

## NC Department of State Treasurer Establishes a Green Team

The wellness committee at the N.C. Department of State Treasurer has taken the lead in connecting the health and wellness of the Department's workforce with the environment. The Department of State Treasurer (DST) is the first state agency to establish a Green Team with the Earth Share of North Carolina's One Environment Network. The Network provides resources to employees who want to initiate

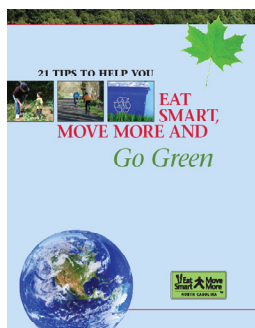
and promote environmentally sustainable practices at work that can positively affect their health and wellness.

The committee began by sponsoring brown bag lunch programs in September 2008 to educate employees about pesticides and their effects on health. Several employees then participated in the NC Big Sweep Clean Up program in early October by using some of their

annual community service leave to help clean up an area in Raleigh that will be part of the Urban Wetland Educational Park. As a result of the success of both programs, DST plans to continue its affiliation with the One Environment Network in 2009.

If your worksite is interested in partnering with DST and becoming a Green Team, please contact Sandra Johnson at [Sandra.Johnson@nctreasurer](mailto:Sandra.Johnson@nctreasurer).

## New! Eat Smart, Move More and Go Green Available



Eating smart and moving more is good for our health; however, we care about the

environment too. How can we eat smart and move more, while also being environmentally friendly?

The *Eat Smart, Move More and Go Green* guide provides easy suggestions for adopting healthy behaviors that will also help save the environment.

The guide offers 21 tips on how to be environmentally conscious while following each of the seven Eat Smart, Move More NC key messages: Prepare More Meals at Home, Tame the Tube, Choose to Move More Everyday, Right-

Size your Portions, Re-think your Drink, Enjoy More Fruits and Veggies and Breastfeed your Baby. For example, making sure that we recycle all clean aluminum cans, foil and pans, plastic bottles and glass jars as we use these items to prepare meals at home.

It can be downloaded for free at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

## Activate America – New YMCA Initiative

The YMCAs of North Carolina are interested in partnering with wellness committees to explore ways they can support healthy living in the work place and beyond. *Activate America*®, a new YMCA initiative, encourages local YMCAs to be a catalyst and leader in developing community health activities and implementing policy and environmental changes. Your employees will be more likely to adopt or maintain healthy lifestyles in a community that supports health and well-being.

YMCA programs emphasize preventive health care, encourage healthy lifestyles, and are accessible to everyone. They serve about 925,103 people in 47 counties. Your local YMCA is waiting to hear from you! To contact your YMCA, go to [www.ymca.net](http://www.ymca.net).



## 2008 Physical Activity Guidelines for Americans



In October 2008, the US Department of Health and Human Services released a comprehensive set of physical activity recommendations for people of all ages. According to the new *Physical Activity*

*Guidelines for Americans*, adults gain substantial health benefits from two and a half hours a week of moderate aerobic physical activity. Examples include walking briskly, water aerobics, ballroom dancing and general gardening.

The guidelines are designed so everyone can easily fit physical activity into their daily life by incorporating activities they enjoy. Resources include a fact

sheet that summarizes the basic information in the guidelines and provides examples of physical activity to get started and a downloadable *Be Active Your Way: A Guide for Adults* that can help individuals decide the number of days, types of activities, and times that fit their schedule.

For more information about the new guidelines visit [www.health.gov/paguidelines](http://www.health.gov/paguidelines).

## Adult Fitness Test – President’s Council

The President’s Council on Physical Fitness and Sports launched a national *Adult Fitness Test* in May 2008. Available at [www.adultfitnessstest.org](http://www.adultfitnessstest.org), the online self-test measures overall fitness levels by assessing aerobic fitness, muscular strength, endurance, flexibility and body composition.

The test includes several components including a 1-mile

walk or 1.5-mile run to test aerobic fitness, sit-ups or push-ups to test muscular strength and endurance, a sit-and-reach test to measure flexibility, and a body mass index test to assess body composition.

Adults can take the test alone, although it’s easier to do with a partner. The Web site offers detailed instructions and tips on performing each test component

and all the components do not need to be completed at once. A downloadable data collection form is available and after all the components have been completed the data can be entered online to receive the results. These results can be used to help set fitness goals and measure progress. Later, the test can be taken again to see how the fitness level has changed.

## Fifteen-Minute Soup

Ingredients:

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

Directions: In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil. Stir in and break up spinach; bring to a boil again. Stir in macaroni and simmer until macaroni is tender, about six to eight minutes.



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