September 2012

# Smart Steps Wellness flash

RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

*In This Issue:*


- HEALTHY COOKING CLASSES … 1
- WELLNESS SPOTLIGHT… 1
- WELLNESS HAPPENINGS … 2
- WALK ACROSS TENNESSEE … 2


## Healthy Cooking Classes

We are excited about our next **"Healthy Cooking Class" on Thursday, September 20 from 5:00 pm to 6:00 pm** taught by a Registered Dietitian at the Rutherford County Health Department.

This month we are featuring Ratatouille, Spicy Fruit and dessert. Ratatouille is a traditional French sautéed vegetable dish that is low in fat and calories, but high in nutrients. Makes for a great meatless meal.

**To register email Kelli, kperrien@rutherfordcountytn.gov or call 898-7715**

## Cut Cholesterol Fast!

What can you do to lower your number? Try these tips:

- **Set a target.** Talk to your doctor to set your goal.
- **Get moving.** Exercise lowers the bad cholesterol and raises the good cholesterol by up to 10%. Aim for 30 minutes, 5 times a week.
- **Avoid saturated fat.** Substitute with smarter fats like olive oil for vegetable oil and fish for red meat.
- **Eat more fiber.** Soluble fiber absorbs cholesterol like a sponge. Good sources are beans, oats and barley.
- **Drink green.** Green tea is a healthy alternative to sodas and helps lower bad cholesterol.
- **Don't smoke.** Smoking lowers levels of good cholesterol and is a risk factor for heart disease.

*www.webmd.com*

## WELLNESS SPOTLIGHT

Burgers, fries, pizza, and cokes! Four years ago, I was eating these things like many of you. During this time, I was moved to join '*Bruce Gilley 5K Have a Nice Day'* and everything changed from there. I began my journey that year with only that single race and completed it in 39 minutes. Now, I run one race a month and have shaved 7 minutes off my time. I run 5ks, 10ks, and I'm now training for 2 half marathons.

Denise Liles, my coworker is an avid runner and has been very encouraging. My spouse also started running with me. We have run almost every race together. He has lost 40 pounds and is faster than me now. My core strength has increased, my muscles are toned and I have better control over my asthma.

I run M-F with a group in the evenings. Two years ago, I started mentoring new runners through a Fleet Feet program. They offer a 12 week program to help people start running. Mentors run with the participants to help teach the proper running techniques and increase endurance. One of the best parts of the program is it offers camaraderie and accountability.

To anyone interested in starting a walking or running program, find a buddy, get up and move-even if it is just for 2 minutes! Try signing up for Walk Across Tennessee!

## Soles4Souls® Shoe Drive

Smart Steps is sponsoring a shoe drive at the Wellness Fair this fall with Soles4Souls®. Help us make a difference… RECYCLE your foot-wear! Donate your shoes Friday, October 12, 3 pm - 8pm at Lane Agri Park Community Center.

Soles4Souls is a Nashville-based charity that collects shoes from the warehouses of footwear companies and the closets of people like you. The charity distributes these shoes to people in need, regardless of race, religion, class, or any other criteria. Shoes have been distributed to people in over 125 countries, including Kenya, Thailand, Nepal and the United States.

Your gift of footwear is important to children and adults around the world. Footwear can help eliminate the spreading of diseases through the foot as well as help children obtain an education - many schools require footwear to attend. When you take time to RECYCLE your footwear, you are in fact changing lives.

# WELLNESS HAPPENINGS

## FALL 2012:

**FRIDAY, SEPTEMBER 7 FREE HEALTH FAIR 12 PM - 4:30 PM**

Addressing the Top 5 health risk factors for premature and disability - factors that can factors that can begin in childhood and that are preventable.

**Multi Purpose Bldg. at LaVergne City Hall 615-459-5228** **All ages**

*Sponsored by City of LaVergne and Humanity Bridge http://humanitybridge.net/*

**SATURDAY, SEPTEMBER 15 FREE HEALTH SCREENING 8 AM - 12 PM**

Comprehensive lab panel measuring 22 components of your blood checking heart, liver, and kidney function. Tests include cholesterol, glucose, iron, sodium & potassium

**Service Available for adults ages 18 or older for under & un-insured residents*

**Franklin Road Church of Christ 3700 Franklin Road Murfreesboro**

**For additional info contact Kathy Ferrell at 631-7739**

*In partnership with MTMC, MissionPoint, Saint Thomas Emergency and Event Medicine, The Guidance Center, and the Mobile Health Unit.*

**FRIDAY, OCTOBER 12 RUTHERFORD COUNTY EMPLOYEE WELLNESS FAIR 3 PM - 8 PM**

**Our Wellness Fair will feature:** Free Health Screenings (skin cancer checks, blood pressure, height, weight, bone density, blood sugar checks, etc) • Mobile Health Units (MTMC, Mobile Mammography, Angio Screens) • Flu Shots from Med Point Clinic • Financial (Life Services, Couponing, Liberty Mutual, Nationwide) • Curves Demo • Free Massage Demos • Smoothie King samples • Vendors such as American Heart Association, United Way, UT/TSU Extension, Coordinated School Health • AND MORE!!

