

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 9

WINTER 2015

HOT

TOPICS:

Follow us on [Face-book](#) & [Twitter](#)

FREE MMHG Member Night—Row & Ride in Hanover March 12th at 7:15 PM! See page 9 for details!

How much sleep do you really need? Find out on page 8

Time to start planning your worksite vegetable garden!

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MMHG Winter Wellness 2015

Winter 2015 will certainly be a memorable one!

With one storm after another and record breaking snow amounts, it's no wonder we're feeling "winter weary".

As we push, plow, pile and attempt to figure out where to put all the snow or simply try to travel from point A to point B it's important to be mindful of the [negative effects of stress on our health and immune system](#).

Making healthy choices can help manage stress and lighten a case of the "winter blues". Here are a few tips from the Centers for Disease Control and Prevention:

Avoid Drugs and Alcohol— They may seem to be a temporary fix to feel better, but in the long run can create more problems and increase stress.

Find Support— Seek help from a partner, friend, family member, counselor, or health care provider. Talking about your problems and stress can really lighten the burden.

Connect Socially— After a stressful event, it is easy to isolate yourself. Make sure to spend time with family and friends.



Municipal workers, especially DPW, maintenance and public safety personnel have been especially challenged by the recent weather.

Take Care of Yourself— Eat healthy food, exercise, and get plenty of sleep. Try and maintain a normal routine and take a break if you feel stressed.

Stay Active— Take your mind off your problems by giving. Helping a neighbor, volunteering or doing something nice for someone else can be a positive way to channel your feelings.

Visit www.mmhg.org and follow us on [Facebook](#) and [Twitter](#) for more information about health and wellness.

FREE Regional Nutrition and Weight Loss Series!

Join us for a FREE 5 week Health and Nutrition Program presented by

Nicole Cormier RD, LDN

Why wait? You can eat real, whole, delicious foods that are exciting and manage your weight!

Week 1 Tuesday March 10th 6 –7 PM

Nutrition From the Ground Up

Week 2 Tuesday March 17th 6-7 PM

Eating With Mindfulness

Week 3 Tuesday March 24th 6-7 PM

Introduction to Juicing

Week 4 Tuesday March 31st 6-7 PM

Cooking Demonstration: Intuitive Cooking

Week 5 Tuesday April 7th 6-7 PM

Sustaining Your Health

All programs will be held at:

West Bridgewater Council on Aging

97 West Center St (Route 106)

West Bridgewater

Click [here](#) for flyer with program details & registration information

Sign up to receive future quarterly issues of the MMHG Beneficial Wellness Newsletter by email!

NAME: _____

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MMHG Wellness
PO Box 3390
Plymouth, MA 02361

or send request by email to
wellness@mmhg.org

Healthcare IQ Corner: How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG **Beneficial Wellness Newsletter**. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

Health is Wealth—Take Advantage of your Wellness Benefits!

One way to be a savvy consumer of healthcare is to make the most of the wellness benefits available to you through your health plan. You may be surprised at the FREE wellness resources and programs that are available to you—many right at your fingertips!

Mayflower Municipal Health Group (MMHG) members enrolled in Blue Cross Blue Shield (BCBS), and Harvard Pilgrim (HP) have access to many FREE Wellness programs and resources.

MMHG— Visit www.mmhg.org regularly and click on the “Wellness” tab and the “What’s New” tab to find out what wellness initiatives are being offered. Programs include FREE regional seminars in topics like mindfulness, backyard organic gardening and nutrition. You can win prizes by participating in the popular spring and fall walking challenges and other fun programs that help motivate you to eat healthier, exercise more, and stress less! Find out more about the [Colonoscopy Incentive](#) and read back issues of the [Beneficial Wellness Newsletter](#). Follow MMHG Wellness on [Facebook](#) and [Twitter](#) for new program announcements!

