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LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DEPARTMENT OF HUMAN RESOURCES: BENEFITS & WELLNESS

TRANSITIONING TO FALL

We still have plenty of summer left to enjoy, but Fall will be arriving before we know it. Cool winds, leaves turning auburn red and evenings taking over the day sooner - Fall is the best time of the year to indulge in outdoor activities. See the tips below on how to take advantage of the upcoming season:



Participate in Fall Activities. Embrace the activities fall brings with it. Pumpkin picking, haunted trails and corn mazes are fun outdoor activities you can enjoy with family and friends. You'll stay active, while also making memories with people you love.

Embrace Nature. Grab a friend and hit the parks for a nice, cool run, walk or bike ride.

Dress Right. Wearing appropriate clothing will allow you to enjoy any type of weather—even when it gets cool! Layer properly when heading out and wear gloves, hats and scarves to keep all your extremities covered. Once your body starts to warm up the layers are easily removable.

Stay Hydrated. Regardless of the temperature, staying hydrated is very important. Doing so will help to recover after exercise and keep your appetite under control.

Enjoy a Cup of Tea. Warming up with a cup of tea after a long day of being outdoors is a great way to unwind and relax. Green and black teas are also loaded with antioxidants!



Utilize Early Mornings. As it begins getting darker earlier in the day, we may feel more tired in the early evenings. Try early morning workouts, which can help to keep you feeling energized during the day.



Million Minute Challenge

September 15—October 26

Get *FIT* this Fall!

Help LiveWell Vermont reach a “**Million Minutes**” of physical activity.

- ◆ Register for the challenge at <https://mybluehealth.bcbsvt.com/>
- ◆ Join the “LiveWell Vermont” team
- ◆ Track **ALL** of your activity
- ◆ Earn drawing entries for fun prizes!

Challenge completion requirements*

1. Complete the Pre- and Post-Challenge surveys found on “My To Do List”.
2. Log a minimum of 150 minutes each week.*

***Read the [“Million Minute” Challenge FAQ](#) for details.**



This colorful salad is the perfect compliment to any meal. It looks beautiful presented on a bed of leafy baby greens or serve with whole grain tortilla chips! Makes: 6 servings

INGREDIENTS

- 1 cup quinoa
- 2 cups vegetable broth
- 2 ears corn, roasted and cut off cob
- 1 red bell pepper, roasted and chopped
- 1 15-ounce can black beans, rinsed and drained
- 3 scallions, sliced
- ½ cup chopped cilantro
- juice of 3 limes
- 2 tablespoons extra virgin olive oil
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- 1/8 teaspoon cayenne pepper

INSTRUCTIONS

1. Put quinoa and broth in a medium saucepan. Bring to a boil, cover and simmer for 15 minutes or until tender.
2. In a large bowl, mix together quinoa, corn, pepper, beans, scallions and cilantro.
3. In a small bowl, whisk together lime juice, olive oil and seasonings. Pour over quinoa mixture. Cover and chill for at least 30 minutes to let flavors set.

This recipe is flexible, so add or change the ingredients to what you like. Add soy beans, sliced cooked chicken or grilled steak, for a main dish salad. In season, fresh tomatoes are a great addition to the salad.

Nutrition facts per serving: Calories: 240 , Total Fat: 7 g, (Saturated Fat: 1 g), Sodium: 460 mg, Carbohydrate: 37 g, Fiber: 6 g, Protein: 9 g.

WHOLE GRAINS COUNCIL September is Whole Grains Month

AN OLDWAYS PROGRAM

September is a time for renewal and starting fresh: kids have headed back to school and temperatures are beginning to get a bit cooler. It is also National Whole Grain Month, a great time to “make the switch” to whole grains. Whole grains have all of the original parts of the grain’s kernel: the germ, endosperm and bran. They also offer a number of tasty health benefits and add interesting flavors to meals. Examples of common whole grains include corn (like popcorn), oats (oatmeal), whole wheat, brown rice and barley.

Here are some quick and delicious ways to get more whole grains onto your daily intake:

- At Breakfast try oatmeal or whole wheat toast, pancakes, waffles, or cereals and cereal bars made with whole grains.
- For Lunch consider sandwiches made with whole wheat bread or other whole grains; salads or soups made with whole grains like quinoa or barley.
- With Dinner try serving side dishes and casseroles made with regular or instant brown rice; easy to prepare whole grain mixes.
- When Snacking reach for popcorn; whole grain crackers and chips (e.g., whole grain tortilla chips); homemade snack mixes made with whole grains.

Be sure to look for the words “whole grain” in the ingredient list any time you are buying boxed or bagged food items. You should also make a note to avoid any foods containing the words “partially hydrogenated oils” in the ingredients list. These words indicate that the food contains trans-fats, which are harmful to our health—especially our heart health.

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