



# Wellness-Fitness Program Newsletter

Fall 2009



## 34<sup>th</sup> Great American Smokeout®

Smoking is the number one preventable cause of premature disease and death; killing 434,000 smokers and 53,000 non-smokers a year. And, according to the Centers for Disease Control and Prevention (CDC)\*, smoking costs to the United States equal an average of \$4,260 (in lost productivity and health care expenditures) for every adult smoker.

Given these statistics, few people will disagree that *active* cigarette smoking is dangerous. Yet, the ongoing conflict over passage of state-wide clean air legislation illustrates the continuing ambivalence about the effects of secondhand smoke.

In an August 31<sup>st</sup> news release, the American Heart Association (AHA) announced new research from the American Cancer Society. This research found that exposure to secondhand smoke increases cardiovascular disease (CVD) risk *by 20 to 30 percent* – a significant risk by anyone's standards.

***Additionally, researchers found that just three cigarettes a day increases CVD risk by 65 percent!***

This latest research not only confirms the dangers of active cigarette smoking, it demonstrates the significant risks associated with passive exposure to secondhand smoke. There remains very little room for doubt: Passive smoke does significant harm.

### **Be a Quitter on November 19<sup>th</sup>**

If you're a smoker, join the rest of the nation in celebration of the American Cancer Society's Great American Smokeout® – a nationwide event dedicated to helping people quit smoking.

### **Steps to Take**

Some steps to consider if you are planning to quit:

**See your physician.** A doctor can help you explore medical options that are best for you. Medical options include some form of nicotine

replacement or other medications that help you manage withdrawal symptoms.

**Don't be an "out-in-the-cold" turkey.** Use all the resources available to you. According to research, success rates are higher if nicotine replacement is combined with behavioral counseling to help combat urges to smoke and reinforce new (non-smoking) habits. Join a facilitated smoking cessation group for help.

**Enlist others.** Get support from friends and relatives who will reinforce your efforts by encouraging your decision to quit.

**Know your smoking "triggers."** Identify situational smoking "triggers" and take steps to counter them. Behavioral counseling can help with countermeasures against these triggers.

**Mix it up.** Develop new habits, hobbies, and routines that are both inconsistent with smoking (e.g., can't smoke while swimming) and won't trigger the urge to smoke.

Don't get discouraged. Smoking is easy to start and hard to quit. Smoking cessation most likely is not something you'll try only once. Even a relapse can be turned into a valuable learning opportunity if you use it to refine your quit strategy.

The **FOH Smoking Cessation Program** has helped hundreds of Federal employees quit tobacco. Contact FOH and ask about how we can help.

Read the full text of the AHA news release at <http://americanheart.mediaroom.com/index.php?s=43&item=808>

\* Source: *Morbidity and Mortality Weekly Report* (Nov 14, 2008) [www.cdc.gov/mmwr/PDF/wk/mm5745.pdf](http://www.cdc.gov/mmwr/PDF/wk/mm5745.pdf)

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## Many Still Go To Work Even When Sick

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An American Red Cross poll\* revealed that although concerns over exposure to both seasonal and H1N1 flu are high this year, fewer people than you might expect are actually heeding the recommendation to stay home when sick.

The survey found that people do understand that those who are sick should stay home. However, **in 1 out of 5 households someone has gone to work or school when they were sick.**

Another important discovery was that only 20 percent of survey respondents had actually discussed with supervisors what would happen if they needed to take time off from work due to illness.

On an encouraging note, the survey did find that the flu prevention message is reaching the broader public and people are indeed stepping up efforts to reduce exposure to flu virus.

- 78% started washing their hands more carefully and more often.
- 63% are making an extra effort to clean surfaces at home or work with disinfectant.

However, whether it is commitment to the job or other concerns, more people need to “walk the talk” when it comes to the recommendation to stay home when sick. Remember, if you get sick, to prevent others from becoming sick, stay home until 24 hours after your fever is gone.