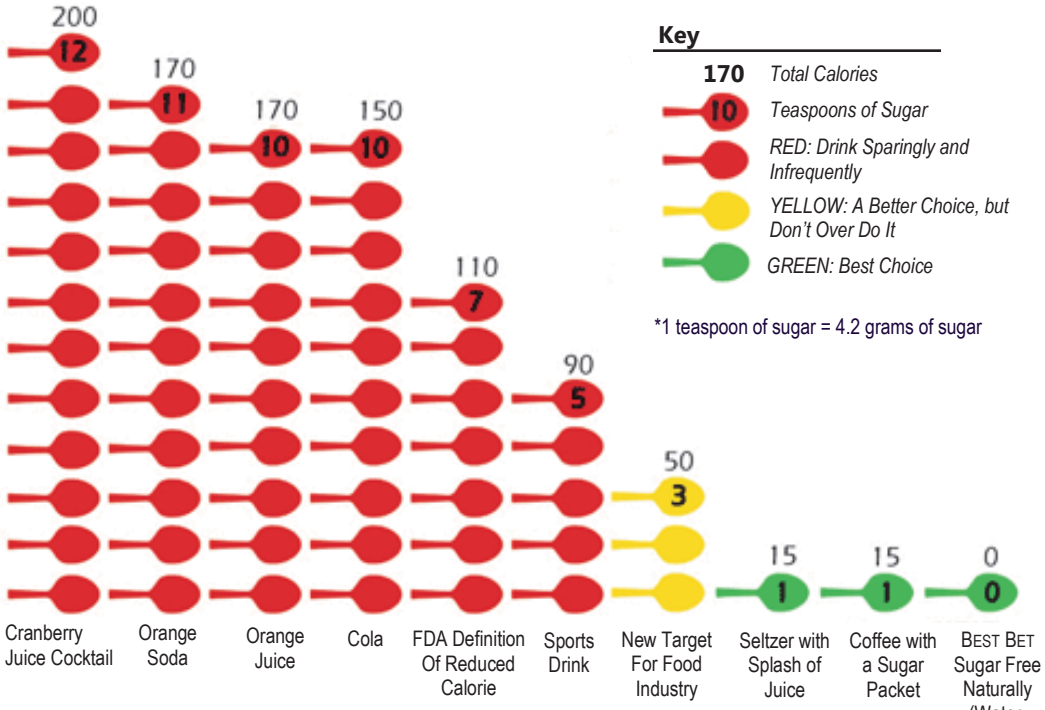
**Lane Agri Park in the Community Center - 315 John Rice Blvd. Murfreesboro**

**For additional info contact Kelli Perrien at 898-7715**

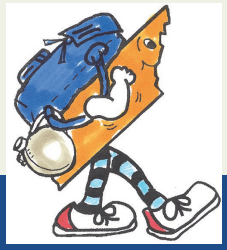
## How Sweet Is It?

**Calories and Teaspoons of Sugar in 12 ounces of Each Beverage**

*For more information see Nutrition Source www.hsph.harvard.edu/nutritionsource/healthy-drinks/*




***At least half of your daily fluid intake should come from water, not sweetened drinks.**



**Walk Across Tennessee**

Incentive Walking Program

**5 days till we start!**

**September 10th!**

Sign up your team of 8 to "pull" your mileage and see which Rutherford County team can walk the most miles "across Tennessee".

**PRIZES:**

- The person who accumulates the most miles will win a Kindle Touch!
- Each member of the winning team accumulating the most miles will win a $25 Target Gift Card!

**All TN residents may join WAT through UT Extension, but prize winners must be RC employees. Email us for more info.*

**TO REGISTER EMAIL:**

**Lori Cook**

Lori.cook@takecarehealth.com

**SMART STEPS WELLNESS CALENDAR ON THE WEB:**

www.rutherfordcountytn.gov/rm/wellness.htm


Rutherford County Risk Management
303 North Church #201
Murfreesboro, TN 37130

Phone: 615-898-7715
Fax: 615-867-4602


*Smart Steps Employee Wellness Program's mission is to motivate our employees to make healthy lifestyle choices through education and activities that support positive change, resulting in improved productivity, morale, and health care cost savings for the County. The program provides access to services for physical, emotional, social health for active & retired employees.*