

LIVE WELL WORK WELL



Health and wellness tips for your work and life, presented by:



Delaware County
New York

One-minute Office Workouts

Squeezing a workout into a busy schedule isn't always easy. But scattering one-minute workouts throughout your day can help combat the effects of long-term sitting—which can lead to a number of health concerns.

For lower body strength: Sit in your chair and extend one leg out in front of you. Hold it straight for five seconds. Raise it as high as you can and hold for five more seconds. Switch legs and repeat, for a total of three times on each side.

For your core and arms: Sit in your chair with your legs crossed in front of you (like a pretzel) and your feet on the seat. Place your hands on the armrests, engage your core and raise yourself a couple inches above the seat. Hold for 10 seconds. Rest a few seconds, and repeat five more times.

For your biceps: Sit tall with your abs pulled in. Hold a dumbbell or filled water bottle in one hand, with your arm stretched out straight and your palm facing the ceiling. Curl it up toward your shoulder and then back to the starting position 15 times. Alternate arms and repeat. Complete one more set of 15 reps with each arm.

To stretch stiff muscles and relieve tension: Sit straight, facing forward and turn your head to the left while turning your torso to the right. Hold for five seconds. Keep alternating sides for a total of 60 seconds.

Keep in mind that the impact of movement, even a leisurely walk, can be beneficial. The muscle activity needed to move the body triggers important processes related to the breakdown of fats and sugars.

3 Tips to Help Make the First Day of School Less Stressful

After a summer of sleeping-in and doing things on their own time, the morning alarm and school bell can be a tough transition for students going back to school, as well as their families.

The first day of school tends to be particularly hectic for kids of all ages, adjusting to a new classroom or schedule and trying to remember all the books and supplies they need. To help combat first-day stress, consider the following suggestions:

- Pack backpacks the night before so no one is scrambling at the last minute looking for books and supplies. Also, have lunch packed or lunch money ready in advance.
- Pick out or have your child pick out his or her clothes the night before. Doing so will help keep everyone on time while getting ready and prevent last-minute rushing in the morning.
- Arrange a visit beforehand if your child will be going to a new school. Explore all the areas of the school and get a map to help direct your child on the first day.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.



MICROWAVE DENVER SCRAMBLE SLIDER

- 1 Tbsp. red or green bell pepper (chopped)
- 1 Tbsp. onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 Tbsp. water
- 1 whole-wheat English muffin (split and toasted)

PREPARATIONS

1. Place peppers and onion in a small bowl. Microwave on high for 30 seconds. Stir.
2. Add egg, ham and water to the pepper and onion mixture. Beat mixture together until the egg is blended.
3. Microwave mixture on high for 30 seconds. Stir.
4. Microwave mixture again until egg is almost set, about 30 to 45 more seconds.
5. Carefully transfer cooked mixture to prepared English muffin. Serve warm.

Makes: 1 serving

Nutritional Information (per serving)

Total Calories	240
Total Fat	6 g
Protein	16 g
Carbohydrates	29 g
Dietary Fiber	4 g
Saturated Fat	2 g
Sodium	550 mg

Source: USDA

National Preparedness Month

Since 2004, the Federal Emergency Management Agency (FEMA) and the national Ready Campaign have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

The most recent data from the Red Cross reveals that despite 8 out of 10 Americans feeling unprepared for a catastrophic event, only 1 in 10 has taken the following appropriate preparedness steps:

- Create a family emergency plan
- Stock an emergency supply and first-aid kit
- Train in basic first aid

Remember, you can't plan when a disaster will occur, but you can plan ahead to be prepared if and when a disaster does strike. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit <https://www.ready.gov/september>.

BASIC DISASTER SUPPLIES KIT



Three-day supply of one gallon of water per person per day



Three-day supply of nonperishable food



NOAA Weather Radio



Flashlight



First-aid kit



Batteries



Dust mask



Wrench or pliers



Local maps



Cellphone

Source: www.ready.gov/kit