It's a good idea to stay informed. Read the Office of Personnel Management's (OPM's) July 31 guidance regarding the 2009/2010 flu season at [www.opm.gov/pandemic](http://www.opm.gov/pandemic).

And get vaccinated as soon as it becomes available to you. Vaccines are the most powerful public health tool for controlling the spread of both the seasonal flu and the H1N1 virus. If the vaccine is not available at your worksite, you can find a location where a flu shot is available on the Web by visiting: [www.flu.gov/individualfamily/vaccination/locator.html](http://www.flu.gov/individualfamily/vaccination/locator.html).

\* The American Red Cross telephone survey of 1,005 U.S. adults 18 years and older was conducted October 8-11, 2009.

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## Deep Fried AND Less Fattening

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The U.S. Department of Agriculture's Agricultural Research Service (ARS) has developed and patented a rice-based batter that “absorbs up to 50 percent less cooking oil than traditional batters.” Rice flours are uniquely resistant to oil absorption and are potentially useful in reducing dietary fats and oils.

This new product, called *ChoiceBatter*, can be mixed with water, and then used to coat poultry, beef, seafood, or vegetables before frying, grilling, or baking. ChoiceBatter is cholesterol-free, gluten-free, and Kosher.

The development of new foods like ChoiceBatter demonstrates how food technology can help people fight obesity because it makes it possible for people to reduce caloric intake without struggling to change deeply engrained lifelong eating habits. The product is available for purchase online at <http://choicebatter.com>.

Source: ARS Food and Nutrition Research Briefs - October 2009

“Nothing will work unless you do.”

-John Wooden

## Stay in the Zone

### With Treadmill Training

Physical inactivity is a one of the modifiable risk factors for cardiovascular disease and a wide range of other chronic diseases. The treadmill is an ideal way to meet your cardiovascular health goals.

If the idea of a treadmill workout evokes images of a caged mouse running in a wheel going nowhere fast, you might consider giving the treadmill a second chance. Treadmill training doesn't have to be boring. There's a lot more to a treadmill workout than slogging along at the same pace for 20 minutes. But you can't approach it as you would non-treadmill jogging or walking. If you do, it can get very boring very quickly.

Treadmills are equipped with features that allow you to adjust speed and incline throughout your workout. There are also various pre-programmed workouts like interval training, fat burning, and hill training. Some machines even let you store your data so you can set milestones and goals to meet and exceed. Treadmill programs can serve as excellent motivators.

#### Mix up your treadmill workout

Take advantage of built-in features and vary speed, incline, and pacing to keep your sessions interesting as well as challenging.

- Vary incline and speed to increase the aerobic intensity of your workout, build endurance, and challenge muscles.
- Fight boredom by experimenting with preset programs that simulate hilly terrain and varying speeds like hill-climber and fat-burner.
- Use intervals: Intersperse sprint and incline intervals, but be sure to include recovery intervals. For example, three to five minutes of walking, followed by a two-minute sprint, three to five minutes of walking, followed by five minutes at an incline, followed by a sprint.

With treadmill training, always start off slow and take sufficient time to warm up joints and muscles – about five minutes.

#### Treadmill and Target Heart Rate

Monitor exercise intensity level to make sure you're working at a level that is physically challenging as well as optimal for cardiovascular health.

The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) recommend moderate-intensity aerobic exercise 5 days per week for at least 30 minutes and vigorous-

intensity aerobic activity 3 days per week for at least 20 minutes\*.

#### The target zone

How do you know if your exercise intensity is moderate or vigorous? One way is to determine whether your heart rate is within the target zone. It's easy to do this on a treadmill because most come with sensors that allow you to monitor heart rate.

For *moderate-intensity* physical activity, your *target heart rate* should be between 50 and 70 percent of maximum heart rate, which is based on age. To obtain your estimated maximum heart rate, subtract your age from 220.

Example: The estimated maximum heart rate for a 40 year-old is calculated as  $220 - 40 \text{ years} = 180$  beats per minute (BPM). The 50 and 70 percent levels would be:

- 50% level:  $180 \times 0.50 = 90$  BPM
- 70% level:  $180 \times 0.70 = 126$  BPM

For moderate intensity exercise, a 40-year-old should maintain a heart rate between 90 and 126 BPM.

