

## Take Charge of Your Health Challenge

*Sedgwick County Health Department Worksite Wellness Program*

### 55 ways to improve your health...Just Pick 5!

1. Walk to work.
2. Use fat free milk over whole milk.
3. Do sit-ups in front of the TV.
4. Walk during lunch hour.
5. Drink water before a meal.
6. Eat leaner red meat & poultry.
7. Eat half your dessert.
8. Walk instead of driving whenever you can.
9. Take family walk after dinner.
10. Avoid food portions larger than your fist.
11. Increase the fiber in your diet.
12. Join an exercise group.
13. Drink diet soda.
14. Do yard work.
15. Eat off smaller plates.
16. Walk 5 minutes farther than the week before.
17. Don't eat late at night.
18. Skip seconds.
19. Work around the house.
20. Skip buffets.
21. Grill, steam or bake instead of frying.
22. Go for a half-hour walk instead of watching TV.
23. More carrots, less cake.
24. Sit up straight at work.
25. Don't skip meals.
26. Eat more celery sticks.
27. Choose an activity that fits into your daily life.
28. Ask a friend to exercise with you.
29. Exercise with a video if the weather is bad.
30. Keep to a regular eating schedule.
31. Take a walk or do desk exercises instead of a cigarette or coffee break.
32. Keep a pair of comfortable walking or running shoes in your car and office.
33. Stretch before bed to give you more energy when you wake.
34. Choose fruit for dessert.
35. Consume alcoholic beverages in moderation, if at all.
36. Conduct an inventory of your meal/snack and physical activity patterns.
37. Eat before grocery shopping.
38. Choose a checkout line without a candy display.
39. Make a grocery list before you shop.
40. Flavor foods with herbs, spices, and other low fat seasonings.
41. Don't skip breakfast.
42. Snack on fruits and vegetables.
43. Top your favorite cereal with apples or bananas.
44. Ask for salad dressing "on the side".
45. Park farther from destination and walk.
46. Try a green salad instead of fries.
47. Drink lots of water.
48. Cut high-calorie foods like cheese and chocolate into smaller pieces and only eat a few pieces.
49. Replace sugar sweetened beverages with water and add a twist of lemon or lime.
50. Try a new fruit or vegetable (ever had jicama, plantain, starfruit or papaya?)
51. Make up a batch of brownies with applesauce instead of oil or shortening.
52. Walk briskly through the mall and shop 'til you drop ... pounds.
53. Clean your closet and donate clothes that are too big.
54. Take your body measurements to gauge progress.
55. Buy a bracelet of your favorite charity to remind you to live a healthier lifestyle every day.

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## Physical Activity and Nutrition Guidelines

The US Department of Agriculture (USDA) has promoted the Food Pyramid for years as a guide for healthy eating. Their 3 goals through the pyramid system help you:

- Make smart choices from every food group
- Find your balance between food and physical activity; and
- Get the most nutrition out of your calories

Healthy Eating:

- Emphasizes fruits, vegetables, whole grains, fat-free or low-fat milk and milk products
- Includes lean meats, poultry fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt and added sugars

### General Guidelines

#### Physical Activity:

- Engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week (Centers for Disease Control).
- Make sure to do at least 10 minutes of activity at a time. For example, you can take 3 10-minute brisk walks.

#### Nutrition:

- Consume 3 cups per day of fat-free or low-fat milk or milk products.
- Choose low-fat or lean meats and poultry. Consume 5.5 ounces of meats and beans per day (based on 2000 calorie intake).
- At least half of your daily “grains” should come from whole grains.
- Eat the recommended level of fruits and vegetables each day (for 2000 calorie intake, this is 2 cups of fruit and 2 1/2 cups of vegetables per day).

The USDA has developed the “MyPyramid” program to help you choose the foods, amounts and physical exercise that are right for you. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information!

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### The Secret to Getting Started

You can take small, simple steps to make a big difference in your health. Below are ideas that you can try with your family members, co-workers, and friends! You don't have to do them all, just the ones that make sense for you.

#### Getting Started:

1. Review the list below.
2. Check off those you are already doing.
3. Pick one or two new items you plan to take.
4. Stick with it and track your progress!
5. Congratulate yourself when you have made a change.
6. Try adding another step or two!

