

Healthy Happenings



Wellness is a way of living that emphasizes such preventive measures as eating a healthy diet, making exercise an enjoyable part of your life, and making self-care decisions that will improve the quality of your life. This means reducing your risk for chronic disease, preventing injuries, banishing environmental and safety hazards from your home and workplace, and eliminating unnecessary trips to the doctor—and making the best use of the health-care system when you need it. The premise of wellness is that you can live a long, healthy, and active life. All you need is the desire to do so—and the right information on which to base your actions.

Health Fair

Douglas County School District, Carson Tahoe Regional Healthcare and Hometown Health Providers are sponsoring a Health Fair for all DCSD employees as well as their covered spouses and dependents.

Thursday, November 20th, 2008

3:00 pm—7:00 pm

Douglas High School Commons Area

Please mark your calendars today!



Did You Know?

World Gym offers employees of Douglas County School District a discount on gym membership.



That's right, for only \$19 per month (additional family members are extra) you could be on your way to a healthier you. Stop by World Gym's table at the Health Fair on November 20th!



Food; That Fight Cholesterol

There's no denying that a healthy diet is the first line of defense against rising cholesterol. If you eat a predominantly plant-based diet—with lots of fruits and vegetables plus some fish—you are on the right track to keeping your cholesterol at a healthy level.

1. **Almonds:** Studies have found that eating just a quarter cup of almonds a day can lower your LDL by 4.4 percent.
2. **Oatmeal:** You've seen the commercials with people proclaiming dramatic drops in their cholesterol numbers thanks to a daily serving of this hot cereal. Those great results are due to the high levels of soluble fiber found in oatmeal.
1. **Fish:** Omega 3 fatty acids are widely considered to be the best of the "good" fats, and the best place to find them is in fish—especially fatty fishes like salmon, halibut and tuna.
2. **Red Wine:** Not everything that's good for you has to feel virtuous. A glass of red wine, which contains flavanols, has been shown to have anti-inflammatory properties that may help lower cholesterol and stave off heart disease. One Drink a day for women, and two for men.

Make Exercise A Habit

Let's face it: it's not all that difficult to start a fitness routine. After all, most of us have done it more than once.

The trouble, of course, comes with sticking with it. All too often, our initial enthusiasm and energy wanes, we get distracted by other things going on in our lives, or we don't think we're seeing results quickly enough -- and we throw in the towel.

Yet many people do manage to hang in there, and would no sooner skip their regular workout than their morning shower. What's their secret?

Compiled here are a list of tips for making fitness a habit in your life

- 1. Do a variety of activities you enjoy.** There's no rule that says you have to go to a gym or buy equipment. Having a variety of activities -- weight lifting, walking, running, tennis, cycling, aerobics classes -- will ensure that you can do *something* regardless of the weather or time of day.
- 2. Commit to another person.** The social aspect of exercise can be important to many people. Many times people will talk themselves get out of exercising. However, if they have agreed to walk with a friend after dinner or meet them at the gym after work they are less likely not to let them down by not showing up.
- 3. Make exercise a priority.** Regular physical activity must be non-negotiable. There's advantages to making exercise non-negotiable.
- 4. Exercise first thing in the morning.** Daily time crunches can always pose a threat to making time for regular physical activity. Any number of things could sabotage good intentions to walk or go to exercise class after dinner. But a number of excuses vanish once you start getting up early before the day officially starts so that you can work out.
- 5. Or, exercise on your way home from work.** The next best thing to exercising first thing in the morning is to do it on your way home from work. Never go home first. There are a number of distractions that can prevent you from heading back out to exercise.



Rx Made Easy

Catalyst Rx is DCSD's pharmacy benefit management company that provides many services including pharmacy network management, dedicated customer service, mail order pharmacy services, drug utilization evaluation and a dedicated Clinical Pharmacist. The Catalyst Rx website is available for members to use in locating pharmacies as well as obtaining specific drug information and pricing. Members can log-on to the Catalyst Rx website at www.catalystrx.com. User Name: douglas - Plan Password: douglas55. The Catalyst Rx Client Services Help Desk number is 1-888-869-4600 (available 24 hours/7 days). Walgreens Mail Order Service can be contacted at www.walgreensmail.com or 1-866-845-3590 M-F 8 a.m. – 10:00 (EST) and Saturday-Sunday, 8:00 a.m. – 5 p.m. (EST).



Congratulations to Shelby (Teacher at DHS) and Daniel Young!!
Henry Alan Young was born on Saturday, August 16th, 2008. He weighed in at 5 pounds and was 17 inches long.

WE'RE LISTENING!!!



Do you have an idea or a suggestion for a topic for the Healthy Happenings Newsletter? Please send an email to Virginia Peterson at vpeterson@dcsd.k12.nv.us

We want to hear from you!