Did you know that MMHG member units can receive wellness grants to help fund work site wellness programs like yoga clas-

FACT: Eating well, staying at a healthy weight, exercising regularly and choosing not to smoke are your best defenses against developing costly and chronic conditions like cardiovascular disease, type 2 diabetes and certain types of cancer.

ses, employee vegetable gardens and healthy cooking demos? Check with your wellness coordinator for more information or send an email to wellness@mmhg.org. Click [here](#) for the MMHG Annual Wellness Plan.

BCBS & HP— Click [here](#) for information on the fitness, weight loss reimbursements and discounts offered to members. Both BCBS and HP offer extensive online resources to members that include health libraries, interactive tools, health assessments, online seminars, podcasts, alternative medicine information and much, much more. Click on the following links and start exploring!

BCBS— www.ahealthyme.com

HP— Click [here](#) for Health & Wellness online resources

HP Mind the Moment Program— Click [here](#)

Next Issue— Preventative Medicine & the Affordable Care Act

Attention Harvard Pilgrim Members:

Want to get healthier but not sure where to begin? Do you need a little extra motivation? If so why not connect with a Harvard Pilgrim Personal Health Coach? It's free and easy to get started!

Just complete the confidential [HP Health Questionnaire](#) and say “Yes” to Question 50, a certified Harvard Pilgrim personal health coach will reach out to support, educate and motivate you on your way to better health. Health coaches are registered nurses who have received additional training and certification as health and wellness coaches. They'll work with you to develop realistic and achievable goals, including:

- Controlling blood pressure
- Increasing physical activity and exercise
- Lowering cholesterol
- Eating better
- Quitting smoking
- Managing stress and finding life balance
- Dealing with back pain

Once you and your coach agree on a plan, your coach will stay in regular phone and e-mail contact to encourage and support you. Your coach is there with help when you need it and will offer well-deserved congratulations when you achieve major and minor milestones. What are you waiting for? Sign up now!

This is a great opportunity—click [here](#) to get started!



Attention Blue Cross Members:

When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat?

Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these?

Now you can, just by picking up the phone and calling the Blue Care LineSM toll-free at 1-888-247-BLUE (2583).

With the Blue Care Line, you can speak with a registered nurse* 24 hours a day, 7 days a week. Experienced professionals are always available to offer you expert answers to your questions. Simply explain the situation, detail your symptoms, and our nurses will tell you whether you should see your doctor, go to the emergency room, or care for yourself at home.

It's a simple call that could help save a life, or just give you some much-needed peace of mind. And best of all, it's a free service to Blue Cross Blue Shield of Massachusetts members. Why hesitate? The next time you have any questions about your family's health, call the Blue Care Line at 1-888-247-BLUE (2583).

Attention MMHG members: We're looking for inspiring MMHG members to "spotlight" in future newsletters! Contact us at wellness@mmhg.org or give us a call at 774-773-9306. We'd love to hear from you!

WOW!

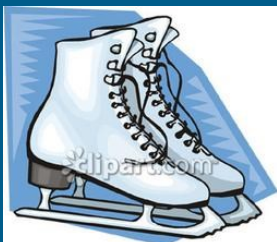
MMHG member units can apply for wellness grants to help fund employee wellness programs like work site exercise classes, biometric screenings, healthy cooking demonstrations and more! Interested? Email us at wellness@mmhg.org for more information.

Coming Soon!

The 2015 MMHG Spring Walking Challenge
April 13th– May 25th
&

MMHG "Walk for A Cause"

Stay tuned for more details.



MMHG Spotlight– Town of Kingston

Wellness Coordinators Lynn Cook and Brandi Gordon



Kingston Wellness Coordinators Lynn Cook and Brandi Gordon

Kingston employees have really stepped up their participation in MMHG wellness programs over the past year. In this "MMHG Spotlight" Kingston Wellness Coordinators Lynn Cook and Brandi Gordon answer a few questions about employee wellness.

Q) When did Kingston really begin focusing on employee wellness?

A) Kingston began focusing on employee wellness in June 2014, when we were recruited as wellness coordinators. The first wellness program we offered was our walking group. We began this group prior to the MMHG walking challenge. We started off with two walking groups in the morning and two in the afternoon. We then narrowed it down to one walking group in the morning and

one in the afternoon. The walking groups have slowed down a bit during the winter months but continues to be a success.