#### Be Active!

- Keep the TV turned off at meal times
- Limit TV watching and video games to 2 hours per day
- Keep TVs out of the kids' bedrooms
- Walk for 10 minutes/day, 3 times a week. Increase the time over the weeks ahead.
- When parking the car, park farther away and walk.
- Play outside after school/work one day a week.
- Use the stairs instead of the elevator/escalator.
- Plan family/friend time that includes activity, like walking, biking or playing ball.
- Try biking or walking instead of using the car for short trips.
- Do household chores together, especially things like raking, pulling weeds, washing your car.
- Walk at work. Take 10-15 minutes and enjoy the outdoors and walk around the block (or walk inside the building!)
- Try a new activity — like biking, dance, swimming, aerobics, yoga, etc.

#### Eat & Drink Healthy!

- Pick one night a week to eat together.
- Try eating a fruit or vegetable at every meal (even try a new fruit or vegetable!)
- Have a fruit or vegetable snack every day.
- Eat less fast food.
- Do not supersize, unless you're sharing with someone!
- Buy frozen, fresh, canned and dried fruits and vegetables.
- Buy whole grain bread (whole wheat, bran, oatmeal, multigrain)
- Use small amounts of high fat toppings, like margarine, butter and salad dressings.
- Bake, broil, grill and microwave meats, fish and poultry.
- Buy less soda pop for the home.
- Drink more water, milk or pure fruit juice.
- Try drinking 1% or skim milk.
- Limit vending machine purchases to once a week.
- Bring your lunch to work. Save money and eat healthy!

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The **Take Charge of Your Health Challenge** is a 10-week program designed to motivate you to:

- Eat 5 servings of fruits and vegetables daily; and
- Exercise for at least 30 minutes each day

The fact is, a healthy program at the workplace can play a major role in a healthier workforce. Since Americans spend a big part of their lives at work, employers can help them lead healthier lifestyles, and at the same time, show they care about the welfare of their employees. The Challenge recognizes that fitness and eating habits vary from person to person.

**The Individual Challenge:** The program encourages you to set your own goals for eating 5 fruits and vegetables each day and exercising 30 minutes daily.

**The Team Challenge:** Each team is led by a Captain who helps members reach their individual goals. Being part of a team provides encouragement and motivation. Teams receive rewards as members make progress toward their goals.

**Setting Goals:** Goal setting and record-keeping are important in adopting and maintaining new behaviors. Personalized goal setting allows all participants, regardless of their current level of fitness, to start on an even playing field.

### Record Keeping:

Physical Activity							
Goal:							
Fruits & Vegetables							
Goal:							

\*\* For electronic record-keeping logs, pre/post surveys and additional resources, contact [health@sedgwick.gov](mailto:health@sedgwick.gov).

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### What Counts?

#### Examples of serving size — fruits & vegetables:

One medium sized fruit (apple, orange, banana, pear, etc.)  
 1/2 cup raw, cooked, canned or frozen fruits or vegetables  
 3/4 cup (6 oz.) of 100% fruit or veggie juice  
 1/2 cup cut-up fruit  
 1 cup raw, leafy vegetables (lettuce, spinach)  
 1/4 cup dried fruit (raisins, apricots, mangoes, apples, etc.)

#### Examples of activity:

“Vigorous” exercise includes activities like jogging, running, fast cycling, aerobic classes, swimming laps, singles tennis and racquetball. These activities usually increase your heart rate, make you sweat and may cause you to breath faster or with more effort.

“Moderate” exercise includes activities such as brisk walking, gardening, slow cycling, dancing, doubles tennis or hard work around the house.

### Water Counts!

Water is essential to daily living. It helps with body-temperature maintenance, is needed for your body to function properly and is vital to electrolyte balance. There are recommended amounts for normal activity:

Women: 8 glasses (64 oz) daily  
 Men: 12 glasses (96 oz) daily

Of course, with physical exercise, you need to replace the water you lose. Be sure to drink before, during and after exercise to avoid dehydration!

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### Healthy Food Options...

#### Breakfast Suggestions...

- Fruit salad
- Whole fruit
- Low-fat yogurt
- Bagels with flavored low-fat spreads
- 100% fruit juice
- Mini cereal boxes with fruit
- Fruit bread or mini muffins
- Granola bars

#### Appetizer & Snack Suggestions...

- Raw vegetables with low-fat dip
- Pretzels, low-fat tortilla chips, low-fat potato chips, low-fat popcorn
- Reduced fat cheese assortment with low-fat crackers
- Low-fat baked tortilla chips, bean dip and salsa
- Hummus and pita bread
- Baked artichoke dip made with low-fat mayonnaise with low-fat crackers
- Spinach dip made with low-fat mayonnaise and/or sour cream in a bread bowl

#### Salad Ideas...

- Mixed greens with low-fat dressing
- Fruit salad
- Spinach salad with mandarin oranges and toasted almonds
- Red potato salad with low-fat mayonnaise
- Tomato salad with onions, black olives, mint and oregano
- Three-bean salad
- Corn salad with red and green peppers
- Pasta salad with low-fat dressing

