

Action Worx!

MSAD #41 Wellness Team

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The "Great Pedometer Challenge" is still on. Email your steps/miles to Ginny Morrill and get ready for a spectacular celebration!

The Wellness Team meets the first Thursday each month at Milo Elementary. If you are interested in "wellness", come join us.

"On Your Weigh"

On Your Weigh is well underway each Tuesday at Milo Elementary. During the month of February, 34 participants lost a total of 47 pounds. Congratulations to all - and a special congratulations to Jeff Gahagan - our biggest loser.

The following speakers will be addressing the participants at On Your Weigh:

-March 15 - Sue Chaffee will speak on **Eastern Maine Healthcare's Move and Improve** program which is in full swing. You can register online at: www.moveandimprove.org or register with Sue next Tuesday.

- March 29 - Jo-Anne Barrows from the Susan B. Komen "Race for the Cure" Foundation will present a slideshow and have information on the foundation's race in September.

-April 5 - Dawn Russell is gearing up with a presentation on kinesthetics, this is something you don't want to miss.

Come join the fun and feel good each Tuesday - weigh in, walk, pick up recipes and tips, and share ideas from 3:00 - 4:00.

Ladies Home Journal has a wonderful website with health information. You can access a personal weight loss planner and have tips, recipes, advice, and exercises delivered right to your email each day. Log on to www.lhj.com/lhj/health and browse through all the links. The personal wellness planner is located on your left in a menu box.

Move and Improve

Ok, SAD 41 employees. It's time to get moving and improving! Get off your seat and on your feet and shed those winter pounds.

That means you.

Eastern Maine Healthcare's Move and Improve program started March 6 and ends on May 28. It's not too late to sign up.

Register at:

www.moveandimprove.com

Don't forget to register as an MSAD #41 participant. If you encounter problems with the website and registering, please let Sue Chaffee or Lynn Gerrish know. We will gladly help you register.

Also, don't forget to log your weekly exercise with a wellness team member at your school for incentives and prizes.

Remember, the biggest prize is your good health.

Tips from HEARTWISE

(Piscataquis Public Health Council)

Heart disease is America's #1 killer. Stroke is #3 and a leading cause of serious disability. That's why the Piscataquis Public Health Council and Mayo's HEARTWISE thinks it is so important to reduce your risk factors, know the warning signs, and know how to respond quickly if warning signs occur.

Most Common Preventable Risk Factors

- Smoking
- High cholesterol level
- High blood pressure level
- Lack of exercise
- Being overweight
- Poor nutrition

Heart Attack Warning Signs - Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often individuals affected aren't sure what's wrong and wait too long before getting help. Below are signs that can mean a heart attack is happening:

Chest discomfort - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body - Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath - May occur with or without chest discomfort

Other signs - Might include breaking out in a cold sweat, nausea or lightheadedness

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Dial 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies - every second counts. If you see or have any of the signs listed above, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Many of the medications and treatments available today for heart attack and stroke victims can stop some heart attacks and strokes in progress, reducing disability and saving lives. But these medications and treatments must be given quickly to be effective. **Don't Delay - Get Help Right Away!**

Recipe Corner

Pass-the-Phytonutrients Salad

Ingredients

- 4 cups baby spinach leaves
- 1/4 medium red onion sliced and separated into rings
- 2 mandarin oranges, peeled and separated (remove seeds)
- 3/4 cup dried sweetened cranberries
- 1/4 sliced almonds raw
- 1/2 cup crumbled feta cheese
- 1/2 cup light vinaigrette dressing

Directions

1. Place almonds on baking sheet and bake for 10 minutes at 350°. Don't skip this step! Toasting the almonds really brings out the flavor.
2. Place the spinach leaves on plates and top in this order: onion, mandarin, cranberries, almonds, feta cheese. Drizzle vinaigrette over each salad

Serves 4

Total calories: 242

Total fat: 13 grams

Champagne Chicken

Ingredients

- 4 skinless boneless chicken breast halves
- butter flavored non stick cooking spray
- 1 tbsp. light butter
- 1/4 cup all purpose flour
- 1 tsp. salt
- 1 tsp. pepper
- 1 garlic clove, minced
- 1/2 cups sliced mushrooms
- 2 tbsp. Champagne
- 3/4 can of fat free or low fat Cream of mushroom soup

Directions

1. Take a small Ziploc bag and place the flour, pepper, salt and minced garlic in it. Zip it, and shake it so it mixes well.
2. Take each breast half and place it in the bag with the flour mixture and shake it so that it is coated with flour.
3. In a non-stick skillet melt 1 tbsp. of light butter. Spray each breast (over the flour) with butter flavored cooking spray and place them in the skillet. Brown them on both sides.
4. In a separate bowl mix the Cream of Mushroom soup, champagne and mushrooms. Add this mixture to the skillet and cook it over medium heat until the chicken is thoroughly cooked.

Serve over rice if desired.

Serves 4

Total calories per serving: 220

Total fat per serving: 5 grams

With rice add 80 calories for each half cup.

www.naturemade.com/WellnessTopics/

~contributed by Eddie Oakes

The healthy stomach is nothing if it is not conservative. Few radicals have good digestions. -Samuel Butler