Q) What other wellness programs have you offered?

A) Work site Tai Chi classes, Flu Shot Clinic, chair massages, a Holiday Stress Seminar, and the Maintain Don't Gain Holiday Challenge.

Q) What factors do you believe contribute to the high rate of participation in wellness programs?

A) Communication has been the main factor in encouraging participation. Competition with other towns was helpful with the walking challenge.

Q) Why do you think employee wellness programs are important? What are the challenges?

A) Employee wellness programs are important to improve overall health which contributes to other factors like employee attendance. Providing information to the employees allows them to make more informed

decisions and wellness programs offer them the option of trying something new or gaining a different perspective. Our biggest challenge, typically, is keeping employees motivated.

Q) Looking forward- what future ideas/goals do you have for the Kingston wellness program?

A) Our main goal is more participation in the wellness programs we offer. We initially distributed a survey to determine what interests employees had for possible wellness programs. From the information gathered from our survey, Tai Chi was the option that had the most interest. We applied for and received a MMHG Wellness Grant for funds to partially fund an 8 week Tai Chi program!



Kingston employees take part in a work site Tai Chi class.

Ice Skating– A Fun Family Activity!

Winter weather can make it difficult to exercise as a family. Why not try something different and go ice skating? Ice skating is a low impact aerobic exercise that can boost balance, quickness, flexibility and agility. It's also a fun way to burn calories!

Ice skating is an inexpensive way to be active and enjoy the

winter season. It's a great way for families and friends to spend quality time together.

The Massachusetts Department of Conservation and Recreation (DCR) operates ice skating rinks throughout the state. Many DCR rinks offer skate rentals and accessible ice skating (seated ice skating sleds which allow people with disabilities

to skate during public skating). For a listing of DCR rinks click [here](#). Click [here](#) for a listing of rinks that offer accessible ice skating.

It is recommended that you call rinks in advance to confirm hours and skate rental availability.

Have you Tried—Strength Training?



FREE DOWN-LOAD!

Click [here](#) to download the free book **“Growing Stronger: Strength Training for Older Adults”** developed by experts at Tufts University and the Centers for Disease Control and Prevention (CDC).

DID YOU KNOW?

Scientific research has shown that exercise can slow the physiological aging clock. While aerobic exercise, such as walking, jogging, or swimming, has many excellent health benefits—it maintains the heart and lungs and increases cardiovascular fitness and endurance—it does not make your muscles strong. Strength training does. Studies have shown that lifting weights two or three times a week increases strength by building muscle mass and bone density.

Content Source: Centers for Disease Control and Prevention

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

As always be sure to check with your health care provider before beginning any exercise program.

Benefits of Strength Training- There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

Arthritis Relief- Tufts University recently completed a strength-training program with older men and women with moderate to severe knee osteoarthritis. The results of this sixteen-week program showed that strength training decreased pain by 43%, increased muscle strength and general physical performance, improved the clinical signs and symptoms of the disease, and decreased disability. The effectiveness of strength training to ease the pain of osteoarthritis was just as potent, if not more potent, as medications. Similar effects of strength training have been seen in patients with rheumatoid arthritis.

Restoration of Balance and Reduction of Falls- As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increase a person's flexibility and balance, which decrease the likelihood and severity of falls. One study in New Zealand in women 80 years of age and older showed a 40% reduction in falls with simple strength and balance training.

Strengthening of Bones- Postmenopausal women can lose 1-2% of their bone mass annually. Results from a study conducted at Tufts University, which were published in the *Journal of the American Medical Association* in 1994, showed that strength training increases bone density and reduces the risk for fractures among women aged 50-70.

Proper Weight Maintenance- Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Muscle is active tissue that consumes calories while stored fat uses very little energy. Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.

Improved Glucose Control- More than 14 million Americans have type II diabetes—a staggering three-hundred percent increase over the past forty years—and the numbers are steadily climbing. In addition to being at greater risk for heart and renal disease, diabetes is also the leading cause of blindness in older adults. Fortunately, studies now show that lifestyle changes such as strength training have a profound impact on helping older adults manage their diabetes. In a recent study of Hispanic men and women, 16

weeks of strength training produced dramatic improvements in glucose control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident.

