Volume 2, Issue 1 January 2016

City of Duluth

Bridge to Wellness Newsletter

Featured Employee: Juli Micken—Police Info Tech

Upcoming Events:

- Jan 23—John Beargrease Cutest Puppy Contest at Fitger's Complex (12-2pm)
- Jan 27—Skate Night at Bayfront FREE 6:30-8
- Jan 28—FREE Tracking Devices Lunch & Learn at noon at City Hall
- Jan 31—John Beargrease Sled Dog Marathon event starting in Two Harbors at 11am
- Feb 6—Candlelit Ski, Skate or Snowshoe at Hartley Nature Center 4-7pm $15 for mem., $25 non
- Feb 20—Polar Plunge
- Feb 26-28—Duluth Ice & Mixed Fest (check out Duluthclimbers.org for more info)

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Philosophy on wellness? You only get one body – treat it right and you will be surprised at how much better you feel.
What do you do to stay healthy? Forget about looking for a pill – eat a balanced diet and add exercise 3 times a week. Start a food & water journal to help monitor what goes in and that you are drinking your 8 glasses of water a day – STOP THAT POP add lemon to water for taste. Try your best to cut out high fructose corn syrup.
What motivates you to stay healthy? Seeing both my husbands and my results.
What inspires and/or challenges you and how do you overcome those challenges? Learning to say no to bad calories (chocolate – but it is okay to cheat just jump back on the horse right away). Realize what you eat affects how you are going to feel. Going to exercise – go with a partner on days you don't feel like it they will motivate you.
Any advice? The easiest tricks:
Use a smaller plate when you are at home and when you go out ask for a to go box right away and put half in the to go box. Don't eat out of the box or bag – take out a serving and after eating one serving wait 20 minutes before grabbing more. Remember it take 20 minutes for your stomach to tell your brain that it is full. Practice mindful eating. (taste each bite, feel the texture, put fork down between bites).

"Before"

"After"

Congrats Juli on your successes!

"Step It Up": A Step Challenge

Are you ready to make good on your New Year's Resolution? Or maybe you just want to see how many steps you can take or how many steps your co-workers take....Either way—it's time to "Step It Up" and start logging those steps!
WHO: All employees are encouraged to participate in the Step Challenge
WHEN: Beginning Feb. 1st—Mar. 14th
WHAT: The Step Challenge is an opportunity to track how many steps you take in a given day, compete against your co-workers and see who wins!
This is an individual challenge, however you will be able to select your department or entity to see where you rank amongst your co-workers. There will be a chance to win overall department/entity and an overall winner.

NEW! If you own and wear a Fitbit, you're in luck! Daily Endorphin is integrating with Fitbit and will allow for you to upload your information through your Fitbit tracker. (More information regarding that will be on the Bridge).
HOW to sign up: Either copy the link below and paste in your browser:

https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3

Or—sign into your Daily Endorphin account and click on the Join the Step Challenge box. If you have questions, please contact **Angel** at 730-5201 or email ahohenstein@duluthmn.gov

Diabetes Prevention Program

The Diabetes Prevention Program is lifestyle change intervention year-long program designed for individuals who are pre-diabetic.

WHO: Current eligible employees who are at-risk of Type 2 Diabetes (pre-diabetic). You can self-refer or get a referral from your doctor.

WHEN: Thursdays, March 17th—June 30th, from 5pm—6pm

WHAT: The Diabetes Prevention Program is a nationally recognized and proven program. This program will be **FREE** to employees who are at-risk of Diabetes and limited to 15 people. The class will meet once/week for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes.

Examples of what will be covered in the program include:

- Learn facts about healthy eating and physical activity
- Understand and respond to your food cues
- Stay on track when eating out
- Work as a group to meet challenges
- Manage stress

WHERE: Meetings will be held in Conference Room 303 in City Hall.

HOW: If you are interested in signing up for this **FREE** program and/or have questions, please contact **Angel Hohenstein** at 730-5201 or email ahohenstein@duluthmn.gov

For more information about the Diabetes Prevention Program curriculum, go to www.cdc.gov/diabetes/prevention. There you will also find the quiz to determine if you are at risk for Type 2 Diabetes.

Transitions Lifestyle Systems (TLS) Program

Michelle Russell, CHHP, CHTP, will be offering a second round of the Transitions Lifestyle Systems program, beginning March 8th. TLS is a 12-week program designed to help participants develop healthy lifestyle habits and lose weight. The program will be held on Tuesdays, beginning March 8th, in City Hall in room 303. Cost of the program is $275. For more information or to register, contact Angel at ahohenstein@duluthmn.gov or 218-730-5201.

Healthy Back Program: I've Got Your Back

Suffering from back pain? Interested in **preventing** back pain? Whatever your reason, back health is imperative to functioning not only in your job, but also in your daily life. Sign up today for this 6-week back care program to aid in strengthening and improving mobility in your back!

WHO: Anyone interested in improving their back health

WHAT: A 6-week program that includes a pre & post-assessment, strength and flexibility exercises and stretches. Participant will meet once a week for 15-30minutes with Wellness Coordinator to perform strengthening and stretching exercises, and will be assigned "homework" exercises.

WHERE: On-site—Wellness Coordinator will meet with you at your location

WHEN: Program will start the week of March 14th and run through the week of April 11th. Times and days will be dependent on schedule of participant (and Wellness Coordinator).

HOW TO SIGN UP: Space is limited! Contact Wellness Coordinator, Angel Hohenstein, at ahohenstein@duluthmn.gov or 218-730-5201 to set up your appointment.

Coming Soon: 5K Training Program

Artificial Sweeteners....Not all they cracked up to be?