#### Dessert Options...

- Fresh fruit salad
- Fresh fruit with chocolate or caramel dipping sauce
- Oatmeal raisin cookies
- Frozen yogurt or low-fat ice cream
- Brownies made with applesauce instead of oil
- Angel food cake with fruit topping

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## Other Employee Wellness Programs and Creative Ideas

Creative wellness programs help encourage employees to pay attention to their health. Many companies have shared their programs, ideas and success stories, all which focus on improved healthy behaviors:

- **Employee Bakeoff** — Increase your employees' ability to make good nutritional decisions and reinforce basic concepts of food nutrition. Challenge their ability to modify their favorite recipes.
- **Salad Bar/Potluck/Buffer** — Have employees bring different parts of a salad and come together to create a healthy salad! Introduce new fruits and vegetables!
- **Personal Healthy Vending Machine** — All employees purchase healthy snacks and share! Divide the snacks in bags, and leave with a variety of healthy snacks—when you have a “snack attack,” you have choices from your healthy snack bag!
- **Walk the Mall in My Shoes** — Many shopping malls open the doors to walkers, which is great way to encourage walking during the colder (and hotter!) months!
- **“Indianapolis 500”** — Begin your event on Memorial Day, with groups formed into racing teams. The team leader is the “designated driver,” with a focus on “500” — 500 miles (of walking, biking, running, swimming) or 500 hours or exercise. As a twist, you can begin this program 6-8 weeks before Memorial Day for a “race finish.”
- **Walktoberfest** — Develop a fall walking program — maybe hold a Walktoberfest healthy celebration at the end!
- **“Untie the Stress”** — Casual dress-down days are common in the business world. Consider hosting an event to help focus on reducing stress!
- **Budget Your Calories** — Most organizations go through an annual budgeting process. Turn this into a healthy event! Develop calorie and exercise logs based on a financial spreadsheet: “Income or revenue” (food intake) and “Expenses or output” (exercise).
- **“Fry Now, Pay Later”** — Skin cancer is one of the most preventable cancers. Hand out sample-sized bottles of sunscreen, inexpensive sunglasses or sunscreen lip balm to affect participants.
- **“Great American Smokeout”** — Encourage your employees to “kick the habit.” Host sessions on ways to quit.
- **New Year’s Resolution** — Ask employees to write their health-related resolutions on an index card — then post them after 6 weeks to remind them of their commitment.
- **Birthday Blood Pressure** — Everyone should have their blood pressure checked regularly. Help employees

\*\* For more ideas, contact [health@sedgwick.gov](mailto:health@sedgwick.gov).

*Health Promotion Ideas That Work —  
84 Proven Activities for the Workplace*

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# Resources and Materials

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## Wellness Resources in Sedgwick County

The Internet offers a wealth of wellness information, and especially more detail about activities, events and resources right here in our community!

### Recreation:

Sedgwick County Zoo —  
[www.scz.org](http://www.scz.org)

Sedgwick County Park and  
Lake Afton Park —  
[www.sedgwickcounty.org](http://www.sedgwickcounty.org)

Bike paths, parks and swimming pools in  
Wichita —  
[www.wichita.gov/CityOffices/Park](http://www.wichita.gov/CityOffices/Park)

Parks in Bel Aire —  
[www.belaireks.org](http://www.belaireks.org)

Bentley City Park —  
<http://skyways.lib.ks.us/towns/Bentley>

Parks and golf in Cheney —  
[www.cheneyks.org](http://www.cheneyks.org)

Parks in Clearwater —  
[www.clearwaterks.org](http://www.clearwaterks.org)

Parks and swimming in Derby —  
[www.derbyweb.com](http://www.derbyweb.com)

Parks and swimming in Goddard —  
[www.goddardkansas.us](http://www.goddardkansas.us)

Parks and swimming in Haysville —  
[www.haysville-ks.com](http://www.haysville-ks.com)

Parks and swimming in Maize —  
[www.cityofmaize.org](http://www.cityofmaize.org)  
Parks and swimming in Mt. Hope —  
[www.cityofmounthope.net](http://www.cityofmounthope.net)

Parks and swimming in Mulvane —  
[www.mulvanekansas.com](http://www.mulvanekansas.com)

Parks and swimming in Park City —  
[www.parkcityks.com/index.asp](http://www.parkcityks.com/index.asp)

Parks and swimming in Valley Center —  
[www.valleycenterks.org](http://www.valleycenterks.org)

