



WELLNESS WATCH

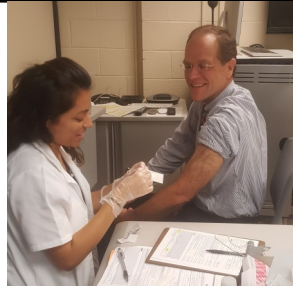
www.apsva.us/eap

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NEVER TO LATE TO PREVENT THE FLU!

There is still time for APS employees to get a free preventative trivalent flu vaccine.



Times and Locations

- Education Center
Monday, Nov. 14th, 3pm - 6pm
- Wakefield High School
Wednesday, Nov. 16th, 3pm - 6pm
- Employee Assistance Program
Thurgood Marshall, 2847 Wilson Blvd
Monday, Nov. 21st, 3pm - 6pm

Accept walk-ins and appointments.
Bring your health insurance care and employee ID.

SPREAD THE WORD!



Be WELL informed about what's happening.
How is your school or site staying healthy and WELL?

Reminder!

ALL MONTHLY ISSUES AND OTHER WELLNESS
RESOURCES ARE ONLY ACCESSIBLE AT



www.apsva.us/wellness

Nothing is impossible.

The word itself says

I'm possible

Audrey Hepburn



APS Presents...

“MAINTAIN DON'T GAIN”

Join the program to help you avoid unwanted holiday weight gain!
“Maintain Don't Gain” will take place from
Monday, November 14th until Friday, January 6th.

The Wellness Program will provide weekly tips, recipes and great ideas to lose or maintain your weight throughout the holiday season.

Please sign-up!

There will be two separate drawings for *those who lose weight* and for *those who maintain weight*. All participants will receive an incentive.

Please see your site's Wellness Ambassador or email us at eap.staff@apsva.us with any questions.

“The Battle for Maintain Don't Gain is on!”

HEALTHY HABITS

November 14th – January 6th

During the holidays, we are often consumed with buying gifts, visiting family and celebrating the end of another great year, that we sometimes do not reflect on ourselves.

Research has shown that the holiday season can cause increased levels of stress for people.



Beginning November 14th through January 6th, Healthy Habits will be to aspire you to combat holiday stress and build healthier habits. Four tips for eight weeks will be emailed to participants. Please select two out of the four Healthy tips to complete each week.

Prizes will be rewarded upon completion.

Sign-up Available!

National Diabetes Month

ROASTED BRUSSEL SPROUTS

Types of Diabetes

Type 1 diabetes (previously known as insulin-dependent diabetes) Type 1 diabetes is an auto-immune disease where the body's immune system destroys the insulin-producing beta cells in the pancreas. This type of diabetes, also known as juvenile-onset diabetes, accounts for 10-15% of all people with the disease. It can appear at any age, although commonly under 40, and is triggered by environmental factors such as viruses, diet or chemicals in people genetically predisposed. People with type 1 diabetes must inject themselves with insulin several times a day and follow a careful diet and exercise plan.

Type 2 diabetes (previously known as non-insulin dependent diabetes)

Type 2 diabetes is the most common form of diabetes, affecting 85-90% of all people with the disease. This type of diabetes, also known as late-onset diabetes, is characterized by insulin resistance and relative insulin deficiency. The disease is strongly genetic in origin but lifestyle factors such as excess weight, inactivity, high blood pressure and poor diet are major risk factors for its development. Symptoms may not show for many years and, by the time they appear, significant problems may have developed. People with type 2 diabetes are twice as likely to suffer cardiovascular disease. Type 2 diabetes may be treated by dietary changes, exercise and/or tablets. Insulin injections may later be required.

Gestational diabetes mellitus (GDM)

GDM, or carbohydrate intolerance, is first diagnosed during pregnancy through an oral glucose tolerance test. Between 5.5 and 8.8% of pregnant women develop GDM in Australia. Risk factors for GDM include a family history of diabetes, increasing maternal age, obesity and being a member of a community or ethnic group with a high risk of developing type 2 diabetes. While the carbohydrate intolerance usually returns to normal after the birth, the mother has a significant risk of developing permanent diabetes while the baby is more likely to develop obesity and impaired glucose tolerance and/or diabetes later in life. Self-care and dietary changes are essential in treatment.

Healthy eating is a cornerstone of any diabetes management. But it's not just what you eat that affects your blood sugar level. How much you eat and when you eat matters, too. *Physical activity* is another important part of your diabetes management plan. When you exercise, your muscles use sugar (glucose) for energy. Regular physical activity also improves your body's response to insulin. These factors work together to lower your blood sugar level. The more strenuous your workout, the longer the effect lasts. But even light activities such as housework, gardening or being on your feet for extended periods — can lower your blood sugar level.

www.healthsite.gov



Ingredients:

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
3. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Courtesy of www.allrecipes.com