



Well Worth It

January 15, 2010
Volume 7 Issue 2

Wellness Council of West Virginia, 75 Olde Main Plaza, St. Albans, WV 25177
www.wcgv.org info@wcgv.org 304-722-8070

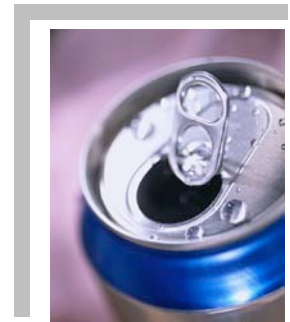
Wellness, it's as simple as A B C...

B is for...

The building blocks of wellness are as simple as ABC. In 2010, *The Well Worth It* newsletter will be a shorter, biweekly feature and focus on aspects of wellness centering around each letter of the alphabet.

What's in Your Beverage?

The average American consumes 450 calories a day from drinks (soda, coffee, tea, juices). This amounts to 23 pounds a year that must be offset by exercise or else it becomes weight gain!! Select healthier beverages for your body (and your waistline) by watching the calorie count and sugars in your drinks, Substitute water (from the tap) and 100% juices for acidic or carbonated beverages. Over time, these small steps add up to create a healthier you!



Breakfast – The Most Important Meal of the Day

Eating breakfast is a simple, healthy eating habit that has a significant impact on your health. There are many benefits to eating breakfast including:

- Being able to focus and concentrate better throughout the day
- Typically eating less fat and cholesterol
- Having a more balanced vitamin intake
- Binge eating less during the day.

Are you unsure of what is healthy and will give your body the boost it needs? Try these easy food substitutes for the best start to your day.

| instead of | try |
|---|---|
| Pancakes | Whole-grain waffle with fresh fruit |
| Fried eggs (over easy or sunny side up) | Omelet or scrambled eggs using egg substitute or egg whites |
| Bacon or sausage | Lean ham or Canadian bacon |
| Croissant, pastry, muffin | Whole-wheat bagel with low-fat cream cheese |



Visit www.mayoclinic.org or www.cancer.org for more information and healthy breakfast recipes.

Upcoming Events

- February 2: Wellness2Go Conference Call Training — call to register
- February 9: Worksite Wellness 101- Charleston — registration form at www.wcgv.org
- April 2010: Annual Spring Conference – more details coming soon...
- May 13- 16, 2010: Greenbrier Bike Trek – be part of the Wellness Council Team!

Bone Health

Bones play an important role in the body from protecting organs to providing a support structure to supporting muscles. Incorporating these five simple steps into your lifestyle can help you optimize the health of your bones.

1. Get the daily recommended amounts of calcium and vitamin D (see chart at right)
2. Engage in regular weight-bearing and muscle-strengthening exercise
3. Avoid smoking and excessive alcohol
4. Talk to your healthcare provider about bone health
5. Have a bone density test and take medication when appropriate.



How Much Calcium?

| Ages | Amount mg/day |
|----------------------|---------------|
| Birth–6 months | 210 |
| 6 months–1 year | 270 |
| 1–3 | 500 |
| 4–8 | 800 |
| 9–13 | 1300 |
| 14–18 | 1300 |
| 19–30 | 1000 |
| 31–50 | 1000 |
| 51–70 | 1200 |
| 70 or older | 1200 |
| Pregnant & Lactating | 1000 |

Are you getting enough calcium for a lifetime of healthy bones?

www.cdc.gov, National Osteoporosis Foundation

We succeed only as we identify in life, or in war, or in anything else, a single overriding objective, and make all other considerations bend to that one objective.

Dwight D. Eisenhower, *speech, April 2, 1957*

Tobacco Cessation

Looking to provide tobacco cessation activities at your worksite? Contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation or contact the West Virginia Quitline at 1-877-966-8784.

West Virginia
**TOBACCO
QUITLINE**
1-877-966-8784

Wellness Council of West Virginia

75 Olde Main Plaza * St. Albans, WV 25177

Phone: 304-722-8070

Fax: 304-722-8074

E-mail: info@wcwv.org