

# Mission In Motion

Health & Wellness Monthly Newsletter  
June 2012—Physical Activity



**Zumbathon: THE REAL MEN WHO DO ZUMBA— April 28, 2012**

**The S.A.F.E. Place & Mission Regional Hospital working together to stop child abuse and sexual assault! (Pictured above: Mission Firefighters, Michael Silva and Michael Saldana)**

## Making Physical Activity a Priority

A growing body of evidence reveals that Americans' bodies are growing—nearly 60 million are considered to be obese. Lack of physical activity is a big reason why. If your “get up and go” has fizzled out, here are some easy ways to fit in activity several times a day:

- ◆ Do housework yourself instead of hiring someone else to do it
- ◆ Stand up while talking on the phone
- ◆ Keep exercise equipment repaired and use it
- ◆ Walk while waiting for the plane at the airport
- ◆ Take along a jump rope when you travel and exercise in your hotel room
- ◆ Make a date with a friend to enjoy your favorite physical activities
- ◆ Dance with someone or by yourself

If you long to put more pep in your step, take these simple ideas about physical activity and run with them.

Get going to Blue Access® for Members at [www.bcbstx.com](http://www.bcbstx.com) and find more practical fitness facts for a healthier lifestyle every day.

Sources: U.S. Department of Health and Human Services; American Heart Association

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## Gardening—Physical Activity

Thirty minutes of physical activity each day can help keep you healthy—this includes gardening, which can give you a cardiovascular workout and strengthen your muscles and bones. Boost your benefits by:

- Spacing out your yard-work instead of doing it all at once
- Allowing at least 30 minutes for each daily workout
- Using a push mower instead of riding
- Raking leaves—forget the power blower

Source: University of California, Berkeley Wellness Letter

# Tips on Turning off the TV

Think good health is only a remote possibility? Not when you put down the TV remote—and find ways to be more active. Turning off the TV is a great way to improve the health of you and your family. Watching less TV can also help you eat less since many of us munch while gazing at our favorite shows. And many TV ads even push a diet that's exactly opposite of what doctors recommend. For instance, a recent study at Tufts University found that families who had their TVs on during mealtimes consumed more processed meats, salt, soda and quick-preparation foods and fewer fruits and vegetables. And don't forget about limiting Web surfing and playing video games, too.

Want to get unglued from the tube? Try these simple TV turnoff tips:

- Keep the TV off during meals
- Hide the remote
- Designate certain days of the week as TV-free days
- Move your TV to a less prominent location
- Don't worry about boredom—it often leads to creativity

Is changing channels your definition of exercise? Then channel your energy into some body-boosting activities by turning off the TV and turning on a healthier lifestyle.

Source: American Academy of Pediatrics

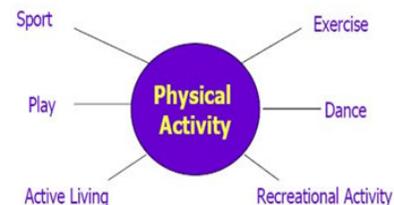


Zumba is a great form of Physical Activity—and studies show you can burn 500—1000 calories per 1 hr. class.

Zumbathon—April 28, 2012

A little physical activity means a lot!

## What Is Physical Activity?



## Take a Turn for the Better.....

Most kids get four to six hours of TV, computer or video games a day, a far cry from the one or two hours that experts recommend.

Follow these limit-setting strategies to help your kid—and you—get the remote under control:

- Think of alternative activities, such as shooting some hoops, going on a walk or exploring a nearby park
- Be active with your kids—they'll love spending the time with you
- Remove televisions from bedrooms
- Plan which shows to watch, and don't just watch whatever comes on next
- Avoid using TV as a reward or punishment
- Set a good example by limiting your tube time

One good turn deserves another. Turn off the TV, get more active and help your family enjoy the health it deserves.

Source: American Heart Association



## Take a Break and Take a Walk

One of the best ways to improve your health is to get to the heart and “sole” of the matter. So grab some comfortable shoes, lace them up and get going on a walking program. Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It’s safe, simple, doesn’t require practice, and the health benefits are many. And it can help you lose those “love handles,” too.

If you’re crunched for time, you can even fit walks in during your work breaks and lunch. Always remember to warm up and stretch first. Also, keep your posture straight and avoid exaggerated movements to help prevent injury and setbacks. To stay motivated:

- Set performance goals
- Make it fun
- Vary your route or routine

Here’s another healthy habit you can fit into your breaks—the Personal Health Manager, available through Blue Access® for Members at [www.bcbstx.com](http://www.bcbstx.com).

Source: Mayo Foundation for Medical Education and Research



## Consider the Possibilities....

Is your weight holding you back from physical activity? While there may be special challenges for large people who want to be physically active, overcoming the following barriers can make all the difference:

**Barrier:** I don’t have enough time.

**Solution:** Be active for a few minutes at a time throughout the day.

**Barrier:** I feel self-conscious when I’m active.

**Solution:** Be active at home doing household chores and find ways to move more during day-to-day activities.

**Barrier:** I’m worried about my health or injury when I exercise.

**Solution:** Consult a health care professional first, and consider finding a personal trainer to guide you.

**Barrier:** I just don’t like exercise.

**Solution:** Try dancing to your favorite music, taking the stairs instead of an elevator, and walking outdoors with friends.



**May 24, 2012—Health & Wellness Seminar - High Blood Pressure—by Dr. Angel Claudio.**

### June Health & Wellness Seminar:

**Topic:** Spider & Varicose Veins      **Date:** June 28, 2012  
**Time:** 2:30pm—3:30pm      **Speakers:** John G. Orfanos, M.D.  
**Location:** City Hall Council Chambers      & Carlos Garcia-Cantu, M.D.  
 Look for Health & Wellness Seminar flyer for more information.

#### Spinach-stuffed sole

By Mayo Clinic staff

Serves 2

#### Ingredients

1 teaspoon olive oil	2 cups fresh spinach leaves
2 teaspoons minced garlic	Ground black pepper, to taste
2 sole (flounder) fillets, each 5 ounces	1/2 teaspoon butter, melted

#### Directions

Preheat the oven to 400 F. Lightly coat a baking dish with cooking spray.

In a skillet, heat the olive oil over medium heat. Add the spinach, garlic and pepper. Saute until the spinach starts to wilt, 2 to 3 minutes.

Place the sole fillets in the prepared baking dish. Place half of the spinach mixture in the middle of each fillet and roll up. Place the rolled fillets seam-side down. Brush with melted butter. Bake until the fish is opaque throughout when tested with the tip of a knife, 8 to 10 minutes.

Transfer to individual plates and serve immediately.

### Upcoming Monthly Health & Wellness Seminars:

July 2012 — Back Health  
 August 2012—Immunization Awareness  
 September 2012—Cholesterol  
 October 2012—Breast/Prostate Cancer Awareness  
 November 2012—Diabetes  
 December 2012—Alcohol/Drug Abuse

(All topics subject to change)

\*If you have a subject or topic that you would like more information on, feel free to make your requests at 956-580-8630.

### Wellness Scramble

Unscramble the letters of these words. Look for the answer next month.

**ayst njryiu eerf**

**May Answer:**

**Learn about healthy blood pressure**

**Mission In Motion**

**Our mission is to promote health awareness and to encourage healthy lifestyles.**

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