Healthy State of Mind- Strength training provides similar improvements in depression as antidepressant medications. Currently, it is not known if this is because people feel better when they are stronger or if strength training produces a helpful biochemical change in the brain. It is most likely a combination of the two. When older adults participate in strength training programs, their self-confidence and self-esteem improve, which has a strong impact on their overall quality of life.

Sleep Improvement - People who exercise regularly enjoy improved sleep quality. They fall asleep more quickly, sleep more deeply, awaken less often, and sleep longer. As with depression, the sleep benefits obtained as a result of strength training are comparable to treatment with medication but without the side effects or the expense.

Healthy Heart Tissue- Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. One study found that cardiac patients gained not only strength and flexibility but also aerobic capacity when they did strength training three times a week as part of their rehabilitation program. This and other studies have prompted the American Heart Association to recommend strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

Next Issue: Have you tried—Interval Walking?

The Incredible Vegetable— Broccoli



For a quick and healthy supper stir fry broccoli and lean chicken.

Nutritional Powerhouse

There are a lot of reasons to eat broccoli. Besides being tasty and versatile, broccoli is a nutritional powerhouse. Fat free, cholesterol free, and sodium free it's a good source of Vitamin A, folate, and calcium. It's also an excellent source of vitamin C and fiber. Broccoli is also a source of vitamins B1, B2, B3, B6, iron, magnesium, potassium, and zinc. Broccoli contains several important phytochemicals, including beta carotene, which boost the enzymes in our bodies that detoxify and prevent the formation of cancer causing carcinogens. The National Cancer Institute suggests that broccoli, along with its cruciferous family members, may be important in the prevention of some types of cancer.

Shopper's Guide

Broccoli is available fresh all year and frozen. When buying fresh broccoli look for firm, tightly bunched florets. Florets should be dark green, sage green, or even greenish purple. Stalks should be very firm and sturdy. Avoid wilted or limp broccoli, that is yellowish in color.

Store unwashed broccoli in the refrigerator in a plastic bag in the vegetable crisper in your refrigerator. Try and use broccoli within 3-4 days of purchase for best flavor and maximum nutritional benefit.

Broccoli is Versatile

Broccoli can be enjoyed raw, steamed, stir fried, and roasted. Add broccoli to soups, stews, casseroles, salads and smoothies. For a super healthy treat toss chopped broccoli, stems and all, into a blender or juicer with water, kale, celery, cucumber, and sweeten with a chopped apple. Or enjoy a broccoli slaw by shredding the stems on a coarse grater or the shredding disc of your food processor. Combine with shredded carrots and other veggies of your choice, add a little extra virgin olive oil, some lemon or lime juice, and season to taste. Don't forget to include broccoli florets in your crudité platter and serve with your favorite dip.

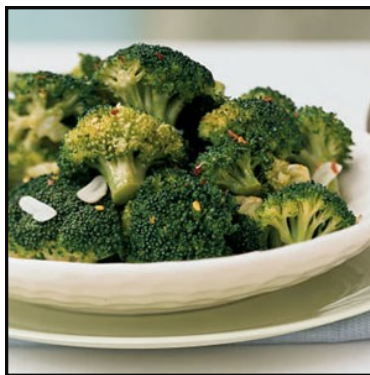
Broccoli with Red Pepper Flakes and Toasted Garlic

From CookingLight.com

This is an easy and absolutely delicious way to prepare broccoli.

Ingredients:

2 teaspoons olive oil
6 cups broccoli florets (about 1 head)
1/4 teaspoon kosher salt
1/4 teaspoon crushed red pepper
3 garlic cloves, thinly sliced
1/4 cup water



Preparation:

Heat olive oil in a large nonstick skillet over medium-high heat. Add broccoli, kosher salt, crushed red pepper, and sliced garlic. Sauté 2 minutes. Add 1/4 cup water. Cover, reduce heat to low, and cook for 2 minutes or until broccoli is crisp-tender.