### Community Groups/Activities/ Help:

Health and Wellness Coalition of Wichita —  
[www.hwcwichita.org](http://www.hwcwichita.org)

“Run Wichita” (list of running events and  
running trails) —  
[www.runwichita.org](http://www.runwichita.org)

Bike Club (calendar of events and to join the  
fun) —  
[www.oxbikeclub.com](http://www.oxbikeclub.com)

Tobacco Free Wichita (smokefree restaurants  
and other tobacco-free information) —  
[www.tobaccofreewichita.org](http://www.tobaccofreewichita.org)

Kansas Tobacco Use Prevention Program  
(help with cessation programs and facts) —

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## National Wellness Resources

Lots of organizations recognize the value of wellness and smart choices for better health. Check out these national resources on the web for more help.

**Wellness Councils of America —**  
**www.welcoa.org**

Helps organizations of all kinds build and sustain wellness programs.

**Centers for Disease Control and Prevention (CDC) —**  
**www.cdc.gov**

CDC is committed to programs that reduce the health and economic consequences of the leading causes of death and disability, to ensure a long, productive, healthy life for all people.

**Health Pyramid —**  
**www.mypyramid**

This resource provides information about nutrition, physical activity and personalized programs to help you choose the right foods and amounts.

**American Cancer Society —**  
**www.cancer.org**

Information about cancer, prevention and treatment, as well as dietary guidelines and common questions.

**American Diabetes Association —**  
**www.diabetes.org**

A comprehensive resource on diabetes and how to reduce your risk.

**American Heart Association —**  
**www.americanheart.org**

Information on health, physical activity, nutrition and obesity can be found on this site, to help improve your heart health.

**American Dietetic Association —**  
**www.eatright.org**

Information on food and nutrition.

**National Institutes of Health —**  
**www.nih.gov**

US Department of Health and Human Services site that provides a range of topics on health, including nutrition and physical activity

**About Produce —**  
**www.aboutproduce.com**

Information on fruits, vegetables, including recipes, cooking, health and nutrition.

**5-A-Day —**  
**www.5aday.com**

Information on fruits, vegetables and healthy recipes.

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### Policies in the Workplace

As healthcare costs continue to rise, employers are looking for ways to encourage employee healthy behaviors to reduce long-term health impacts. Policies for the workplace are one way to help promote positive, healthy behaviors.

Below is suggested wording for policies to help promote a healthier workplace.

#### Smoking:

- Smoking shall not be permitted in any enclosed company facility. This includes common work areas, auditoriums, classrooms, conference and meeting rooms, private offices, elevators, hallways, medical facilities, cafeterias, employee lounges, stairs, restrooms, vehicles and other enclosed facilities.
- Smoking shall be permitted only at a reasonable distance (eg., 25 feet or more) outside any enclosed area where smoking is prohibited so as to insure that secondhand smoke does not enter the area through entrances, windows, ventilation systems or other means.
- "No Smoking" signs shall be posted at entrances to all company facilities.
- Copies of this policy shall be distributed to all employees.
- This policy is being announced XX months in advance in order to give smokers time to adapt to the change and to facilitate a smooth transition to a smoke-free environment.
- Employees are encouraged to take advantage of company-sponsored smoking cessation programs.

#### Healthy Foods:

- All events sponsored or supported by this organization will include one or more of these healthy items:
  - Fruits/Vegetables (fresh, frozen, canned or dried fruits or vegetables)
  - Low-fat milk and dairy products (skim/non-fat or 1% milk, low-fat or fat-free yogurt, cheese and ice cream)
  - Food made from grains (low-fat whole-wheat crackers, bread, pita bread, low-fat baked tortilla chips)
  - Water and juice
- Events may include meetings, catered events, luncheons, conference sessions, etc.

#### Physical Activity:

- Events sponsored or supported by this organization will include opportunities for physical activity:
  - Physical activity breaks in meetings — stretch breaks
  - Identification of physical activity opportunities — providing walking maps, recreational facilities, organization of walking groups or other group activities
  - Supportive schedules — including flexible work schedules, scheduled or facilitated stretch breaks integrated into meeting agendas
  - Encouragement from leadership to promote and participate in physical activities
- Events may include meetings, catered events, luncheons, conference sessions, etc.

## The Reality and Cost of Obesity

### Adults:

- Only about 1/4 of adults in the US eat the recommended servings of fruits and vegetables each day.
- Obesity rates have increased by more than 60% among adults in the last 10 years — 25% of the adult population is obese.
- More than 60% of adults do not get enough physical activity.
- In Kansas: in 1995, 15% to 19% were obese; in 2001, this number climbed to 20% to 24%.
- 38% of Sedgwick County adults are overweight, and 24% are obese.
- Only 22% of Sedgwick County adults consume five or more fruits and vegetables daily. And, only 32% of Sedgwick County adults participate in moderate physical activity five or more times per week for at least 30 minutes per day.

