

Walking Challenge at Southeastern Community College

In April 2008, Southeastern Community College celebrated the completion of a successful five-month wellness program that involved over 200 individuals walking more than 14,000 miles. The 3,000-mile walking challenge called "Beach to Beach" began in November 2007 and included 10 teams of students, faculty and staff.

Participants committed to walk the amount of miles from

Whiteville, North Carolina to Malibu, California. Blue Cross and Blue Shield of North Carolina donated pedometers that each walker received at the beginning of the challenge. Individual goals were set at 50 miles per month for the five-month period through April 15. Each team was determined to complete the 3,000 miles during this same time period.

Almost half of the individuals

met or exceeded the personal goal of walking at least 50 miles. They received a t-shirt that was donated by Blue Cross and Blue Shield of North Carolina, and each walker who finished the challenge received a t-shirt that was paid for with a mini-grant from the Southeastern Community College Foundation, Inc.



NCSHP's Second Annual Patrol Stroll - 8K Asphalt Assault

The North Carolina State Highway Patrol (NCSHP) is hosting their 2nd Annual Patrol Stroll on September 20, 2008 in Raleigh. The race will be an 8K (4.97 miles) road race consisting of a challenging course that incorporates the Patrol's Training Academy and the Driving Track. Unique trophies will be given to the top three male and female finishers. Awards will also be

given to the top three male and female age group finishers. For those who want to participate, but do not want to run the 8K road race, there will be a challenging one mile Fun Run/Walk in which all finishers will receive their place and times. Encourage employees at your worksite to come test their will and endurance against the men and women of NCSHP. You don't

have to be a runner to come out and enjoy the event. There will be a Fitness Expo in which exhibits and fun will be provided for the family and kids. In addition, many of the NCSHP vehicles will be on display including cars, motorcycles, and helicopters.

For event details please visit www.ThePatrolStroll.org. For questions, contact Sergeant I. O. Grady at 919-662-4490.

Breastfeeding Support at Work

Nearly half (47%) of working mothers return to work full-time within six months of giving birth. Nursing mothers who return to work need a quiet, private place to nurse their baby or express breast milk for later use. The workplace environment should enable mothers to continue breastfeeding. If your committee is working on improving the workplace environment, talk to your management about the possibility of creating an on-site breastfeeding room.

For detailed information about how to create a comprehensive breastfeeding support program for nursing mothers at work, refer to the CDC Guide to Breastfeeding Interventions, available for download at www.cdc.gov/nccdphp/dnpa/hwi/toolkits/lactation/index.htm.



State Health Plan's Personal Health Portal

The State Health Plan has updated and expanded the online tools available to its members. NC HealthSmart's new Personal Health Portal provides an easy option for employees to access reliable and up-to-date health information.

Employees can:

- Complete the Personal Health Assessment survey and receive a Personal Health Action Plan

- upon completion of the survey.
- Explore the Healthwise® Knowledgebase to learn about a variety of health topics.
- Access the Health Crossroads® Web modules to learn about treatment options available when facing surgical decisions or experiencing chronic joint or back pain.
- Access Lifestyle Management Programs that address topics

- ranging from stress and weight management to diet and nutrition.
- Track any medications that they are currently taking.

Encourage your employees to visit www.shpnc.org/nc-healthsmart.html to explore these new tools.

America On the Move

America On the Move® (AOM) is a national initiative dedicated to helping individuals and communities across the country make positive changes to improve health and quality of life.

AOM inspires people to engage in fun, simple ways to become more active by encouraging two small changes each day:

- Take 2000 more steps per day over your baseline (or an

equivalent activity).

- Eat 100 fewer calories per day (by eating smarter).

AOM offers a fun, easy and free program for both individuals and groups. Your wellness committee can register for this exciting on-line program and gain access to a variety of downloadable tools or encourage employees to sign up as individuals and use these resources.

For more information visit www.americaonthemove.org.



Spicy Chicken Picadillo

Ingredients:

- 1 pound skinless, boneless chicken breast, ground in food processor
- 2 tsp olive oil
- 1 cup chopped onion
- 1 ½ tsp ground cumin
- ¼ tsp ground cinnamon
- 3 garlic cloves, minced
- 1 cup salsa, any variety
- 1/3 cup golden raisins
- ¼ cup slivered almonds
- ¼ cup chopped fresh cilantro

Directions: Heat oil over medium-high heat. Add onion and cook for three minutes, stirring occasionally. Add chicken, cumin, cinnamon, and garlic. Cook for three minutes or until chicken is done, stirring frequently. Stir in salsa and raisins. Cover, reduce heat, and simmer for five minutes or until thoroughly heated. Stir in almonds and cilantro.



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