For *vigorous-intensity* physical activity, a person's target heart rate should be 70 to 85 percent of maximum heart rate. Calculate using the same formula as above.

For the same 40 year-old person:

- 70% level:  $180 \times 0.70 = 126$  BPM
- 85% level:  $180 \times 0.85 = 153$  BPM

There's more information on measuring physical activity intensity several different ways at the Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov/physicalactivity/everyone/measuring](http://www.cdc.gov/physicalactivity/everyone/measuring).

Treadmill training can be a fun and effective way to stay in shape. And because it's not dependent on weather conditions, you have the flexibility of exercising at any time. For more information, check with your Federal Occupational Health Wellness/Fitness professional. And remember to check with your doctor before starting any new exercise program.

\* Haskell, et al. "Physical activity and public health. Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association." *Circulation* 116 (2007): 1081-1093, <http://circ.ahajournals.org>

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## Respectable Roots

### The Terrific Turnip

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Root vegetables – like onions, carrots, and potatoes – are popular staples in the American diet. In fact, you’d be hard pressed to find a dish that didn’t contain some or all of these vegetables.



Root vegetables are those derived from a tap root – a single straight shoot that grows downward. The best example of a vegetable with a tap root is the carrot, but so is the turnip with its rounded shape. The roots serve as underground nutritional storage organs for plants and are rich in minerals, vitamins, complex carbohydrates, and fiber.

In addition to the familiar onions, carrots, and potatoes, there are many versatile root vegetables that, though lesser known, are delicious and nutritious.

One of these buried beauties is the tasty turnip.

#### The Timeless Turnip

Around for thousands of years, references to the turnip have been found in the writings of the ancient Greeks. The turnip was a staple food plant during the Middle Ages and was introduced to America by the British colonists.

The European type of turnip – white with purplish tops – developed in the Mediterranean area. The white, thin-skinned Asian variety – which is more similar to a mild radish – comes from middle Asia.

#### Turnip Basics

The turnip is a bulbous tap root, which is white when under the soil, but turns red, purple, or greenish when

exposed to sunlight. Primarily a cool-weather crop, turnips are a cruciferous vegetable like cabbage.

The edible parts of the turnip include both the root and the leaves – sold as turnip greens. Turnips are delicious in soups, salads, and side dishes.

Naturally low in calories, one cup of raw turnip has only 35 calories, 2.3 grams of fiber, a fair amount of potassium, and 25 percent of the daily need for vitamin C.

Turnip greens are high in vitamins A, K, C, and folate. There are several hybrid varieties of leaf turnips with no enlarged root (such as the Seven Top variety) which are grown only for its greens.

#### Selection and Preparation

Turnips come in a variety of sizes and shapes. Some can get quite large; up to fifty pounds. For best results, select small to medium turnips that feel heavy for their size and show no signs of shriveling. Don’t select turnips that are too large because they can be tough.

Typically, turnips are peeled before cooking, but small, young turnips have thin skins and can be roast unpeeled like potatoes. Turnips are also great quartered and roasted, steamed, or boiled (as well as mashed). Turnips are delicious with most of the seasonings you’d normally use for potatoes including garlic, parsley, and dill.

Next time you’re in the grocery store, try some turnips. And if you have a favorite turnip dish, let us know!

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## FOH, the Occupational Health Provider of Choice for the Federal Government

**T**he mission of FOH is to improve the health, safety, and productivity of the Federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the U.S. Department of Health and Human Services (HHS).

Federal agencies throughout the U.S. and overseas can access FOH services. FOH provides worksite health services, Wellness/Fitness, Employee Assistance Programs (EAP), Work/Life services, Environmental Health and Safety, Organizational Development, and Training and Education.

Contact FOH at **(800) 457-9808** or visit us at [www.foh.hhs.gov](http://www.foh.hhs.gov).

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