### Children & Young Adults:

- More than 60% of young people eat too much fat, and less than 20% eat the recommended servings of fruits and vegetables each day.
- Children and young adults who are overweight are more likely to be overweight or obese as adults.
- Almost 16% of our children and young adults are overweight. The Centers for Disease Control (CDC) have estimated that 1 in 3 children will develop diabetes in their lifetime.

### Costs:

- In 2000, the total cost of obesity in the US was estimated to be \$117 billion (US Department of Health and Human Services).
- The lifetime medical costs of heart-related diseases (hypertension, diabetes, heart disease, stroke, high cholesterol) are approximately \$10,000 higher for those moderately obese (than among people at healthy weight).
- Increased physical activity reduces illnesses associated with obesity, which helps reduce long-term medical costs. Preventable illness accounts for 70% of the burden of illness and its associated costs.

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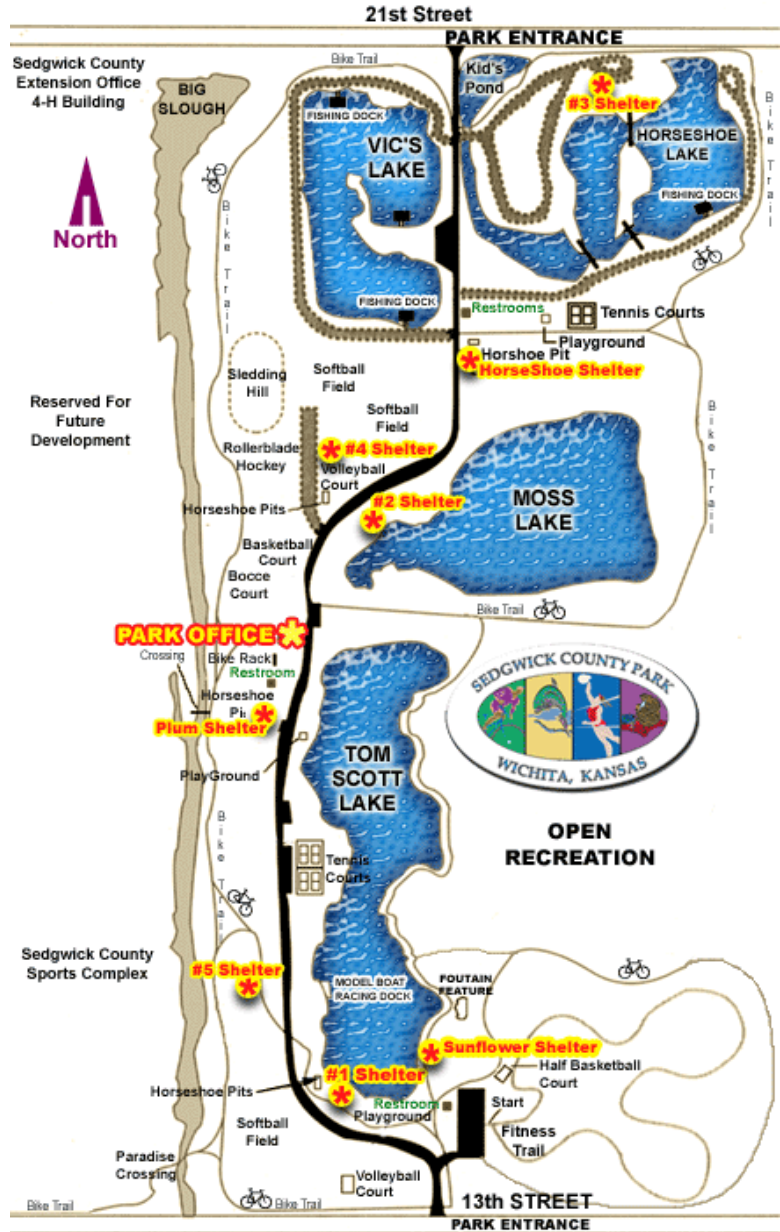
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### Sedgwick County Park — Bike/Walking Path

The Sedgwick County Park is located on 21st Street, to the west of the Sedgwick County Zoo (between I-235 and Ridge Road).