CHICKEN AND BROCCOLI

STIR-FRY

From [Whole Foods](#) online recipes

Serves 4

Ingredients:

8 ounces whole wheat linguine
3/4 cup low-sodium chicken broth
3 tablespoons reduced sodium soy sauce
1 teaspoon rice vinegar
1/4 teaspoon red pepper flakes
2 teaspoons cornstarch
2 tablespoons expeller-pressed canola oil, divided
1 pound boneless, skinless chicken tenderloins, cut into strips
3 cloves garlic, minced
2 teaspoons minced peeled fresh ginger
3 cups small fresh broccoli florets (from about 1 large crown)
1 carrot, peeled and cut into thin strips

Preparation:

Cook linguine according to package instructions, drain and keep warm. Meanwhile, combine broth, soy, vinegar, pepper and cornstarch in a bowl. Heat a wok or heavy skillet over high heat. When very hot, add 1 tablespoon oil. Add chicken and stir-fry until lightly browned, about 2 minutes. Remove from wok and set aside. Add remaining oil, garlic and ginger; stir-fry 30 seconds. Add broccoli and carrot; stir-fry 2 minutes. Add soy mixture and chicken, stir well, and cover. Lower heat to medium and simmer until vegetables are tender, about 3 minutes. Toss with linguine and serve.

Per Serving: 210 calories (100 from fat), 11g total fat, 1.5g saturated fat, 0mg cholesterol, 240mg sodium, 29g carbohydrate (6g dietary fiber, 9g sugar), 2g protein

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Solve the MMHG Puzzle

February is Heart Health Month

Instructions:
Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number.

The diagram shows two rows of base ten blocks. The top row contains 13 tens blocks (each labeled '10'). The bottom row contains 3 ones blocks (each labeled '1').

Three empty ten-frames, each consisting of a horizontal row of 10 squares (2 rows of 5).

		F	
1	2	3	

,

5	6	7	8	9	10

11	12	13	14	15

For people who would benefit from lowering their blood pressure or cholesterol, the American Heart association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month!

Content Source—Centers for Disease Control and Prevention

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

Fast Facts

- Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If there are symptoms, they may include—
 - ◇ Blood in or on the stool (bowel movement).
 - ◇ Stomach pain, aches, or cramps that do not go away.
 - ◇ Losing weight and you don't know why.
- These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.
- Some people are at a higher risk than others for developing colorectal cancer. If you think you may be at high risk, talk to your doctor about when and how often to get tested.

Get a Colonoscopy and Receive a \$50 Gift Card!

Eligible MMHG subscribers and spouses can receive a **\$50 gift card** for having a colonoscopy in 2015!

The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers and spouses age 50 and over or high risk and enrolled in non Medicare plans. Visit **www.mmhg.org** (**What's New**) to learn more about the details of this program.

- There are several screening test options. Talk with your doctor about which is right for you.
 - ◇ Colonoscopy (every 10 years).
 - ◇ High-sensitivity fecal occult blood test (FOBT), stool test, or fecal immunochemical test (FIT) (every year)
 - ◇ Sigmoidoscopy (every 5 years, with FOBT every three years).

Talk to your doctor about colorectal cancer screening—early detection saves lives!

There's An APP For That—Reboot Your Resolution!

Did you make a New Year's resolution to improve your health in 2015? Maybe you vowed to lose weight or eat healthier. Are you determined to exercise more? Get organized? Did you resolve to finally kick the smoking habit?

It's easy to make a New Year's resolution, not so simple to keep it. If your determination to succeed seems to be wavering, why not consider rebooting your resolution with technology? Here are several helpful APPS that you can download for free on your smartphone or tablet.

Lose Weight

Lose It!

This app gives you the tools you need to track food and exercise, plan meals, and stay motivated to make smarter choices and achieve your goals. Lose It! is based on the principles of calorie tracking and peer support for healthy and sustainable weight loss. Includes a comprehensive food and exercise database and integrates with trackers (like FitBit, wireless scales, workout apps and more).

