



# JSC Wellness Program

## August Newsletter



[www.explorationwellness.com](http://www.explorationwellness.com)

### Food Safety At The Farmer's Market

Glenda Blaskey, RD, LD

#### Produce

- Before and after preparing fresh produce, wash your hands for 20 seconds with warm water and soap.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting or cooking. We don't recommend washing fruits and vegetables with soap or detergent or using commercial produce washes.
- Even if you plan to peel the produce before eating, it is still important to wash it first. Any bacteria present on the outside of items like melons can be transferred to the inside when you cut or peel them.
- Be sure to refrigerate cut or peeled fruits and vegetables within two hours after preparation.

#### Juices and Cider

- Check to see whether the juice or cider has been treated (pasteurized) to kill harmful bacteria. Pregnant women, children, older adults, and people with weakened immune systems should drink only pasteurized or treated juice.

#### Milk and Cheeses

- Don't buy milk at a farmer's market unless you can confirm that it has been pasteurized. Raw milk can harbor dangerous microorganisms, such as *Salmonella*, *E. coli*, and *Listeria*, that can pose serious health risks to you and your family.

Pregnant women, older adults, and people with weakened immune systems are at higher risk for illness caused by *Listeria*. One source for this bacteria is soft cheese made from unpasteurized milk. If you buy soft cheese (including feta, Brie, Camembert, blue-veined cheeses, queso blanco, queso fresco, and panela), check the label to make sure that it's made from pasteurized or treated milk.

#### Eggs

- Make sure that eggs are properly chilled at the market. FDA requires that untreated shell eggs must be stored and displayed at 45°F.
- Before buying eggs, open the carton and make sure that the eggs are clean and the shells are not cracked.

#### Meat

- Make sure that the meat is properly chilled at the market. Meat should be kept in closed coolers with adequate amounts of ice to maintain cool temperatures.
- Bring an insulated bag or cooler with you to the market to keep meat cool on the way home.
- Be sure to keep meat separate from your other purchases, so that the juices from raw meat (which may contain harmful bacteria) do not come in contact with produce and other foods.

[http://foodsafety.gov/blog/farmers\\_market.html](http://foodsafety.gov/blog/farmers_market.html) July 2010

### METs in Adults While Playing Active Video Games: A Metabolic Chamber Study

MIYACHI, MOTOHIKO; YAMAMOTO, KENTA; OHKAWARA, KAZUNORI; TANAKA, SHIGEHO

*Medicine & Science in Sports & Exercise*

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- **Purpose:** Active video game systems controlled through arm gestures and motions (Nintendo Wii Sports) and video games controlled through force plate (Wii Fit Plus) are becoming increasingly popular. This study was performed to determine the energy expenditure (EE) during Wii Fit Plus and Wii Sports game activities.
- **Methods:** Twelve adult men and women performed all the activities of Wii Sports (five activities: golf, bowling, tennis, baseball, and boxing) and Wii Fit Plus (63 activities classified as yoga, resistance, balance, and aerobic exercises). Each activity was continued for at least 8 min to obtain a steady-state EE. Because EE was assessed in an open-circuit indirect metabolic chamber consisting of an airtight room (20,000 or 15,000 L), subjects were freed of apparatus to collect expired gas while playing the games. MET value was calculated from resting EE and steady-state EE during activity.



- **Results:** The mean MET values of all 68 activities were distributed over a wide range from 1.3 METs (Lotus Focus) to 5.6 METs (single-arm stand). The mean MET values in yoga, balance, resistance, and aerobic exercise of Wii Fit Plus and Wii Sports were 2.1, 2.0, 3.2, 3.4, and 3.0 METs, respectively. Forty-six activities (67%) were classified as light intensity (<3 METs), and 22 activities (33%) were classified as moderate intensity (3.0-6.0 METs). There were no vigorous-intensity activities (>6.0 METs).
- **Conclusions:** Time spent playing one-third of the activities supplied by motion- and gesture-controlled video games can count toward the daily amount of exercise required according to the guidelines provided by the American College of Sports Medicine and the American Heart Association, which focus on 30 min of moderate-intensity daily physical activity 5 d-wk<sup>-1</sup>.



