



Volume 4, Issue 4 April 2014

# LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DIVISION FOR WORKFORCE RECRUITMENT, DEVELOPMENT & WELLNESS

## Get Ready, Get Set, Go!

Have you decided to take on the LiveWell Vermont "5k Fitness Challenge" this spring? We hope so! Finishing a 5k walk or run is a great accomplishment. Get race ready with these 4 training ideas.

**Pre-hab, not Rehab:** Injuries are common to everyone regardless of fitness experience. The key to staying injury-free is staying strong and flexible. Start by strengthening your core and stretching all of your muscle groups.

**Try Strides:** There is a lot of stress on your body when transitioning from comfortable, steady pace to race pace. It is important to train your body, physically and mentally, on what it's like to move quickly. Start by including 5-10 "strides" for 15-60 seconds within your workouts. "Strides" are simply picking up the pace and turning your feet over as quickly possible. Make sure to take adequate rest in between strides.

**Tempo Intervals:** Include at least one weekly tempo workout to train your body to exercise at a higher intensity. Walk or run at a slight harder pace than your typical pace that you can hold for 3 to 5 minutes. Rest for 2-3 minutes, then repeat 3-5 times.

**Steady Pace:** Steady pace workouts are the core of your training plan. This is how you build your aerobic fitness. Start walking or running for 10-15 minutes and slowly work up to 30-45 minutes. Move your body at a pace where you can talk comfortably.



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## April is Stress

### Awareness Month!

Stress is normal, but when this feeling persists, it can negatively impact our careers, quality of life, and our bodies. The first step is to pinpoint your stressors. To identify your true sources of stress, look closely at your habits, attitude, and excuses. Try the following tips to help better manage stress:



### Know your limits:

- Identify and eliminate unneeded stressors.
- Learn to say no.
- Avoid taking on more than you can handle.

### Alter stressful situations:

- Identify ways to prevent a stressful situation from reoccurring in the future.
- Express your feelings to someone who is bothering you in an open and respectful way.
- And, when you ask someone to change, be willing to compromise and do the same.

### Try changing how you react:

- Regain your sense of control by altering your expectations and attitude.
- Adopt a positive perspective.
- Reflect on all the things you appreciate in your life, including your own positive qualities and talents.

### Nurture yourself:

- Nurturing yourself is a necessity, not a luxury.
- Set aside time to relax daily.
- Do something you enjoy, whether it is playing the piano, going for a walk, calling a friend, or reading.

### Increase your resistance to stress:

- Exercise regularly and eat a healthy diet to help combat stress.
- Be active at least 30 minutes every day.
- Start your day with a healthy breakfast and keep your energy up and your mind clear with balanced, nutritious meals and snacks.

**Quinoa Lentil Balls or Burgers**

This recipe is perfect to enjoy as a burger, in a wrap, crumbled in a salad, or in pasta!



**Ingredients**

- 1/2 cup uncooked quinoa (rinsed well)
- 1 cup uncooked lentils (rinsed and drained)
- 4 cups water or vegetable broth
- 1/2 cup salsa
- 3 cups fresh spinach
- 2 cups chopped mushrooms
- 1 Tbsp sea salt
- 2 Tbsp flax meal
- fresh ground pepper
- 2 cups quick oats (or whole oats slightly processed)

**Preparation:**

- 1) Put quinoa, lentils and water/vegetable broth in a pot and boil for an hour or until the lentils are done. The quinoa will officially be over cooked, but that helps the mixture come together. There should be no more liquid in the pot. If there is, drain it off.
- 2) Put salsa, spinach and mushrooms in a food processor and process until small, but still chunky.
- 3) Add sea salt, flax meal, ground pepper and half of the hot quinoa lentil mixture to the food processor. Process until the mixture comes together. Still a little chunky. Make sure the quinoa lentil mixture is still hot so it will activate the flax.
- 4) Next, add the oats and the processed mixture to the remaining quinoa lentil mixture in the pot. Stir it all together and put in the fridge 4 hours to over night.
- 5) When completely cooled, line two sheet pans with parchment paper. Preheat the oven to 350 degrees.
- 6) With wet hands, scoop out a tablespoon worth of quinoa lentil mixture. Use a small cookie scoop. Line them up on the sheet pans. You should get approximately 27 balls and 8 burgers. Bake the balls for 30 minutes. Bake the burgers 20 minutes on each side (flipping half way between).

**Gearing up for the 2014 State of Vermont Workplace Community Supported Agriculture (CSA) Program!**

Support Vermont farms and have the convenience of local, healthy food delivered to your workplace!

Are you a State of Vermont employee who would like to help increase local food procurement in state government?

Does getting a weekly CSA share delivered to you at work sound like something you are interested in learning more about?

Take advantage of the 2014 State of Vermont Workplace CSA Program! The following worksites are currently approved drop-site locations:

- 5 Perry Street, Barre
- 156 South Village Green, Middlebury
- 116 State Street, Montpelier
- 1 National Life Drive, Montpelier
- 32 Cherry Street, Burlington

Keep checking the Agency of Agriculture’s [website](#) to learn more about approved drop-site locations and farmers for 2014!



**Questions or interested in signing up?**

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