Free and subscription IOS and Android

Exercise

Nike+ Training Club

Nike's official app has a library of 30 to 45-minute workouts that are based on your goals and fitness level. The app explains how to execute each exercise with how-to videos and even lets you share your accomplishments on social networks.

Free IOS and Android

Quit Smoking

QuitGuide

QuitGuide is a free application that was developed for the Tobacco Control Research Branch of the National Cancer Institute (NCI). QuitGuide was written by tobacco control professionals and cessation counselors with the help of ex-smokers and experts. It can help you prepare to quit smoking and support you in the days and weeks after you quit. It also describes what problems you can expect when you quit smoking.

Free IOS and Android



Get Organized

Evernote

Evernote is a great organizational tool—an interface where you can organize your notes and paperwork (from quick notes to lengthy research papers). For example, you can type in to-do lists, scan in whole documents, insert pictures and videos into your notes and then automatically sync up those notes between your smartphone and your computer, storing everything online.

Free and subscription IOS and Android

Are You Getting Enough Sleep?

When we consider a healthy lifestyle we tend to focus mainly on eating well, exercising, and managing stress. But, there is growing support that adequate sleep is also a vital part of well-being.

The National Sleep Foundation recently issued new guidelines on how much sleep you need at each age. According to the National Sleep Foundation, 18 leading scientists and researchers “participated in a rigorous scientific process including reviewing over 300 scientific publications and voting on how much sleep is appropriate throughout the lifespan”. The resulting guidelines now define times as “recommended”, “may be appropriate” and “not recommended”. A summary of the new recommendations include:

- **Newborns (0-3 months):** Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- **Infants (4-11 months):** Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- **Toddlers (1-2 years):** Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- **Preschoolers (3-5):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- **School age children (6-13):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- **Teenagers (14-17):** Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- **Younger adults (18-25):** Sleep range is 7-9 hours (new age category)
- **Adults (26-64):** Sleep range did not change and remains 7-9 hours
- **Older adults (65+):** Sleep range is 7-8 hours (new age category)



Content Source: BCBS Health Library

You may charge into the day full of energy, but by midafternoon, a wave of sleepiness hits you. You find it hard to keep your eyes open, or you find yourself yawning. Many people experience these late-in-the-day energy lags, but you can take steps to prevent them. **Here are suggestions for healthy ways to keep your energy flowing throughout the day.**

Sleep Well- Getting even an hour less of sleep can result in slower men-

tal functioning the next day. Your reactions will be slowed and your memory may suffer.

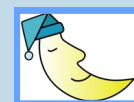
Don't Miss Breakfast- The best way to keep your energy level at peak performance is to start the day with breakfast. Skipping any meal affects your concentration, making it more difficult to solve problems. And missed meals mean you miss out on nutrients. Often, people who skip meals end up overeating later.

Snack Wisely- Instead of looking at snacks as extras, treat them as mini-meals that contribute to the overall nutrition for the day. Snack on fruits and vegetables to boost your intake of vitamins, minerals, and fiber; choose plain nonfat yogurt or

café lattes made with skim milk to provide protein and calcium. When you snack, keep variety, moderation, and balance in mind.

Tank up on Fluids- Your body needs a certain amount of water to function. When you don't have enough water, everything slows down and becomes less efficient. Water is best, but other liquids, such as milk and 100% fruit juice will also work.

Break for Fitness- A good way to fight off fatigue during that afternoon energy lag is to do some stretches or take a quick walk around the building or parking lot. It will get the blood flowing. It's also forcing your senses to become sharper and more focused.



For more information on getting a healthy night's sleep visit the National Sleep Foundation's website www.sleep.org

Click [here](#) to download a FREE booklet "Your Guide to Healthy Sleep" from the National Heart, Lung and Blood Institute.

Overcoming the Mid Afternoon Slump

A Healthy Start to your Day- Quinoa for Breakfast!

Spiced Breakfast Quinoa From EatingWell.com

Quinoa is a complete protein containing all nine essential amino acids. It's light and fluffy in texture and has a nutty flavor.