There are numerous activities to enjoy, including great bike and walking paths! Check out:

- 3 Basketball Courts
- 3 Volleyball Courts
- 1 Tennis Court
- 5 Miles of Paved Paths



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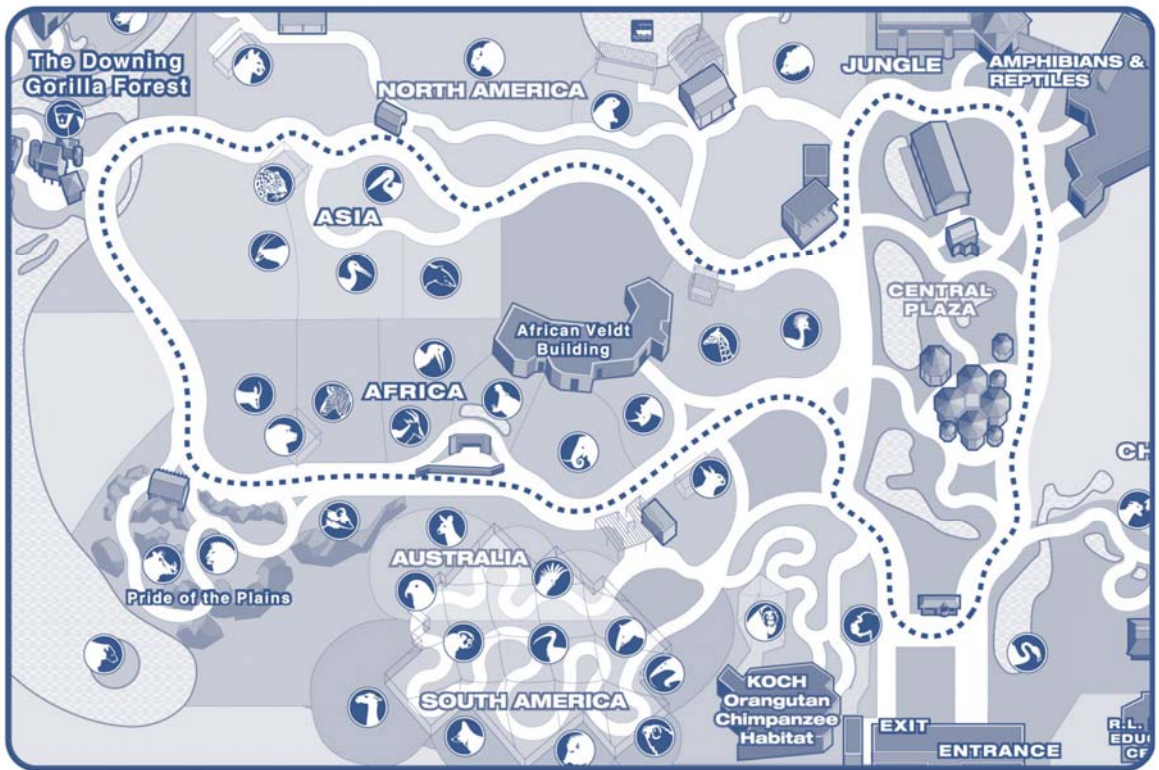
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### Sedgwick County Zoo — Walking Program

The Sedgwick County Zoo has a great walking program! You can enjoy a leisurely 1-mile walk around the Zoo, and if you join the Zoo's Membership Walking Program, you can also enjoy the benefit of incentives by tracking your miles!

The Zoo is located on 21st Street, between I-235 and Ridge Road. For more information, visit [www.scz.org](http://www.scz.org)!



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### Put More Challenge in Your Challenge!

So you've made the commitment to improve your physical activity, how about adding a little more challenge! Two other challenges include the "StairWELL to Better Health" and the "10,000 Steps a Day."

#### **StairWELL to Better Health:**

Sometimes we are presented with the option of taking the stairs or elevator/escalator. Choosing the stairs is a quick way to add physical activity to your day, with added benefits:

- It requires little additional time
- It requires no wardrobe change
- You don't have to wait for an elevator

The CDC's Division of Nutrition and Physical Activity provides information to help make stairways more attractive and safe. There are some basic tips to help turn your workplace stairs into StairWELLS.

- Paint your stairwells to make them bright and colorful.
- Rubber stair treads — This is necessary for extra safety!
- Hang artwork that gives people something to look at while they use the stairs.
- Use motivational signs to remind them how this helps their health.

For more tips, visit: [www.cdc.gov/nccdphp/dnpa/stairwell/index.htm](http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm)

#### **10,000 Steps a Day:**

It is recommended that individuals get at least 30 minutes of physical activity into their routine each day. But, to add extra challenge, you can begin to track your steps each day as well! A sedentary person may only average 1,000 to 3,000 steps each day. How about a goal of 10,000 steps? 10,000 steps is close to 5 miles!

