



SMART START Mondays

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Please share this information with staff who may not have computer access!

HOLIDAY CHALLENGE:

Worried the Holidays will Weigh You Down?

Every year, the average American gains 2-5 pounds over the holidays! Take charge this holiday season with the Holiday Challenge provided by Eat Smart, Move More. While developed and used in North Carolina, it is available to anyone!

Registration is free and easy with a valid email address. Beginning in November, participants can sign up at www.MyEatSmartMoveMore.com.

The challenge runs from November 23 - December 31 (so you may want to use your home email address). Each participant enters their email address and completes a brief confidential survey. Participant information is kept confidential and will not be shared with anyone for any reason, including PCSB.

Participants receive a free weekly electronic newsletter from Eat Smart, Move More filled with the information and tools needed to avoid holiday weight gain. The newsletter features practical tips, articles and a weekly healthy recipe. Also included are links to blog entries highlighting a participant and his/her particular challenges and successes over the holidays. In addition, participants can download and print activity logs, weight logs and food diaries from www.MyEatSmartMoveMore.com to track progress.

“Be Kind” Challenge Winners!

393 staff participated in the “Be Kind, Pass It On Challenge” in October! We received a lot of great feedback about this event and the “kind” things staff were asked to do. Thanks to everyone who wrote a military person a letter of support and gratitude. A random drawing was completed for 20 - \$25 gift cards to Target. All staff who participated will receive two “Be Kind” bookmarks, one to keep and one to share. Watch for the Switcheroo challenge coming in January!

And the winners of the \$25 gift cards are:

Joyce Chenier - Palm harbor University High
 Dan Evans - Osceola High
 Mary Jo Ferretti - Paul B. Stephens
 Linda Foderaro - Chi Chi Rodriguez Academy
 Marni Gordon - Rawlings Elementary
 David Harewood - PTEC, St. Pete
 Laura Klich Henderson - Melrose Elementary
 Rebecca Hite - San Jose Elementary
 Genny Johnson - Plumb Elementary
 Kim Karre - Nina Harris ESE
 Amanda Pesaturo - Walsingham Elementary
 Amy Quinn - Starkey Elementary
 Molly Schaaf - Clearwater Fundamental
 Michelle Sikorski - Highland Lakes Elementary
 Kristi Smith - Westgate Elementary
 Dawn Spataro - Bauder Elementary
 Cara Swonguer - Clearwater High
 Danielle Theis - Campbell Park Elementary
 Brenda Vlach - Dixie Hollins Adult Education
 Phoebe Waller - Pasadena Fundamental

Congratulations!

You will be contacted by email to arrange receiving the gift card.

Wellness Webinar

Reversing Mindless Eating over the Holidays

This webinar is being put on by the International Food Information Council Foundation. Dr. Brian Wansink of the Cornell University Food and Brand Lab and author of Mindless Eating will discuss his award-winning academic research on food psychology and behavior change.

Friday, November 20, 2009 from 12:00-1:00pm EST

To register:

Click on or copy and paste the link below into your browser - www2.gotomeeting.com/register/314658243

After registering, you will receive an email confirmation from GotoWebinar containing a link to join the visual portion of the webcast in addition to toll-free dial-in information to join the audio portion.

Great American Smoke Out / PCS Tobacco Cessation Options

The Great American Smoke Out will take place on November 19. If you are a tobacco user, we encourage you to consider quitting. While most smokers know the dangers of smoking, here are a few additional facts you may not be aware of.

- The average lifetime medical care costs for male smokers are 32% higher than for men who have never smoked and 24% higher for female smokers.
- The American Cancer Society estimates that smokers make about six more visits to healthcare facilities per year than nonsmokers.
- Smokers also take more time off from work. Cigarette smokers are absent from work 6.5 days per year more than nonsmokers.

Currently, PCS offers a free tobacco cessation program to any benefits eligible employee through the Quit & Fit program available through American Specialty Health. Participants receive telephonic coaching (shown to greatly increase success rates) as well as 6 weeks free of Nicotine Replacement Therapy. Time is running out with this program so call before December 1 if you are interested in joining. **1-877-330-2746**.

Parmesan Roasted Cauliflower

- 1 lg. head cauliflower (about 2 lb), stemmed and cut into 1/3" slices
 - 1/2 cup grated Parmesan cheese (about 1.5 oz)
1. Heat oven to 350F. Line 2 large rimmed baking sheets with foil or parchment paper and lightly coat or spray with oil. Arrange cauliflower on pans without overlapping.
 2. Sprinkle with cheese and bake on top rack until golden brown, about 40 minutes. Season with salt and freshly ground pepper to taste.

Servings: 8
47 calories per serving
4 grams protein, 6 grams carbohydrates, 3 grams fiber, 1.5 grams fat, 1 gram sat. fat, 116 mg sodium.

Recipe from Prevention Magazine.

Note the Quote

“Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow.”

- Edward Sandford Martin