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August Promotion: <http://www.explorationwellness.com/Web/docs/31days.pdf>

[www.explorationwellness.com](http://www.explorationwellness.com)



Visit: [www.explorationwellness.com](http://www.explorationwellness.com) for details and links to activities.

## 31 Days of Wellness

Increase your Wellness IQ in August and receive tickets for a random prize drawing. Drawing grand prize is a Kindle! Other prizes will be awarded as well.

**Grand Prize: Win a Kindle!**



Drawing: Sept 2<sup>nd</sup> at Noon, B3 Café

### August Wellness Classes & Activities

**What to do:** participate in any of these activities and receive tickets for the drawing. The number of tickets you can receive is listed next to each activity. Tickets and feedback forms must be submitted to the Gilruth Center Front Desk by 10pm, Sept 1<sup>st</sup>.

#### Wellness Classes & Activities - single class

- 1 Lunchtime class on site in Wellness, Fitness, Nutrition, Behavior Change or Career Development
- 1 Evening Nutrition Intervention Program (NIP) Class
- 1 EAP Guest Speaker
- 1 Group Exercise Classes: Studio 1, Studio 2
- 1 Personal Training Session

#### Clinic or Specialist Appointment

- 1 Behavior Change Consultation, x36770
- 1 EAP Consultation, x36130
- 1 JSC Clinic Appointment, x46142
- 1 Fitness Assessment, x30301, 02
- 1 Nutrition Consultation, x41503

#### Wellness Classes & Activities – multiple classes

- 1/class Boot Camp
- 1/class Dance Class - Ballroom
- 1/class Dance Class - Salsa
- 1/class Health Related Fitness I (current students only)
- 1/class Just Lose It
- 1/class Leagues

#### MASS Fitness Challenge

- T-shirt Reach 25 miles to ISS
- +2 Reach 50 miles to ISS
- +3 Reach 100 miles to ISS
- +5 Reach 220+ miles, Arrive at ISS



#### Feedback Forms

- 1 Complete a feedback form for each activity

#### Online Wellness Activities

- 5 Online Scavenger Hunt
- 5 Mayo Clinic Health Assessment



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## August Wellness Calendar

### 31 Days of Wellness with Random Prize Drawing

- Participate in wellness activities and receive tickets for the drawing
- Contact Rob Davenport, 281-483-0317, [Email Rob](#)

### Summer Wellness Classes Continue!

- Workforce Solutions free career development courses
- [Aug Online Signup](#), Contact 281-483-9224 or [Email JWP A&E](#)

### Just Lose It Coming On Site

- Aug 11 - Oct 27: 12-week Weight Mgt Program, Wed at 11am
- Contact Rebekah Hart, 281-483-6770, [Email Rebekah](#)

### Nutrition Activities

- Aug 10: Grocery Store Tour
- Aug 24: Fact or Fiction: Debunking common nutrition myths
- Contact Glenda Blaskey, 281-244-1503, or [Email JSC RD](#)

### EAP Presentations

- Aug 4: Attention Deficit Disorder, Dr. Janel Miller
- Aug 18: Drugs in Schools, CCISD School Liaison Officers
- Contact EAP, 281-483-1630, [Email EAP](#)

### Co-Ed Fitness Boot Camp

- Aug 2nd – Sept 10th, for 6 weeks, Cost \$100
- Register by calling 281-483-0304

### Couples Ballroom Dance Classes

- Starts Aug 17th and 19th, Cost is \$96/couple
- Register by calling 281-483-0304

### Feds Feed Families

- Aug 23 – 27: donate food for families in need

## JSC Wellness Services *Let Us Help You*

Starport Fitness Center	x30304
Exercise Evaluations an Rx	x30301, 02
Nutrition Consults, Classes	x41503
Employee Assistance (EAP)	x36130
Behavior Change Programs	x36770
Awareness & Education	x39224
Clinic Front Desk	x34111
Clinical Wellness	x46142
Health Assessment	x39224
Website/IT	x39224
Employee Rewards Program	x39224

Gilruth Fitness Center Hours:  
 M-F 5:30 AM-10PM  
 Sat: 9 AM-5PM  
 Sun: Noon-5PM  
*Sun has limited services*

