



## 'Let's Work It Out' at Appalachian State University

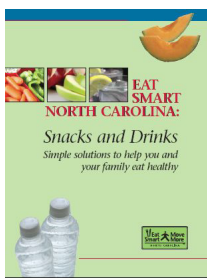
Appalachian State University implemented a four-week worksite wellness incentive program for faculty, staff and their spouses or significant others called 'Let's Work It Out.' The program was offered by the University's Health Promotion Department, which is funded through Academic Affairs. Funds allocated for special events were used for implementing this program.

The program was designed to help individuals *Move More*. Each participant selected one of three fitness goals to focus on during the program. At the initial meeting, each participant completed a health history form, a personal contract, and defined three objectives that would help them reach their overall goal. Throughout the program, participants maintained activity logs. Every week the program

coordinator, a health promotion intern at the Department, reviewed and offered feedback for each participant's activity logs. At the end of the program, the group participated in a potluck luncheon and each participant received a certificate of completion.

To read the complete story visit [www.shpnc.org/worksite-wellness.html](http://www.shpnc.org/worksite-wellness.html).

## NEW! Snacks and Drinks Guide Available for Download



*Eat Smart North Carolina: Snacks and Drinks* was released on November 26, 2007. This guide is a great resource for

your committee to share with employees at the worksite to help them make healthier choices for snacks and drinks. A lot of us find

ourselves in front of vending machines or at snack bars in search of a quick bite to eat, with many of us making poor choices. This guide provides user-friendly tips and suggestions for people to help them select healthier snacks and drinks for themselves or their families at the grocery store, a vending machine at work, a snack rack or any other venue.

The NC Division of Public Health and NC Cooperative Extension developed this guide in support of the Eat Smart, Move More... North Carolina movement. It can be downloaded for free at [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) under the 'Tools' button. Hard copies of this guide may also be available, in limited numbers (up to ten). Contact the Worksite Wellness Team for more details.

## Ergonomics - Resources for Worksites



Ergonomics helps to improve health and productivity by creating a comfortable workspace.

- [http://dohs.ors.od.nih.gov/ergonomics\\_home.htm](http://dohs.ors.od.nih.gov/ergonomics_home.htm)
- [www.ergoresources.org](http://www.ergoresources.org)
- [www.osha.gov/SLTC/ergonomics/outreach.html#etools](http://www.osha.gov/SLTC/ergonomics/outreach.html#etools)

It considers tools, equipment, furniture and their relationship to job-related tasks. If your committee is trying to help employees find out if their workspace is ergonomically suitable, then the following Web sites may be helpful:



## Circuit Training at Rockingham Community College (RCC)

Lynne Haynes, worksite wellness committee member and a physical activity educator at RCC, offered to teach circuit training to interested staff and faculty in spring 2007. The circuit training sessions were offered for 12 weeks and more than 20 employees participated. This class, which was already very popular among the students, has now become a favorite of faculty and staff for weight loss

and general fitness benefits. With circuit training, strength exercises are combined with aerobic exercises. 'Circuit' means a group of activities and refers to a number of 'stations' positioned around the facility that are visited in succession. Circuit training is a great choice of exercise for busy employees. In one 30-minute session, many components of physical fitness can be addressed, such as muscle

strength, flexibility and balance. Additionally, the stations may be set up in places such as a break room, a gym or a vacant room.

If you want to offer something similar for your employees, seek help from a physical activity educator/trainer at your worksite. Contact Lynne Haynes at [HaynesL@RockinghamCC.edu](mailto:HaynesL@RockinghamCC.edu) for details about the program at RCC.

## Eat Smart, Move More, Weigh Less at Work

*Eat Smart, Move More, Weigh Less* is a weight management program designed with proven strategies for weight loss and maintaining a healthy weight. It gives participants the knowledge and skills to change their eating and physical activity patterns to consistently maintain a healthy weight. It is a 19-lesson curriculum and is delivered by local health promotion

coordinators and local cooperative extension agents. Each lesson includes in-depth information about strategies important for weight loss, strategies for adopting positive behaviors, ways to involve the whole family, opportunities for sharing and celebrating as well as living mindfully. Participants also receive a personal journal and a program magazine.

Contact your local health department or cooperative extension office for details on offering this program at your worksite. These contacts can be easily located at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).



## Worksite Wellness Webinars

Several webinars have been scheduled for January 2008.

Upcoming topics include:

- New Year's Resolutions
- Quit Now Resources
- Eat Smart, Move More, Weigh Less Program



### Fruity Cranberry Sauce

#### Ingredients:

- 1 12 oz package cranberries (about 3 cups)
- 1 cup chopped dried apricots
- 1 ½ tbs tangerine zest
- 1 2/3 cups tangerine juice
- 1 cup sugar
- 1 tsp dried ginger
- 1/3 cup honey

**Directions:** Stir all ingredients together in a saucepan over medium heat until the sugar dissolves. Cover and increase heat to boil. Boil about 10 minutes, or until the cranberries pop, stirring occasionally. Let cool; it will thicken as it cools. Store in the refrigerator.

More healthy holiday recipes can be downloaded at: [www.myeatsmartmovemore.com/holidaychallenge/recipes.html](http://www.myeatsmartmovemore.com/holidaychallenge/recipes.html)

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