How to get started:

- Wear a pedometer to measure your steps and record your steps at the end of the day.
- Set a goal of increasing your daily steps by 500 steps (per week). For example, if you currently walk 3,000 steps, your goal for week 1 should be 3,500 steps per day; for week 2, 4,000 steps per day — until you can walk 10,000 steps per day!
- Look for walking paths around your home and work site.
- Be creative! Take a walk; Walk the dog; Use the stairs; Park farther from the store entrance; walk to visit a friend; have a "walking meeting."
- Keep a log of your activity, noting how you feel, how your body is improving and other changes you are making to improve your health.

\*\* For more ideas, contact [health@sedgwick.gov](mailto:health@sedgwick.gov).

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## Reducing Your Stress

Everyone is familiar with stress. We experience it in varying forms and degrees every day. It has physical and emotional effects on us and can create positive or negative feelings.

In small doses, stress can be beneficial. As a positive influence, stress can compel us to action; it can result in a new awareness and an exciting new perspective.

When stress becomes too great, affecting our physical or mental functioning, it becomes a problem. As a negative influence, it can result in feelings of distrust, rejection, anger and depression, which in turn can lead to possible health problems.

You may experience symptoms such as restlessness, nausea, tension, headaches, insomnia and tremors. Major stressors are frequently followed by one or more emotional reactions:

- Becoming isolated from the external world. Unable to enjoy things that were pleasurable before the stressful occurrence.
- Having a memory impairment or trouble concentrating.
- Experiencing depression that might be evidenced by fatigue, restless sleep, loss of appetite or social withdrawal.
- Moodiness or irritability.
- Experiencing general feelings of anxiety.

COMCARE of Sedgwick County has Suggestions for how you can take care of yourself when you experience the symptoms of stress:

- Talk with people
- Eat well-balanced and regular meals
- Avoid numbing the pain with alcohol or drugs
- Reach out — people do care
- Maintain your normal schedule
- Resist making big life changes
- Spend time with others
- Allow yourself to have an emotional response to the stressful event
- Make daily decisions to maintain control over your life
- Remind yourself that your reactions are normal
- Get plenty of rest
- Alternate exercise and relaxation

If you feel stress is affecting your everyday life and the symptoms persist, reach out for help. There are professionals who can assist you. If you need information or assistance, call COMCARE of Sedgwick County at 316-660-7540 for help.

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### Why Is Stretching Important?

Stretching can take as little as 10 minutes, but provides multiple benefits to the body:

- Decreases pain and soreness after exercise
- Improves circulation
- Improves range of motion
- Improves posture
- Decreases muscle tension
- Reduces muscle soreness
- Improves your ability to relax
- Allows time for mental training, such as visualization

Stretching comes in the form of a “warm up” and a “cool down.”

Warm Up:

- Helps to raise body temperature
- Increases blood flow
- Promotes oxygen supply to the muscles
- Helps prepare the mind, muscles and joints for the physical exercise to come

Cool Down:

- Prevents blood from pooling in your limbs
- Helps prevent waste products, such as lactic acid, from building up in your muscles
- Helps your muscles and tendons relax and loosen, stopping them from becoming stiff and tight.

Proper Stretching Techniques:

- Perform balanced stretching. This means you should always stretch the muscles on both sides of your body evenly. Don't stretch one side more than the other.
- Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel slight tension or a pull on the muscle at the peak of a stretch.
- Go slow! Always stretch slowly and evenly. Hold the stretch about 15 seconds and release slowly as well.
- Never bounce or jerk while stretching. This can cause injury as a muscle is pushed beyond its ability. All stretches should be smooth and slow.
- Don't forget to breathe! Flexibility exercises should be relaxing. Deep, easy

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### Email and Intranet Messages — Health Tips for your employees

