

Get Moving!

Takeout Fake Out: Sesame Chicken

I'm not sure about any of you but I am so busy during the week that it is really hard to make nice healthy dinners. This recipe is very tasty and easy.

Makes: 4 servings

Ingredients

12 ounces skinless, boneless chicken breasts



2 tablespoons low-sodium soy sauce
2 tablespoons chicken broth
2 tablespoons chopped scallions

1 tablespoon snipped parsley
1 tablespoon rice vinegar
1 1/2 teaspoons sesame seeds
1 garlic clove, minced
1 1/2 teaspoons grated fresh ginger
1 tablespoon canola oil
1 1/2 cups carrots, cut into matchsticks
1 cup jicama, cut into matchsticks

1 package (6 ounces) frozen pea pods
2 cups cooked brown rice

Directions

1. Cut chicken into strips. Combine soy sauce, chicken broth, scallions, parsley, vinegar, sesame seeds, garlic, and ginger in bowl. Add chicken, stirring to coat; cover and chill for 1 hour.
 2. Heat oil in wok over medium-high heat. Stir-fry carrots for 1 minute. Add jicama; stir-fry 3 minutes or until crisp-tender. Remove veggies from wok.
 3. Drain chicken, reserving marinade. Add chicken to wok; stir-fry for 2 to 3 minutes, or until no longer pink. Push chicken to outside edge of wok.
 4. Add reserved marinade to center of wok. Heat until bubbly. Return vegetables to wok, adding frozen pea pods. Cook 1 minute more, or until heated through. Serve over brown rice.
- Nutrition facts per serving:** 309 calories, 25g protein, 35g carbohydrate, 6g fat (1g saturated), 4g fiber

Calorie-Cutting Tips

Shake Salt

"Always use low-sodium soy sauce," says Sharon Richter, RD, a dietitian in New York City. "Two tablespoons of the regular kind contains almost a day's worth of sodium."

Chop To It

Swap your fork for chopsticks. You'll eat more slowly, because it's harder to shovel in food.

Oil Change

We swapped sesame oil for canola, which has less saturated fat and more heart-healthy omega-3 fatty acids.

The Perfect Cut

Carrots and jicama offer fresh flavor and crisp texture. Use a mandoline to cut them into perfect matchsticks.

Calorie Comparison

At a restaurant, this dish packs up to 1,000 calories. We ditched the deep fryer and used a wok to seal in flavor.

I did mine without the jicama; it is a crispy sweet edible root the resembles a turnip.

Zesty Pork Tenderloin

I haven't tried this recipe yet but I am sure to in the future.

Hoisin sauce, often referred to as "Chinese barbecue sauce," fuels an explosion of flavor from soy sauce, garlic, chili peppers and various spices. Get it in the Asian foods aisle.

Prep time: 5 min

Start to finish: 1 hr 35 min

Makes: 6 servings

1/4 cup ketchup

1 tablespoon sugar
1 tablespoon dry white wine or water
1 tablespoon hoisin sauce
1 clove garlic, finally chopped
2 small pork tenderloins (1 1/2 lb)

1. In heavy-duty resealable food-storage plastic bag, mix all ingredients except pork. Add pork, turning to coat with marinade. Seal bag; refrigerate at least 1 hour but no longer than 24

hours to marinate.

2. Heat oven to 425°. Remove from marinade; discard marinade. Place pork on rack in shallow roasting pan. Roast uncovered 27 to 29 minutes or until pork has slight blush of pink in center and meat thermometer inserted in center reads 160° F.

Swine Flu H1N1
By: Amanda Mycock

You don't get the Swine Flu from Eating Pork!



I was reading that more than 175,000 people have already been diagnosed with the swine flu and the number is expected to skyrocket come winter. With that being said the **CDC** says that with the seasonal flu each year on average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized.

From the information that I have read it seems to me that the swine flu is no different than any other flu out there. It is just a different strain. Some precautions should be taken but those are no different than what we would do during any flu season.

The best place to go for tips, vaccine updates and more information is the **Center for Disease Control (CDC)**.

This virus is spread person to person just like any other strain of the flu.

The symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. You may have respiratory symptoms without a fever.

The **CDC** recommends staying at home for at least 24 hours after your fever is gone. Although I have also heard staying home for 7 days. The biggest thing is to stay away from others as much as

possible.

Emergency warning signs that need urgent medical attention include:

Difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms improve but the return with fever and worse cough.

You can also get information from the **Northeast Tri County Health District** Web site.

Remember to take care of yourself to stay healthy.

And the Winners Are!

This go around the winners for the pedometer challenge are:

- 1st Place: Krystal Bruton, 261.99 mi
- 2nd Place: May Wheaton, 241.66 mi
- 3rd Place: Amanda Mycock, 222.55 mi

And the winner of the free 1 year gym membership was Gloria Martinez from Connections.

On Monday the 21st of September Teri and Amanda met with the commissioners and the commissioners pulled the name for the winner of the gym membership.

The first pedometer challenge those who participated walked 1787.769 miles and the second pedometer challenge those who participated walked 1277.842 miles. That is a total of 3065.611 miles. Way To Go!!!!

Thank you again to all who participated and congratulations to the winners.



Way to Go!

We are on the Web!

www.ferry-county.com

Ferry County Wellness Committee would like to thank every employee in the County for their participation in the Pedometer Challenge. We realize that there were a lot of employees that participated and didn't turn in their miles and we are excited to continue with more activities for the wellness program.

As a side note if anyone has any ideas they would like to bring to the wellness committee we encourage you to do so. Contact Amanda Mycock or Teri Kinney and we can try to set up a meeting with the committee for you to present your ideas.

Remember that the wellness program is for all employees to benefit from and your input is valuable to making this program a success.

The more successful the program is the better our chances are for applying for better grants.

Again Thank You!

Ferry County Wellness Program

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



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Stress

By: Amanda Mycock

I was reading on the WCIF website about stress. I learned that there are 10 things you should know about stress!

Here is some of the information that I read.

Stress is when we are faced with something our mind perceives as outside our ability to cope with easily, the body gears up to cope with it.

Stress can cause health problems. When you are under a lot of stress the adrenal glands pump out cortisol, which suppresses the immune system. Over time this can cause you to be

more susceptible to illness. Chronic stress can also lead to high blood pressure.

There are some warning signs of excessive stress, they are:

Headaches, grinding the teeth, pain in the shoulders, neck and back, chronic fatigue or insomnia, sexual dysfunction, upset stomach or heartburn, frequent colds and flu's, anxiety and depression, frequent anger or irritability, poor concentration or forgetfulness, overeating, increased smoking, or drinking.

Two or more of these symptoms could mean that you need to work on managing stress.

There is a Stress Relief Program that you can join on the WCIF website.

The program will help you learn about the effects of stress on your health, practice new techniques to help you ward off daily stressors, and learn how to manage stress in the workplace.

Each week your homepage will provide you with an achievable goal and a to do list of action items to help you make it happen.

Stress is not just a fact of life. It can have real negative effects on your health not to mention your state of mind. Luckily, there are ways to reduce and manage it.

