

## Environmental Art Walk at NC Museum of Art

The wellness committee at the NC Department of Cultural Resources organized an Art Walk at the NC Museum of Art for its employees in May 2008. The walk included a guided tour of the Museum Park and participants had fun walking around, over, under and inside the art displays for more than a mile. The Park offers educational opportunities for people of all ages and interests and activities reflect the Park

mission to encourage understanding of the environment through the insights of artists.

Over 30 employees signed up for the event and 28 employees attended the tours. Employees were allowed to travel to and from the museum and participate in the walk without having to take leave, but were required to coordinate their participation with their supervisors.

If your wellness committee would like to organize a similar event at the Museum, contact Angela Faulk at 919-664-6820 or [afaulk@ncmmail.dcr.state.nc.us](mailto:afaulk@ncmmail.dcr.state.nc.us). For more information about the Museum please visit their Web site at <http://ncartmuseum.org/museumpark.shtml>.



## Maintain, Don't Gain Holiday Challenge - Coming Soon!

The annual Eat Smart, Move More... Maintain, Don't Gain! Holiday Challenge will begin on November 24th and run through January 1st. This free six-week challenge will provide participants with tips, tricks, and ideas to help them maintain their weight throughout the holiday season.

Beginning November 1, participants can sign up at [www.](http://www.myEatSmartMoveMore.com)

[MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com). Each week, participants will receive a free newsletter filled with the tools they need to avoid holiday weight gain, healthy recipes as well as a participant highlight. In addition, participants will be able to download and print activity logs, weight logs, and food diaries to track their progress. New this year will be an ask the expert feature, where participants can

write in to fitness and nutrition experts with their questions. Tools to promote the challenge in your worksite will also be available. Flyers and ads with space to put your organization's information will be available to download.



## Help Employees Deal with Holiday Stress

Fall is here and that means that the holiday season is not far behind! Even though the holidays are a time for joy and cheer they can bring a lot of stress for many of us. According to a American Psychological Association survey, one in five Americans are worried that holiday stress could affect their physical health.

The workiste wellness committee can help employees lighten up during the holiday season by organizing activities at work that help reduce stress. The HealthStart activity in the Manage

Stress workbook of the NC HealthSmart Worksite Wellness Toolkit might be a suitable option for your worksite. Also, included in this workbook are several printable motivational/humorous quotes and posters that can be posted around the worksite.

## The Great American Smokeout - November 20, 2008

The American Cancer Society holds the Great American Smokeout® every year on the third Thursday in November. This year the Great American Smokeout® will take place on November 20, 2008. The purpose of the event is to set aside a day to help smokers quit smoking, quit using tobacco products, for at least one day, with the hope that they will quit completely. It

challenges people to stop using tobacco and also helps to raise awareness about the dangers of smoking and the many effective ways available to quit smoking permanently.

Your committee can use this opportunity to encourage employees to try quitting at least for a day and maybe longer. Several resources including handouts, posters, quotes, pledge

card etc. are available for download at [www.eatsmartmove.morenc.com/Resources/wwtoolkit/quitnow.html](http://www.eatsmartmove.morenc.com/Resources/wwtoolkit/quitnow.html).

For more information, contact your local American Cancer Society office ([www.cancer.org](http://www.cancer.org)) or call their toll free number at 1-800-ACS-2345.



## Is it Time to Quit Now?

In June 2007 the General Assembly of North Carolina passed Session Law 2007-193, which became effective January 1, 2008. This law prohibits smoking in buildings owned, leased, or occupied by state government; and authorizes local governments to regulate smoking in buildings and transportation vehicles owned, leased or occupied by local government.

Since employees spend a lot of time at work, your wellness committee can help interested employees to quit tobacco use completely by providing access to tobacco cessation information and programs.

[www.MyTimeToQuit.com](http://www.MyTimeToQuit.com) offers facts on why it's hard to quit the nicotine habit and offers tips and suggestions for making a quit plan. Resources include a

downloadable checklist of discussion points with the doctor, a list of 'staying quit' ideas and an online calculator to estimate how much the habit costs for an individual. Your committee can make employees aware of these free resources along with several materials available in the Quit Now section of the NC HealthSmart Worksite Wellness Toolkit.

## Pumpkin Brownies

Ingredients:

- 1 cup pumpkin puree, canned or cooked
- 1 cup brown sugar, firmly packed
- ½ tsp salt
- 2 tsp cinnamon
- 1 tsp nutmeg
- ¼ cup vegetable oil
- 1 egg & 1 egg white
- ½ cup walnuts, finely chopped
- 1 ¼ cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground ginger
- ¼ cup buttermilk
- 2 tsp vanilla extract



Directions: Preheat oven to 375°. Coat a 9 x 13 baking pan with cooking spray. Combine all ingredients and beat well. Pour into pan. Bake for 30 – 40 minutes or until a wooden toothpick inserted in middle comes out clean. Cool and cut into squares.

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