- Start your day with breakfast. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, and whole-grain waffles.
- Park the car farther away from entrances to stores, movie theatres, or your home. Every little bit counts.
- Drink five to eight glasses of water every day. Not getting enough water can make you feel sluggish and tired --- making it harder to exercise and stick with healthy eating.
- Buy ready-to-eat packaged fresh vegetables that are already cleaned. Pre-cut vegetables and salad mixes are a terrific time-saver.
- Start a walking group with co-workers. Try to meet twice a day for 10-15 minutes.
- Stock your pantry with staples made from whole grains: cereal, brown rice, low fat whole-wheat crackers, breads, and rolls.
- When eating away from home, select a whole grain cereal for breakfast. Make a habit of requesting foods made from whole grains like whole wheat breads and rolls and brown rice as meal accompaniments. (American Dietetic Association)
- Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
- Make your own vending machine drawer at work. Keep healthful, shelf-stable items such as bottled water, raisins, and other dried fruits, dry whole grain cereal boxes, healthful trail mix, whole grain crackers, and canned fruits on hand. [www.foodandhealth.com](http://www.foodandhealth.com)
- Stretch before bed to give you more energy when you wake.
- Walk to a co-worker's desk instead of emailing or calling them.
- Judging the best produce requires picking it up, smelling it and in some cases shaking it to see if it is ripe. For fresh produce, keep these tips in mind:
  - Tomatoes should be smooth, somewhat firm and have a slight aroma.
  - Zucchini should be medium size with smooth, glossy skin.
  - Cucumbers should be firm and dark green without soft ends.
  - Honeydew melon should be waxy white in color with only a slight green cast. The end should give slightly when pressed on.
  - Cantaloupe should have noticeable netting, smell like cantaloupe and should feel solid when you shake it – no rattling seeds.
  - Peaches should feel soft but firm with a creamy or yellow skin color.

\*\* For 100 health tips ready to use for your email/intranet campaign, contact [health@sedgwick.gov](mailto:health@sedgwick.gov).

## Take Charge of Your Health



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## Take Charge of Your Health Challenge

*Sedgwick County Health Department Worksite Wellness Program*

### Healthy Vending Machines

To increase employee access to healthy food and beverage options at work, make healthy vending machine changes! You are encouraging employees to eat healthier.

#### Vending Machine Food Standard —

**At least 50% of food served in vending machines should meet the following:**

- Have no more than 35% of its calories from total fat (not including nuts and seeds).
- Have no more than 10% of calories from saturated fat.
- Have no more than 35% sugar by weight (not including fruits or vegetables).
- Have no more than 360 milligrams of sodium per serving.
- Contain at least 2 grams of dietary fiber per serving.

#### Vending Machine Beverage Standard —

**At least 50% of beverage vending machine offerings should include:**

- Beverages that contain 100% fruit or vegetable juice with no added sweeteners
- Water (no limit on portion size)
- Nonfat or 1% low-fat milk
- Beverages that are limited to a portion size no greater than 12 ounces

#### Non-Refrigerated Healthy Vending Machine Options:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Canned fruit cups</li> <li>• Dried fruits</li> <li>• Pretzels</li> <li>• Baked chips</li> <li>• Low-fat popcorn</li> <li>• Whole grain crackers</li> <li>• Low-fat granola bars</li> <li>• Low-fat whole grain cereal bars</li> </ul> | <ul style="list-style-type: none"> <li>• Trail mix</li> <li>• Graham crackers</li> <li>• Animal crackers</li> <li>• Plain and salted nuts</li> <li>• 100% fruit leather</li> <li>• Fig bars</li> <li>• Salsa with baked tortilla chips</li> </ul> |
|--|---|

#### Refrigerated/Frozen Health Vending Options:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Vegetables (carrots, broccoli, celery)</li> <li>• Fresh fruit salads</li> <li>• Fresh vegetable salads with low-fat or fat-free dressing</li> <li>• Packaged fruit slices</li> <li>• Non-fat yogurt</li> </ul> | <ul style="list-style-type: none"> <li>• Sandwiches with vegetable or lean meat on whole grain bread</li> <li>• Frozen 100% fruit bars</li> <li>• Water</li> <li>• 100% fruit/and or vegetable juice</li> <li>• Non-fat or 1% low-fat milk</li> </ul> |
|---|---|

#### Machine Op-

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## Why Wellness?

- Health care costs are rising
- Children and adults are overweight
- Preventable diseases are rising

One of the primary goals of the Sedgwick County Health Department is to educate and inform adults living in Sedgwick County about their risks for chronic diseases and how to prevent them.

Chronic diseases include those affecting the cardiovascular system (e.g., heart attacks, strokes, asthma), diabetes and cancers. Often, chronic diseases are caused by choices we make related to nutrition, physical activity, and tobacco use. Eating better, moving more and quitting tobacco can prevent the leading causes of death, suffering and health care costs.

We need to work together to create healthy environments that support healthy behavior choices. This can happen through a variety of activities: personal initiative, organized programs and even policy development in the workplace.

The Sedgwick County Health Department offers this resource booklet as a first step for you to help lead changes for a healthier community. You may find this information useful for your faith-based community, your worksite, your home or any place that you gather with others. Using these resources, strategies and program ideas, along with your creativity and working with others, you CAN “Take Charge of Your Health.”

For more information about wellness programs or health services in our community, please contact the Sedgwick County Health Department at 660-7300 or email at [health@sedgwick.gov](mailto:health@sedgwick.gov).

## Take Charge of Your Health



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