



Volume 3, Issue 5

LIVE Well



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LIVING WELL THROUGH THE VERMONT STATE EMPLOYEES' WELLNESS PROGRAM

DIVISION FOR WORKFORCE RECRUITMENT, DEVELOPMENT & WELLNESS

May is National Employee Health and Fitness Month!

Global Employee Health & Fitness Month is an initiative that challenges Americans to demonstrate their commitment to establishing a healthy American culture by creating, and sharing and logging healthy moments.



Healthier Means More Productive

A healthier workforce is a more productive and content workforce. There are a large number of working people in society, which means a lot of time spent at work. With that being said, having a true culture of wellness becomes important for both employees and employers.

Make It a Habit

Here are some ideas for how to build a culture of wellness all year long:

- "Take 10": A 10 minute physical activity break during your workday.
- Organize a lunch hour walking club.
- Hand-deliver messages instead of using email or voicemail.
- Bring healthy snacks to work and to your next office meeting. Encourage co-workers to do the same. Provide un-buttered popcorn instead of a bag of chips. Try fresh fruit with yogurt and/or vegetables with hummus.
- Share health tips and healthy recipes with co-workers.
- Identify healthy places to eat in close proximity to your workplace and share with your co-workers.
- Suggest implementing a stretching break daily to loosen up before starting the workday. Set a reminder/alarm that goes off telling you to get up and move around or stretch. Stretching and exercise can reduce the risk of lower back pain and other stress-related pain. Both stretching and exercise can also improve mood and productivity during the work day.

Participate in the National Bike Challenge!

Last year, *Vermont State* came in first place nationally in the National Bike Challenge! The *State of Vermont* as an employer was 2nd overall in the state. Help us improve upon our success for 2013. Each day you bike you earn 20 points, plus an additional point for every mile you ride. The more points you earn, the more valuable prizes you could win! So, make every mile count!

1: Join

Log on to www.nationalbikechallenge.org, Click "Join".

Enter "State of Vermont" as your employer!!!

You are now a "solo rider" under the "State of Vermont" worksite.

If you want to join the Wellness team for more support and motivation:

Select "**Leader board**" from the menu bar at the top of the page.

Select "**Teams**" from the menu bar under the National Bike Challenge banner.

Select "**Create or join a team**" on the right side of the page.

Select "**Join a team**".

Check box: "**Teams with my co-workers at the State of Vermont**".

Select "**LIVE Well VT State Employees**".

Or....create your own team with friends and/or coworkers by selecting "**create your own team**". Your points will still help the State of Vermont as a worksite!

2: Ride

Bike for transportation, fitness, or recreation – every ride counts!

3. Log

The free smartphone app logs miles for you as ride. You can also log on your computer and enter your trips at the challenge website.

More information can be found by reading the Frequently Asked Questions.

National Bike to Work Day:
June 27, 2013



Shaved Cauliflower Salad



Ingredients:

1/2 head of a large cauliflower
 1 medium sized radicchio, cored
 6 inner celery stalks with leaves
 1/4 cup chives
 1/4 cup flat-leaf parsley leaves
 1/2 cup honey glazed walnuts

Dressing:

| | |
|-------------------------|---------------------|
| 1/4 cup olive oil | Juice of 2 lemons |
| 1 tsp water | Juice of 1 orange |
| 4-5 dates, pitted | 2 tsp Dijon mustard |
| Sea salt/freshly ground | |
| Pepper—to taste | |

Preparation:

1. Shave the cauliflower as thin as the setting allows.
2. Shave the radicchio by hand with a sharp knife. Place in a mixing bowl.
3. Remove celery leaves and toss into the bowl. Cut the remaining stalks into thin matchsticks and add to the mix.
4. Add parsley leaves and chopped chives.
5. For the dressing, combine all ingredients in a high-powered blender and puree until smooth. Mix with the veggies and add lemon zest or more citrus juice and salt to your liking.
6. For the walnuts, preheat the oven to 350.° Massage walnuts with honey and sprinkle with sea salt. Bake for 10 + minutes or until just toasty. Combine with salad mixture and serve at room temperature.



May 13-17 is Way to Go Week!

Are you ready for a carbon throw-down?

Join your fellow State employees to see who can reduce the most carbon pollution in one week.

Register at www.waytogovt.org under the State of Vermont and log your miles during the week of May 13. We need your help to make a difference. Let's make the State of Vermont a top business!

Questions? Contact info@waytogovt.org or Call: **800-685-RIDE**.



LIVE WELL: POWER HOURS

Join us for a lunchtime power hour to improve your overall health and wellness. Attend all or just the ones of interest.

Burlington Courts, 32 Cherry Street, Champlain Room

Thursday, May 2nd: Healthy Eating on a Budget

Tuesday, May 28th: Stretch, Laugh & Relax

Tuesday, June 25th: Nutrition for Physical Activity

Tuesday, July 23rd: Creating a Personalized Fitness Plan

Montpelier, 109 State Street Pavilion Auditorium

May 16th: Healthy Eating on a Budget

June 11th: Stretch, Laugh & Relax

July 9th: Nutrition for Physical Activity

August 6th: Creating a Personalized Fitness Plan

Time: 12:00pm– 1:00pm

Sign up today!

http://humanresources.vermont.gov/training/the_summit/classroom_online_training

