

# Get Moving!

Ferry County Wellness Program

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Go for a Hike

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Hiking is an outdoor activity which consists of walking in natural environments, often on hiking trails. It is such a popular activity that there are numerous hiking organizations worldwide. The health benefits of different types of hiking have been confirmed in studies.

**Hiking Tips:**

1. Start out slowly, gradually increasing your pace and distance traveled.
2. Let the slowest person in your hiking party set the pace. This is especially important when children are part of your group.
3. Plan the trip ahead of time and assign tasks that people enjoy. The goal is to have a good time outdoors.
4. Take turns leading the group and sharing decision-making responsibilities.
5. Hike only on marked trails in wilderness areas unless bushwhacking is allowed and you have excellent navigation skills.
6. Hike in groups as much as possible, especially during winter and on hazardous terrain.
7. Leave you itinerary with a friend or family member and

## Hiking

- check in with them upon your return.
8. Learn basic repair skills for fixing a backpack or a camp stove. Remember to take repair kits on your trip.
9. Mountain weather is generally cooler, cloudier and windier than in lowland areas. For every 1000 feet of elevation, the temperature often drops three to five degrees.
10. Wear sunglasses and a hat or visor when you hike. Snow blindness, caused by the suns glare on snow can also be caused by sunlight reflecting off water or boulders. Keep your eyes and face covered, especially during your first few days outdoors.
11. Always bring sunscreen. You can get a painful sunburn even in subfreezing temperatures.
12. Develop an emergency plan before you start your trip. Make sure everyone knows what to do if they become lost or a medical emergency arises. Give children whistles with the instructions to "stop and blow" if they become lost.
13. Take frequent rests or vary your pace to recover from strenuous activity spurts. A steady pace works best.
14. Drink plenty of water. Water is heavy to carry, but thirst on the trail is a hazard. Take a tip from athletes: Before a hike, drink some water so you're well hydrated and energized. Don't run out of water. Backcountry water supplies are unpredictable. Treat or filter all water.
15. Pack carbohydrates— energy bars, granola, candy, gorp and fruit provide an instant pick me up on the trail.
16. Bring a first-aid kit tailored to your outing.
17. National Parks and many state parks and other federal lands prohibit dogs. Be sure to keep pets on leashes in restricted areas, especially in cattle and sheep country. Bring water for pets and make sure they have name tags. Watch for injuries on your dog's foot pads in rocky areas, on ice or in extremely hot terrain.
18. If camping, pay attention to local regulations, especially concerning camp fires. In many desert or drought areas, fires are prohibited and you must use a camp stove.
19. Dress in layers. Polyester clothing worn closest to your skin will trap warm air next to the skin and transfer or wick

## A Little Fact about Water

Feeling thirsty? That means you may be slightly dehydrated. Next time, try planning ahead so you don't get parched by logging on to BottledWater.org and clicking on the hydration

calculator to find out how much H<sub>2</sub>O you need based on your weight and the length and intensity of your workout. Once you know your magic number, jot it down on your calendar so downing your

daily quotient will become a good habit. An added perk: Drinking cool water may temporarily boost your metabolism—and calorie burning, research finds, so add some ice.

## Cheaters Tips

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you don't eat more than they do.
4. Food used for medicinal purposes NEVER count, such as hot chocolate, brandy, toast and Sara Lee Cheesecake.
5. If you fatten up everyone else around you, then you look thinner.
6. Movie related foods (Milk Duds, Buttered Popcorn, Junior Mints, Red Hots, Tootsie Rolls, etc.) do not have additional calories because they are part of the entertainment package and not part of one's personal fuel.
7. Cookie pieces contain no fat-- the process of breaking causes fat leakage.
8. Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
9. Foods that have the same color have the same number

of calories. Examples are: spinach and pistachio ice cream; mushrooms and white chocolate. NOTE: Chocolate is a universal color and may be substituted for any other food color.

10. Foods that are frozen have no calories because calories are units of heat. Examples are ice cream, frozen pies, and Popsicles.

11. Foods eaten while watching a major event on television do not count. Major events include: Super bowl, Hockey Finals, Indy 500, Jerry Springer show.

12. Power bars and other type energy bars make you thinner. In all my years of exercising (at least three times a year) I have only seen thin people eating energy bars. Ergo (therefore) they must make you thin.

13. Snickers is the same as an energy bar (see #12)

14. Tasting other people's food does not add to your calorie count.

15. Containers of food that list the number of servings as greater one are lying. Every container includes one serving. Half gallon of ice cream, box of cereal, bottle of soda, bag of chips are all one serving.



## Should Women try to Get 6 Pack Abs and Can They?

**By: Charles Inniss**

One of the top fitness goals is to get ripped 6 pack abs, but for many women this is a bad goal and this article will explain why. Obviously, the answer to the question can women get ripped abs is, "Yes!" But, the answer to the question should women try to get ripped abs is a little less clear.

There are 2 main reasons that having ripped abs may not be the best fitness goal for women. The first reason is that the low body fat percentage needed to achieve the ripped look may negatively affect hormones. And, the second reason is that striving for extreme perfection sometimes unattainable goals can lead to body image and self esteem issues.

Let's talk a little more about each reason. Generally speaking to see their six pack, a woman needs to have a body fat percentage less than 18%, and many women will not actually have ripped abs until they get closer to 12% body fat. Everyone has an essential amount of fat that they need to function at peak efficiency. Generally, 10-12% body fat is considered the essential amount for women.

