



Well in the West

choose to live bravely.

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Active Living

April 2017

Spring into Action!

Tanner Kingery, Health Educator, Ouray County

We all know that regular exercise has many benefits, from the obvious health ones to having more energy and feeling more positive. Knowing this, however, doesn't always make it easy to find the motivation to get active, especially when emerging from the depths of a sedentary winter. We are all great at coming up with reasons for not exercising, but it is much harder to find ways to get yourself going and keep yourself motivated.

1. Start Small

It can be easy to get carried away and throw yourself in at the deep end, but this will often result in you losing interest too soon and potentially going off the idea all together. Start with a walk/run to the corner and back, or a gentle 30 minute swim. Praise yourself for getting started and then keep the momentum going. Gradually, add a little to the time and/or intensity of your exercise.

2. Do Bite-size Sessions

If one big session in a day, such as 30-minutes or one hour, is too daunting or not easy to manage with other commitments, then break it up into smaller chunks. You'll still reap the rewards if you do 3 x 10 or 20-minute sessions instead.

3. Variety is Key

Don't let yourself get bored with your activity. Constant repetition of the same exercise or using the same routes can get tiresome pretty quickly and leave you not wanting to bother. Whatever activity you are trying, make sure you vary the locations, distances and terrains where possible to maintain interest.

4. Be Flexible

People who adjust their exercise routine to accommodate their lifestyle are more likely to keep exercising than those who don't. Avoid an all-or-nothing mentality. If you have an injury, speak to a health professional and see what activities you can safely do while it heals. If you find it hard to get out in the mornings, then exercise in the evening. Making it work for you will help you achieve your goals faster.

5. Get Active Together

There is no better motivator than exercising with friends, family or a group. Having support and encouragement to get out there when you least feel like it can make all the difference. Find someone who shares your goals, then encourage each other and enjoy your activities together.

Wellness Program Updates!

Health Links Award

Ouray County was recently awarded and recognized as a Health Business Leader based on the health and safety policies we have in place!

Well done!

Walking Group

In May, we will begin hosting a walking group! Be on the lookout for information from Tanner.



Peanut Sauce with Noodles, Broccoli, and Chicken

Eat Well on \$4 A Day
Good and Cheap
Leanne Brown

<https://www.leannebrown.com/peanut-sauce-noodles-with-broccoli-and-smoked-tofu/>



Peanut Sauce

- 1 tsp vegetable oil for cooking
- 1 jalapeno finely chopped
- 3 cloves garlic finely chopped
- 1 shallot finely chopped
- 1 tsp turmeric
- 1/2 cup peanut butter (natural, no sugar added)
- 1/2 - 1 cup coconut milk (can use water as well)
- 1 Tbsp soy sauce
- 1 Tbsp brown sugar

The Rest

- 1 head broccoli chopped
- 4-6 oz of chicken, cooked and cut into cubes (you can use tofu too!)
- 5 - 6 oz soba noodles (or any Asian noodle you prefer)
- 1 lime
- Salt and pepper to taste

Instructions

1. Cook chicken as you like and cut into cubes.
2. Peanut sauce—add oil to a saucepan on medium heat. Once it's warm add the jalapeno, garlic and shallot. Saute until everything's translucent. Add the turmeric and coconut milk. Let it come to a boil.
3. Turn the heat down and add your peanut butter, soy sauce and brown sugar and stir to combine. If the mixture is too thick, add a bit more coconut milk or water to it and stir until it is loose and pourable. Taste it to see if it needs more salt, sweet, or spice and add more as needed.
4. Put a large pot of water on to boil over high heat. Salt the water and put a lid on the pot. While the water comes to a boil chop your broccoli.
5. When the water comes to boil add noodles and cook according to package instructions.
6. In a small brig water to a boil. Allow the broccoli to steam for 2-3 minutes.
7. Place a pan on medium heat and add just enough oil to keep things from sticking. Add the broccoli and chicken. Stir-fry gently until the noodles are ready. Once the noodles are cooked, drain all but about 1/2 cup of water and dump the noodles and water into the pan with the tofu and broccoli. Add your peanut sauce and use tongs to swirl, and mix everything together in the pan. Add more water if you need it.
8. Squeeze lime juice all over the dish and taste. Add salt and pepper as needed and serve it up.