Ingredients

- ◇ 1/2 cup quinoa
- ◇ 1 cup low-fat milk (try coconut!)
- ◇ 1 cup water
- ◇ 1/2 teaspoon ground cinnamon
- ◇ 1/8 teaspoon ground nutmeg
- ◇ 1/8 teaspoon ground ginger
- ◇ Pinch of salt
- ◇ 2 tablespoons honey
- ◇ 1/2 teaspoon vanilla extract
- ◇ 1 large egg white
- ◇ 2 tablespoons currants or raisins



Quinoa as a creamy, hot, breakfast cereal— delicious!

Preparation

Place quinoa in a fine-mesh sieve and rinse well with cold water. Heat a medium saucepan over medium-high heat. Add quinoa and cook, stirring, until the grains are separated and smell fragrant, 2 to 4 minutes. Stir in milk, water, cinnamon, nutmeg, ginger and salt. Bring to a boil. Reduce heat to

maintain a simmer and cook uncovered, stirring occasionally, until the quinoa is tender, 20 to 25 minutes. Remove from heat. Stir in honey and vanilla.

Whisk egg white in a small bowl with 1 tablespoon of the hot cereal. Repeat with 5 more tablespoons until the egg white is completely incorporated. Stir in currants (or raisins). Return the cereal to the saucepan and cook, stirring, over medium-low heat until thickened slightly, 1 to 2 minutes.

Make Ahead Tip: Cover and refrigerate for up to 1 day; serve cold or re-heat over low heat or in the microwave; thin with water or milk as desired.

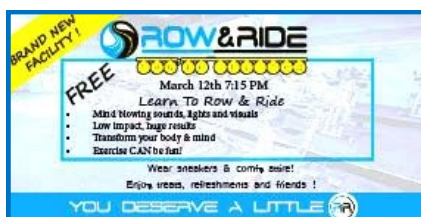
Per Serving: 311 calories; 4 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 58 g carbohydrates; 17 g added sugars; 12 g protein; 4 g fiber; 161 mg sodium; 547 mg potassium.

FREE MMHG Member Night— Row & Ride in Hanover March 12th at 7:15 PM!

Join other MMHG members at Row & Ride Indoor Rowing and Cycling Studios in Hanover for a fun and FREE evening of exercise! Described as a “mindblowing multimedia exercise facility for men and women” this is a great opportunity to check out a new and fun way to get in shape!

Wear comfy clothes and sneakers— all fitness levels welcome! Located at 200 Webster

Street in Hanover. click [here](#) for directions. **RSVP at wellness@mmhg.org. Bring a friend!**



Longing for Spring?

Why not start planning an employee work site vegetable garden? Other MMHG member units have done it with the help of a MMHG Wellness Grant. For more information send us an email at wellness@mmhg.org

Wow! Check out these Exclusive offers for MMHG members.
See page 10 for more local gym coupons!

Be Healthier for Life at Healthtrax Fitness & Wellness

Members of
Mayflower Municipal
Health Group receive
\$10 of monthly dues*



Healthtrax
Fitness & Wellness
www.healthtrax.com

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*Valid on annual individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 or older and may not be combined with other offers. Must present proof of MMHG membership. Expires 10/1/15.

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**Mayflower Municipal
Health Group**

Reminder: Colonoscopy incentive for 2015!

Eligible MMHG subscribers and spouses are reminded that they can receive a **\$50 gift card** for having a colonoscopy in 2015!

The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers and spouses age 50 and over or high risk and enrolled in non Medicare plans. Visit www.mmhg.org (**What's New**) to learn more about the details of this program.

Colonoscopy screenings are recommended for anyone who may be at higher than average risk for colorectal cancer. Colonoscopy screenings saves lives by detecting precancerous polyps early so they can be removed before turning into cancer.

MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING GOVERNMENTAL UNITS:

~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~
~Dartmouth Fire District No. 3 ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hingham ~ Hull ~
~Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~
~Plymouth County Retirement Association ~ Rochester ~ Rockland ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit
Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~
Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~
Whitman-Hanson Regional School District ~



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