



December 2018

Sun Mon Tue Wed Thu Fri Sat

Christmas Advent Calendar Contest

						
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5 Ways to Prevent Stroke



1. **Get up to speed on the new blood pressure recommendations.** High blood pressure is the No. 1 cause of stroke, so it's the most important risk factor to control. The guidelines for what are considered healthy blood pressure numbers drooped recently, from under 140/90 to under 120/80, so even if your BP has always been fine, it's a good time to get it checked again.
2. **Consider Cholesterol-Controlling Meds - even if your numbers aren't that high.** This is surprising, but even if your cholesterol is within a good limit, it is still a good idea to take a statin. Such drugs protect your arteries, even without lowering your cholesterol. National Stroke Association guidelines recommend aiming to keep your total cholesterol under 200, with your LDL "bad" cholesterol under 100.
3. **Walk briskly for 30 minutes a day.** Getting into the exercise habit is the best thing you can do for your heart and your blood vessel. You don't need to train for the Olympics.
4. **Women: Know your Hormone-related risk factors.** Researchers are reevaluating the long-held belief that birth control pills can elevate your risk of stroke - that now appears to affect only women who have migraine with aura (visual disturbances like flashing colors or shapes). But hormone replacement therapy (HFT) for menopause that contains estrogen is still believed to up your risk. If you HFT is progestin-only, you're in the clear. (If you're not sure what type you had or are undergoing, ask your doctor.)
5. **Keep Your Chronic Conditions in Check.** Diabetes, sleep apnea and atrial fibrillation all raise your risk of stroke, particularly if they are undiagnosed or uncontrolled. Shortness of breath and heart palpitations are warning signs of atrial fibrillation; snoring and excessive sleepiness can indicate sleep apnea. If you have any of these symptoms, it's time for a doctor visit.





Californian "Fried" Chicken Sandwich

Preparation

Ingredients

- 1/2 cup whole-wheat flour
- 1 cup buttermilk (or 2 eggs, beaten)
- 8 cups puffed rice cereal
- 2 tsp garlic powder
- 2 tsp onion powder
- 4 tsp paprika
- 1 tsp dried sage
- 8 chicken breast tenderloins
- 4 hole-wheat sandwich rolls
- 1 ripe avocado, peeled, pitted and sliced
- 1/2 head iceberg lettuce, shredded
- 1/3 cup plain Greek yogurt
- 1/2 garlic clove, crushed
- 1 tsp cider vinegar

1. Preheat oven to 350 degrees.
2. Put flour, buttermilk and puffed rice into three shallow bowls. Season flour with salt and pepper. Add garlic powder, onion powder, paprika and dried sage to buttermilk and mix well. Slightly crush puffed rice with your hands.
3. Dip one piece of chicken into the flour; turn to cover completely. Shake off any excess, then dip into buttermilk. Allow any excess buttermilk to drip off, then dip chicken piece into puffed rice. Turn to coat, then place on a baking sheet. Repeat with remaining chicken pieces.
4. Bake 25 to 30 minutes, until chicken is golden and cooked through, turning halfway through cooking.
5. Meanwhile, make the dressing: Mix together yogurt, garlic and vinegar with salt and pepper to taste. (Add more vinegar if desired)
6. Slice open sandwich rolls and top with shredded iceberg lettuce. Divide avocado slices among sandwiches.
7. Place cooked chicken on top of lettuce and spoon on yogurt dressing; finish with a drizzle of hot sauce, if desired.

Serves 4

Per Serving: 508 Calories, 12 g fat, 110mg cholesterol, 46g protein, 59g carbohydrates, 4g sugar, 9g fiber, 560mg sodium

Spry Living
October 2018





12 Days of Christmas WORKOUT

Start at the top. do the 1st exercise once. Then the 2nd twice & the 1st once Then the 3rd three times, 2nd twice, 1st once. And so on.

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- 1 Burpee
 - 2 Shoulder Presses
 - 3 Tricep Dips
 - 4 Push Ups
 - 5 Bicep Curls
 - 6 Alternating Lunges
 - 7 Hip Thrusts
 - 8 Front Raises
 - 9 Squats
 - 10 Mountain Climbers
 - 11 High Knees
 - 12 Deadlifts

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#chooseu



Liz Rice - Cactus - December 1

Ashley Howard - LABC - December 3

Fredna Lair - Cactus - December 6

Jett Major - Spouse - December 8

Sid Gerber - LHS - December 10

Lindy Williams - Retiree - December 10

Gary Bridges - LIS - December 11

Richard Stanley - Retiree - December 11

Nancy Turrentine - LIS - December 13

Eve Gerber - LABC - December 15

Julie Guillen - LIS - December 15

Kelly Kelley - Administration - December 16

Shelley Levitt - LMS - December 19

Melissa Castillo - LHS - December 22

Kathy Hutchinson - Administration - December 22

Hope Salas - Retiree - December 22

Deborah Gillespie - Transportation - December 24

Phyllis Hopp - Capitol - December 25

Ashley Davis - LMS - December 26

Kristin Bentley - South - December 26

Bruce Butler - LIS - December 28

Patricia Sanchez - LHS - December 28

Jaime Rubalcava - Administration - December 29

Angie Hunt LABC - December 30

Laugh Corner

Adverts before Christmas




After Christmas












Look at what you've done
To YOURSELF!



Christmas Advent Calendar Contest



Beginning on December 3, we will be starting our Christmas Advent Activity Calendar. Each Day you will need to complete the specified activity. Each day we complete activity is a day closer to Christmas Vacation!! Only complete that days activity. Remember to follow the instructions for each activity. If you complete the Advent Calendar Activities send your booklet to Flair @ Cactus. If I have your booklet completed your name will go in a drawing for a United Supermarket Gift Card, just in time for Christmas Dinner. Advent booklets need to be to me no later than December 17th. Your wellness rep will provide you the Christmas Advent Calendar Booklet.





Christmas Best Holiday Selfie™

Let's have some fun, lots of laughing and stress free contest. Nothing to win just having fun with fellow co-workers. We are encouraging you to take as many selfies as you like in front of the Christmas tree, with Santa, or in your favorite Christmas attire. Take your selfie in groups of anywhere between 3 to 10 wellness members. Turn your pictures into your wellness reps and they will get them to me. I will have a committee to pick the top selfie from each campus. I hope to have them published in the newspaper. All selfies have to be turn in by December 14th. Get those creative caps on, I know we will have some great pictures. Can't wait to see how much fun you are going to have!!!



First Wellness T-Shirt Days

December 19, 2018

You will need to be a wellness member for 2018-19 to be able to wear your Wellness t-shirt. You will not be able to wear previous wellness t-shirts.