Benefits BOX!

FAMILY AND MEDICAL LEAVE POLICY

It is the policy of the County to grant up to twelve weeks of family and medical leave during any twelve-month period to eligible employees in accordance with the Family and Medical Leave Act of 1993 (FMLA). The leave may be paid, unpaid, or a combination of paid and unpaid depending on the circumstances.

[Refer to the Ouray County Personnel Policy Manual for more info](#)

Breastfeeding friendly workplace!

Please, contact your worksite wellness coordinator, Tanner, if you need support at work. We are breastfeeding friendly too!



Give yourself and your baby all the benefits of **breastfeeding.**

Doctors recommend:
• Feed your baby only breast milk for the first six months.
• After six months, continue breastfeeding while offering solid foods until your baby is at least 1 year old.

Nip a Habit with Physical Activity

Lana Athey, Health Educator, Gunnison County

The snow is melting, the birds are chirping, and the sun is out, it's time for us to get outside...and possibly nip a bad habit. With the increasing hours of daylight comes more opportunity to take advantage of all of the options for physical activities that we are all so lucky to have close by. If you're a smoker these activities can be more challenging, but the good news is that by quitting smoking you can see real changes just minutes after making the decision to quit.

Did you know that physical activity decreases the desire to smoke and reduces cravings and withdrawal symptoms? In fact, just 20 minutes after quitting your heart rate and blood pressure drop, 12 hours after quitting carbon monoxide levels in your blood drop to normal, 2 weeks to 3 months after quitting your circulation and lung function begin to improve, and 1 year after quitting the risk of coronary heart disease is half that of someone who still smokes and your heart attack risk drops dramatically! Below are some resources to help you get started on the journey towards a healthier lifestyle: <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>



Please, contact Tanner at 970-325-4670, if you have any questions, comments or suggestions.

Seasonal Health Alert:

Be Careful When You Clean!

Carol Worrall, Public Health Division Director, Health and Human Services, Gunnison County



Hantavirus is a serious and potentially fatal respiratory disease carried by deer mice, who live in a variety of habitats, especially in rural areas, and can include one's primary residents. When cleaning out rodent-infested structures, people can breathe in dirt and dust contaminated with deer mouse urine and feces and become infected.

Special Cleaning Precautions:

- Open windows and air out space for 30 min. or more before cleaning.
- Wear gloves, mask and use bleach solution (1 cup bleach per gallon of water).
- Spray area and soak for 5-10 min. before cleaning up with mop.
- DO NOT VACCUM OR SWEEP AREA.

There is no treatment for this disease, only supportive care. Therefore prevention of exposure is the most important thing to do. Symptoms can occur up to 6 weeks after exposure starting with flu like symptoms, then can progress very rapidly to serious illness. For more information on Hantavirus: www.cdc.gov/hantavirus

For clean-up guidance: www.cdc.gov/rodents

Have a safe Spring!

National Bike Challenge!

What is the national bike challenge?

"The National Bike Challenge is a nationwide event uniting thousands of current bicyclists—and encouraging countless new riders. It is a free and easy way to challenge yourself, your colleagues and your community to ride more while competing on a local, state and national level."

How Do I participate?

What: 2017 National Bike Challenge

When: May 1 - September 30

Who: Everyone!

Why: Have fun, build community and make biking better.

How: Follow these four easy steps to join the National Bike Challenge. We have a new website, so even if you participated in the past, everyone will need to register.

Navigate to: www.nationalbikechallenge.org/

1. Select "Join" and "Connect with Strava."
2. Create a Strava account or log in to your existing Strava account.
3. Log your rides on Strava and they will automatically import into the National Bike Challenge
4. For more fun, you can create or join your workplace, school, bike club or other team.

