

# WALK THE TALK

## EMPLOYEE WELLNESS NEWSLETTER

December 2017

### Help Stop Distracted Driving!

We can all play a part in the fight to save lives by ending distracted driving.

#### Teens

Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted, to have their friends sign a pledge to never drive distracted, to become involved in their local Students Against Destructive Decisions chapter, and to share messages on social media that remind their friends, family, and neighbors not to make the deadly choice to drive distracted.

#### Parents

Parents first have to lead by example—by never driving distracted—as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Have everyone in the family sign the pledge to commit to distraction-free driving. Remind your teen driver that in States with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.

#### Educators and Employers

Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.

#### Make Your Voice Heard

If you feel strongly about distracted driving, be a voice in your community by supporting local laws, speaking out at community meetings, and highlighting the dangers of distracted driving on social media and in your local op-ed pages.

Source: <https://www.nhtsa.gov/risky-driving/distracted-driving>



### AVOID DISTRACTED DRIVING



**3,331 PEOPLE WERE KILLED**  
in crashes involving a distracted driver in 2011.



#### Distraction Types



**52% Eat or Drink**



**18% Text**



**13% Surf Web**

**40%**

of American teens say they have been put in a dangerous situation due to the driver using their cell phone.

Driving while using a cell phone  
**REDUCES BRAIN ACTIVITY 37%**  
associated with driving by



**20% OF CRASHES WITH INJURIES**  
involve distracted driving



#### 7 TIPS TO PREVENT



#### DISTRACTED DRIVING

Turn off your phone or put it on silent.

Set up a message to tell people you're driving.

Pull over to a safe area to make a call or text.

Ask passengers to make calls or give directions.

Don't let your pets roam freely in your car.

Be prepared before driving – review maps & directions.

Refrain from smoking, eating, drinking, reading, etc.

Drivers who use hand-held devices are 4 times more likely to get into a serious accident.



# RECIPE OF THE MONTH

## Herb-Stuffed Mushrooms

Source: <http://bit.ly/2jOHEPP>

*Try this yummy appetizer for your next gathering! Stuffed with herbs and spices!*

**Serves: 4**



### Ingredients:

- 8 large mushrooms (approx. 3" in diameter)
- 4 cloves garlic
- 3/4 cup white onion
- 3 teaspoons olive oil
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/4 cup whole-wheat bread crumbs
- 1/4 cup sun-dried tomatoes (chopped fine)
- 3/4 cup canned, drained, no-salt added chickpeas (garbanzo beans)
- 1 teaspoon lemon juice
- Cooking spray

### Directions:

1. Preheat oven to 375°F.
2. Clean mushrooms with paper towel or veggie brush; remove stems for filling.
3. While oven is warm, put mushroom caps (open side down) in oven for 10 minutes. This preps the caps for stuffing.
4. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
5. In a large bowl, mash stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and caps.
8. Stuff the mushrooms with the mixture and place on baking sheet.
9. Bake for 15-18 minutes or until the stuffing is golden brown.
10. Remove from oven, sprinkle with an herb of your choice, and enjoy.



## Small Changes for Big Success!

### MAKE HALF YOUR PLATE FRUITS & VEGGIES

- Choose whole fruit more often than juice.
- Snack on fresh, frozen, canned or dried fruits instead of sugary treats.
- Serve whole fruits without added fat and sugar for dessert.
- Vary your veggies – green, red, orange!
- Add fresh, frozen or canned veggies to salad, sides and other recipes.
- Prepare veggies without sauces, gravies or glazes to lower sodium, saturated fat, and added sugars.

### MAKE HALF YOUR GRAINS WHOLE

- Choose whole grain foods more often than refined grains.
- Find high fiber, whole grain foods by reading the nutrition facts panel and ingredient list (hint: the first ingredient should be a whole grain!)
- Common whole grains include oatmeal, whole-wheat flour and popcorn.

### MOVE TO LOW-FAT AND FAT-FREE DAIRY

- Choose low fat or nonfat milk and yogurt.
- Buy low-fat cheese more often than regular.
- Cream cheese, butter and cream are not considered dairy products – they have little or no calcium but lots of saturated fat!

### VARY YOUR PROTEIN

- Mix up your proteins to include seafood, beans, nuts, seed, soy, eggs, lean meat and poultry.
- Select seafood twice a week.
- Add beans or peas or unsalted nuts and seeds to main dishes, sides and snacks.

Adapted from: <https://www.choosemyplate.gov>



## Fitness Challenge!



30 Day Beginner's Fitness Challenge		
<b>DAY 1</b> walk 30 minutes	<b>DAY 2</b> Fitness class in your community	<b>DAY 3</b> Bodyweight Challenge 15 repetitions squats, push-ups, lunges, triceps dips
<b>DAY 4</b> Practice yoga	<b>DAY 5</b> Plank challenge 10 planks 30-60 seconds	<b>DAY 6</b> Go on a Run
<b>DAY 7</b> Stretching Day	<b>DAY 8</b> Hit the weights Squats, Deadlifts, Shoulder presses, Rows	<b>DAY 9</b> Dance moves 20 minutes
<b>DAY 10</b> Play a Sport play catch, soccer ball, frisbee, throw ball, football	<b>DAY 11</b> Take a Hike	<b>DAY 12</b> Workout Machine Stairmaster, Elliptical, Erg and Bikes
<b>DAY 13</b> Grab a friend and accompany them at their Workout.	<b>DAY 14</b> Go for a leisurely bike ride	<b>DAY 15</b> Complete yardwork
<b>DAY 16</b> Sprint Run out least a mile (four laps).	<b>DAY 17</b> Push-up Challenge 10 Repetition, 45-degree angles.	<b>DAY 18</b> Stairs workout 15 minutes
<b>DAY 19</b> Go to the playground for some Fun fitness	<b>DAY 20</b> Clean your house or room.	<b>DAY 21</b> Create your own Workout
<b>DAY 22</b> Pick one of your favorite Activities rock climbing, walk, fitness video.	<b>DAY 23</b> Hit the Hills 5-10 times Running or walking up hills	<b>DAY 24</b> Jump your heart out Cardio 10 minutes, jump 30 seconds with 30 seconds off
<b>DAY 25</b> Utilize the Medicine Ball	<b>DAY 26</b> Try a Water sport such as paddle boats or kayaks	<b>DAY 27</b> Go to a trampoline park go jump around with your friend for a couple of hours.
<b>DAY 28</b> Work on your Wall-sits Squat position 1 minute. Repeat 3 times.	<b>DAY 29</b> Dumbbell workout	<b>DAY 30</b> Go for a Swim water aerobic classes

## National Handwashing Week December 3-9

Holidays are a time for potlucks, friends, family and cheer. And cold and flu season! With that in mind, are you practicing good handwashing? Handwashing is one of the most important things we can do to avoid getting sick and spreading germs. Are you doing it right?

### How to wash your hands



Wet your hands.



Lather up with plenty of soap.



Scrub every part of your hands for at least 20 seconds.



Rinse your hands.



**#DidYouKnow? 20 seconds is singing Happy Birthday twice!**

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