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Great American Smokeout: Thursday, November 20, 2014

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes — a bit under 1 in every 5 adults. As of 2012, there were also 13.4 million cigar smokers in the US, and 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

Why Quit?

The health benefits of quitting start immediately from the moment of smoking cessation. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

More Information About Quitting

Quitting is hard, but there are wonderful resources out there to support you in the process. Visit <http://802quits.org/> for quitting resources and more information.

Workshop Madness

Last chance to earn your 2014 LiveWell Vermont Incentive!

Choose ONE of the following 3-week "2014 Workshop Madness" SOV workshops:

SOV Social Stress



SOV Life Balance



SOV Personal Goal Setting



**Questions?
Contact Alissa Robertson
802-828-2931**

How to Register for A Workshop:

- Login to the [LiveWell Vermont wellness portal](#) (New user? Create an account by clicking on "click here to sign up")
- On the top of your dashboard, click on a workshop image
- Choose from one of the three "2014 Workshop Madness" SOV workshops listed
- Click "Signup"

(If currently enrolled in a workshop, you will need to discontinue it in order to participate in one of the 3-week SOV workshops offered)

WELLNESS INCENTIVE INFORMATION

Earn 50 Points!

- Register for your chosen workshop by Sunday, November 9, 2014
- Complete the 3-week workshop by Sunday, November 30, 2014 to be eligible for incentives

For more information please visit:

[2014 "One Life. Live it Well!"](#)

[Incentive Program](#)

November is American Diabetes Month

It is likely that you or someone you know has either type 1 or type 2 diabetes. This month, the American Diabetes Association and LiveWell Vermont encourage you to join the Stop Diabetes® movement to help support the following goals:

- To **educate** the general public about the devastating physical, emotional and financial toll diabetes has on tens of millions of American children and adults
- To **ignite** a sense of urgency about diabetes and its deadly consequences
- To **inspire** individuals, families, communities, corporations and health care providers to get involved and help to change the future of diabetes.

Recent Statistics:

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.
 - The rates of diagnosed diabetes by race/ethnic background are:
 - 7.6% of non-Hispanic whites
 - 9.0% of Asian Americans
 - 12.8% of Hispanics

Find out if you're at risk for type 2 diabetes.

Answer simple questions about weight, age, family history and other potential risk factors for diabetes. Results are reported as a numerical score indicating low or high risk for developing type 2 diabetes.



[Take the Risk Test](#)

Learn more about [American Diabetes Month!](#)

Walnut and Rosemary Oven "Fried" Chicken

Yield: 4 servings

Ingredients

- 1/4 C low-fat buttermilk
- 2 T Dijon mustard
- 4 (6 oz) chicken cutlets
- 1/3 C whole wheat panko (Japanese breadcrumbs)
- 1/3 C finely chopped walnuts
- 2 T grated fresh Parmigiano-Reggiano cheese
- 3/4 tsp minced fresh rosemary
- 1/4 tsp freshly ground black pepper
- Cooking spray
- Rosemary leaves (optional)



Preparation

- 1) Preheat oven to 425 degrees F.
- 2) Combine buttermilk and mustard in a shallow dish, stirring with a whisk. Add chicken to buttermilk mixture, turning to coat.
- 3) Heat a small skillet over medium-high heat. Add panko to pan; cook 3 minutes or until golden, stirring frequently. Combine panko, nuts, cheese, rosemary, salt and pepper in a shallow dish. Remove chicken from buttermilk mixture; discard buttermilk mixture. Coat chicken in panko mixture.
- 4) Arrange a wire rack on a large baking sheet; coat rack with cooking spray. Arrange chicken on a rack; coat chicken with cooking spray. Bake at 425 degrees F for 13 minutes or until chicken is done. Garnish with rosemary leaves.
- 5) Serve with baked sweet potato & your favorite vegetable such as asparagus or zucchini!

Bonus: This is a kid-friendly recipe. Enjoy as a family!

Nutritional Information

292 Calories, 9g Fat, 1.6g Saturated Fat, 43g Protein, 7g Carbohydrate, 1g Fiber

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