The message for us to cut back on sugar is loud and clear. The average American eats more than 70 pounds of it per person, per year. For many, the solution to cut back is a simple one: Swap sugar-filled beverage and food choices with calorie-free, artificially sweetened options. Artificial sweeteners lend sweetness without adding extra calories, but they may not be as beneficial as you'd think. Here are three reasons to think twice before chucking back a can of diet pop:

1. You don't feel fully satisfied on artificial sweeteners. There's a growing body of evidence to support the idea that people who consume artificial sweeteners may actually end up consuming more calories than those who don't. Researchers at Yale University School of Medicine discovered that artificial sweeteners don't signal the release of dopamine, an appetite-controlling hormone. Artificial sweeteners don't satisfy the appetite with calories. Diet soda might quench your thirst and your immediate craving for something sweet, but it won't reduce your appetite. Artificial sweeteners may trick the body into thinking it's about to receive more calories than it actually does, causing people to then compensate for lack of satiety with more food later in the day.

2. You develop a hyperactive sweet tooth. In addition, frequent use of artificial sweeteners may limit tolerance for more complex tastes. Artificial sweeteners are 200 to 600 times sweeter than sugar. The more of them you eat, the more your body starts to crave these hyper-sweet foods because you develop a higher tolerance for sweetness. Over time, healthy foods like whole-grain products, fruits and vegetables lose their luster.

3. You're probably changing your gut bacteria in an unfavorable way. . Last year, a team of scientists found that artificial sweeteners (including aspartame, sucralose and saccharin) may contribute to obesity and diabetes because it disrupts the gut microbiome; a collection of bacteria that help digest food, absorb nutrients, and maintain the inner lining of the digestive system. The study looked at the microbiome and found that artificial sweeteners disrupted the bacterial balance of the digestive system in mice, increasing blood sugar and boosting the growth of a certain gut bacteria that triggered fat storage. There are no calories tied to the fake sugars—leaving nothing to digest—so they pass directly into the gut, affecting the millions of microbes that live there.

So what's the takeaway? While artificial sweeteners might save a handful of calories, it's important to look at the types of foods and beverages that contain these sweeteners as a whole. Most are highly processed, like sodas and packaged snack foods. Foods that replace sugar with artificial sweeteners may have fewer calories and appear to be healthier, but are not. Stick to wholesome, hearty foods, and satisfy your sweet tooth with foods high in naturally occurring sugar, like fruit and dairy. Sugar-containing foods in their natural form tend to be highly nutritious. You'll not only be full and satisfied, but you'll also benefit from the fiber, protein and calcium inherent to these whole foods.

Recipe of the Month: Quick Burrito Bowl

Make your own version of Chipotle

INGREDIENTS

- 1/4 cup black beans rinsed & drained
- 1 tsp chicken or vegetable broth
- Pinch of cumin
- Pinch of cayenne
- Pinch of garlic powder
- 1/2 cup red cabbage, sliced thin
- 3 oz precooked grilled chicken breast, sliced thin
- 2 T Greek yogurt
- 2 T fresh salsa
- Fresh cilantro & sliced green onions for garnish

DIRECTIONS

1. Heat beans, broth, cumin, cayenne, garlic powder until heated (microwave or stove top).
2. Add red cabbage to a bowl, spoon black beans on top. Layer chicken, yogurt, salsa, cilantro & salsa on top. Enjoy!

Opportunities to be Well:

SAND CREEK EAP (EMPLOYEE ASSISTANCE PROGRAM)

The City of Duluth, The Duluth Housing Authority and The Duluth Airport Authority support the wellbeing of our employees and their family members by providing an employee assistance program (EAP).

Challenges arise in our lives that may negatively impact us both at home and in the workplace. We encourage you to seek confidential assistance and support through your EAP. This is at no cost to you.

Beginning January 1, 2016 you may contact Sand Creek Workplace Wellness for help with:

- Relationship concerns
- Work related issues
- Alcohol and chemical use problems
- Coping with loss and grief
- Depression, anxiety, and suicidal thoughts
- Financial, debt, or gambling problems
- Parenting or eldercare questions
- Other work or personal concerns

For more information visit the Bridge or www.sandcreekeap.com

Tracking Devices Lunch and Learn—January 28th

Confused about all of the gidgets and gadgets out there designed to "help" you track your steps, heart-rate, sleep, nutrition, etc.?

Come Thursday, Jan. 28th at noon, at City Hall room 303, to learn more about all of the different options available to you to track your activity. Learn more about Garmin, Fitbit, Polar and other brands of technological helpers. Presented by Duluth Running Company, this event is FREE to you.

Please RSVP with Angel at ahohenstein@duluthmn.gov or call 730-5201

Be sure to check out the Bridge portal or the Bridge to Wellness site for more information, upcoming events and more! Subscribe to the bridgetowellness contact list to receive regular tips, reminders and other information regarding wellness.

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http://www.duluthmn.gov/bridge-to-wellness/

Wellness Days! January 27
Skate Night at Bayfront Skating Rink

Bust out your skates and join in the fun on Wednesday, Jan 27th from 6:30-8pm. If you don't own a pair of skates, Bayfront does have some to loan out. If the weather is too cold, we will move to the Heritage Center. Bring your family and friends.

Questions? Contact Angel at ahohenstein@duluthmn.gov or 730-5201.

Have an Idea or a Question?

Please let me know if you have an idea for a newsletter or a Weekly Wellness Tip.

If you have questions about nutrition, mental health, physical health, fitness, stress management, etc., please do not hesitate to contact me, I would be happy to help in any way I can!