One of the main problems with low body fat percentage for both men and women is a disruption of the sex hormones estrogen and testosterone. When a women exercises excessively

and has a low body fat percentage, her estrogen level can be disrupted which can lead to health problems.

The condition known as amenorrhea can develop when a woman exercises excessively and has low body fat percentage. Amenorrhea is a cessation of the menstrual cycle and it is associated with decreased bone density, stress fractures, and infertility. Some people feel there is a connection between stress fractures in marathon runners and amenorrhea. And some elite female athletes have trouble getting pregnant because their body fat is so low. In order for a woman to get ripped abs, she may have to get her body fat percentage so low that it affects other aspects of her health.

In addition to affecting aspects of physical health, striving for a 6 pack may negatively affect mental health. In today's society, women are bombarded with messages that they are not pretty enough, thin enough, smart enough, or rich enough. The pressure is immense and this drives people eating disorder and low self-esteem.

I understand that people want to be their best, and I always encourage people to go after their goals. But, there has to be a balance between striving to improve and being content

with who you are. I also want people to remember that exercise is a healthy habit that is good to incorporate in your life for other reasons besides vanity. When someone gets overly focused on the vanity goal of fitness, it is easy to lose sight of the other benefits. I know a lot of people give up working out because they don't look like models after a month.

Obviously, women can get 6 pack abs, but it might not be the best goal for some women. Try to think about all the health benefits of exercise in addition to the vanity benefits, and treat your body well.

**Author Resource:** Dr. Charles A. Inniss, Jr. is a physical therapist and personal trainer. Article from: Article Health and Fitness

## Sun Safety Tips

Article By Health & Fitness Sports Magazine

With summer soon upon us the Skin Cancer Foundation offers the following advice to protect you and your family from potential damage caused by sun overexposure:

- The sun is strongest between 10 a.m. and 4 p.m., so try to do your activities early morning or late afternoon.
- Use a sunscreen of SPF 15 or higher whenever you are outdoors.
- Choose a sunscreen with ingredients that block both UVB and UVA rays.
- Apply sunscreen liberally and evenly to all exposed skin before you go outside.
- Reapply at least every two hours, more often if some of the product may have

worn off while sweating or t



For more tips, visit [www.SkinCancer.org](http://www.SkinCancer.org)

## GET MOVING!

### Ferry County Wellness Program

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To sustain and improve the health and  
productivity of Ferry County Employees

As most of you already know the County has started a wellness program this year. This consists of a program through our insurance, WCIF; and through Washington Health Foundation; WHF.

To participate all you need to do is login to [WCIF.com](http://WCIF.com), click live well, enter your employee number (your SSN) two times, create a user name and password and start joining programs. To be included in the Counties Wellness Program you must earn your 10 points. If you want to earn your \$125.00 from the insurance company also you will need to earn those 10 points.

To do this you need to have your biometric numbers. If unable to attend the biometric clinic on June 2<sup>nd</sup>, then you will need to get those numbers before November and enter them online. You must also join programs or any of the other activities listed on the web site to get those points.

The other part of the participation is joining WHF, which is [www.HealthiestState.org](http://www.HealthiestState.org) to join this one you need your email address and a password, login as a champion and join Ferry County as the organization and join team 1. Log your miles, water, sleep, weight or exercise to earn points for Ferry County.

These are optional but our hope is that you all will want to participate.

## Need Energy?

### For A.M. Energy

Stand a few inches in front of your bedroom doorway and lift arms so that elbows are at shoulder height. Place palms on the edges of the door jamb, framing both sides of the doorway. Anchor hands as you lean forward and exhale. "Hold for a few breaths, allowing shoulder blades to move together and the chest to open," says Edward Vilga, a yoga instructor at Laughing Lotus in New York City and author of *Yoga for Suits*. Then, inhaling, return to starting position.

### For At-Work Energy

- Sit on the edge of your office chair and do an Upward Spiral: Reach right hand to left knee, grab the back of the chair with left hand, and inhale. As you exhale, twist left, toward the back of the

chair. Hold for a few breaths, twisting deeper into the stretch with each exhale. "Twisting releases the spine, allowing energy to spiral upward in the body," says Vilga. Repeat on the opposite side.

- Sit in your chair for a Side Stretch: Raise arms toward the ceiling, fingers reaching. "Inhale and linger, visualizing nailing tomorrow's presentation or landing an important client -- whatever inspires you," says Vilga. Lean to the right while exhaling, then to the left. Repeat 3 times on each side, holding for a few breaths. "This opens the rib cage, increasing your heart rate and improving circulation," Vilga explains.
- Try the Breath of Fire: Pant through your mouth for a few seconds, then breathe through your nose, inhaling and

exhaling rapidly for 15 to 30 seconds. "Because you're quickly contracting the abdomen, you'll increase your heart rate, which delivers oxygen everywhere and tones your belly," says Vilga. Finish with a few slow, deep breaths.

**Need a Lift?** Try mint. Breathing in the scent of peppermint is a natural pick-me-up. In studies at West Jesuit University in West Virginia, lead researcher Bryan Raudenbush, PhD, found that mint stimulates the part of the brain connected to attention and arousal. Use a peppermint-infused body lotion.