



Volume 4, Issue 7 July 2014

LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DIVISION FOR WORKFORCE RECRUITMENT, DEVELOPMENT & WELLNESS

VISIT YOUR LOCAL FARMSTAND!

More than ever before, Vermonters are putting their mouths and money where their minds and hearts are. The local food movement has demonstrated growth and you can contribute to its success.

Traveling in Vermont, you are more likely to pass by a farmstand than a drive-thru. This is something that locals talk about as self-determination. Eating locally grown and produced food means that food choices are based not only on what the world's food system can supply, but also on what our Vermont fields are able to produce. This is the idea that we can have our cake, if we grow it too.

Buying local food from a conserved Vermont farm is possible at nearly 60 [farmstands across the state](#). Additionally, many products from conserved farms, including cheese, yogurt, maple syrup, milk, and meat, are sold at wholesale.

Buying locally is not only good for our health, but it also helps to support the local economy and the environment. But most of all, purchasing food from a local farmer is good for the community in which you live.

July is a great time of year to visit your local farmstands. Check out the site above to find the nearest one to you. Your community and local farmers will thank you!



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FUN HIKES FOR EVERYONE

Summer always manages to fly by each year in Vermont. Make sure to take advantage of each beautiful sunny day by exploring our mountains. If you yearn for the beauty of the backcountry, but are not up for an epic day on the trail, there are many short hikes in Vermont that offer gentle back-country adventure with a big reward at the apex. Here are five hikes that offer big rewards for two miles or less of walking one-way.



MOUNT OLGA, *Molly Stark State Park, Wilmington*
Round trip: 1.7 miles. The hike is an easy loop but with a big payoff — a fire tower with a 360-degree view of southern Vermont and northern Massachusetts.

PLEIAD LAKE, *Ripton*
Round trip: 0.8 mile. The Pleiad Lake hike is inverted; you hike down first. On a shoulder of Worth Mountain, Pleiad, a pond really, is one of the highest lakes in Vermont.

MOUNT ELMORE, *Elmore*
Round trip: 2.4 miles (fire tower only), 3.4 miles (fire tower and Balanced Rock). Mount Elmore is a favorite among local hikers because of the view from its fire tower. With the Lake Elmore beach at the base, it is a perfect destination on a summer day. The view to the east over Lake Elmore stretches as far as Mount Washington.

MOUNT INDEPENDENCE, *Orwell*
Round trip: 2.9 miles. Mount Independence has four hiking trails, designated by color and ranging from 0.6 mile to 2.5 miles. Each trail allows you to pass most of the landmarks and enjoy views across the lake from several angles.

MOUNT PHILO, *Charlotte*
Round trip: 2.0 miles. Mount Philo is the centerpiece of Mount Philo State Park, Vermont's oldest state park. It towers over the middle of the Champlain Valley, offering exceptional views of the lake and the Adirondacks beyond.

PROTECT THE SKIN YOU'RE IN

Each year, approximately one million skin cancers are detected. Reducing your exposure to the sun's ultraviolet (UV) rays can decrease your risk. Learn how to protect your skin by choosing your cover of choice below:

Rub It On

Use sunscreen with a sun protection factor (SPF) of at least 15. Generously apply 30 minutes before going outdoors and reapply frequently throughout the day. There are a variety of lotions, creams, gels, wipes and sprays to choose from.

Seek Shade

Avoid the midday sun when UV rays are the strongest and do the most damage. Trees, umbrellas, or tents are good sources of shade.



Use Your Head

Up to 80 percent of skin cancers occur on the head and neck, so a wide-brimmed hat is a great way to shade your face, ears, scalp, and neck from the sun's rays. A hat with a four-inch brim provides the most protection. If you choose a baseball cap make sure to cover your exposed ears and neck with sunscreen.

Shield Your Skin

A shirt, beach cover-up, or pants with a tight weave are all good choices for cover. Combine with sunscreen for maximum cover. Sun protective clothing can also be a good choice.

Grab Your Shades

Sunglasses protect the tender skin around the eyes and reduce the risk of developing cataracts. For maximum protection, look for sunglasses that block both the UVA and UVB rays. Try wrap-around lenses to keep UV rays from sneaking in at the sides.

Learn more about protecting your skin [HERE](#).

IT DOESN'T MATTER WHERE YOU START, JUST START

Do you want to quit smoking, but haven't been able to take the first step? Have you tried to quit before (maybe more than once), but haven't been successful? Would you like free quit smoking tips and tools geared to older adults?

[Quitting Smoking for Older Adults](#), may be just what you need. The new topic offers videos, worksheets, interactive features, strategies, quizzes and more for older smokers who want to or are thinking of quitting. For more quit smoking tips and tools, visit www.Smokefree.gov or <http://802quits.org/> to get started.



TRICOLOR SLAW

Summer is the perfect time for an outdoor BBQ, including a tasty coleslaw to complement your favorite burger. Try this fresh and healthy version that is sure to satisfy your taste buds.

Serves: 8

Prep Time: 20 min

Ingredients:

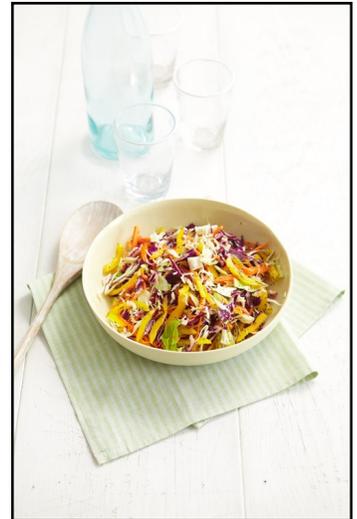
- 3 tbsp. cider vinegar
- 3 tbsp. fresh lime juice
- 2 tbsp. honey
- 3 tbsp. olive oil
- 8 oz. fresh coleslaw mix (about 3 cups)
- 2 C shredded red cabbage
- 1 C shredded carrot
- 1 bell pepper, sliced
- 1 tbsp. poppy seeds, toasted (optional)

Preparation:

1. Whisk together vinegar, lime juice, and honey in a large bowl. Add oil slowly, whisking to combine.
2. Add remaining ingredients, season with salt and pepper to taste, and toss to combine. Cover and chill at least 1 hour for enhanced flavor.

Nutritional Facts: per serving

Calories: 82.7
 Fat: 5.1 g
 Saturated Fat: 0.7 g
 Sodium: 23.3 mg
 Carbohydrate: 9.1 g
 Fiber: 1.5 g
 Protein: 0.8 g



Does your diet need a makeover?
Join us in our upcoming nutrition challenge!
Registration ends Monday, July 7
<https://mybluehealth.bcbsvt.com/>