic Violence Awareness Month evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. If you or someone you know is in need of help and services, locally there are several shelters and organizations that can help. Contact the United Way at 2-1-1 for lists of places to seek help. You can also check out this link for more information http://www.ncdsv.org/dvam_2014.html#help

National Breast Cancer Awareness Month - Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Check out <http://www.cancer.org/healthy/morewaysacshelpyoustaywell/breastcancer> to learn more about ways you can help prevent or reduce risk.

October is the month for
National Breast Cancer Awareness and
Domestic Violence Awareness



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.



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

Wellness Days! October 26th: Rock-Climbing at the YMCA

Interested in Rock Climbing but don't know where to start? Come to the Duluth YMCA (302 W 1st St.) on Monday, October 26th at 6pm and give it a try. Wear comfortable clothing and bring your confidence!

Limited to the first 20 participants. 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!