



## Important Dates!

### **Vaccination Clinic**

**When?** Thursday, 10/25  
11am to 3pm

**Where?** Board Room

Visit [columbiabasin.edu/vaccinationclinic](http://columbiabasin.edu/vaccinationclinic) for more information.

### **Benefits Fair**

**When?** Thursday, 11/8  
2pm to 4:30pm

**Where?** Gjerde Center

- Vendors on site to answer your questions.
- Learn about changes in rates, benefits, plans and service areas.
- Plus, find information on Life Insurance, Long Term Disability and Auto/Home Insurance.

### **Open Enrollment**

**November 1-30, 2012**

Your chance to make changes to your Medical & Dental plans, Flexible Spending Account, Health Savings Account and Dependent Care Assistance Program.

### **Can't attend?**

Visit [pebb.hca.wa.gov](http://pebb.hca.wa.gov) to review or make changes to your benefits, or find another benefits fair location.

## **Reduce Stress – Focus on the Positive**

We've all heard of the common expression 'Is the glass half-empty or half-full?' But what you probably didn't know is that the way you answer this question can reflect your outlook on life, and may even affect your health.

Studies show that optimism and pessimism can affect areas of your health and well-being, including your ability to manage stress. And effective stress management is associated with many health benefits. If you're one that finds yourself focusing on the negative, try these tips to help you think in a more positive and optimistic way:

- **Identify areas to change.** Identify areas of your life that you think negatively about. Start small by focusing on one area to approach in a more positive way.
- **Check yourself.** Throughout the day, take time to stop and evaluate what you're thinking. If your thoughts are mostly negative, try and put a positive spin on them.
- **Be open to humor.** Laughter is the best medicine. Give yourself permission to smile or laugh, especially during difficult or stressful times.
- **Follow a healthy lifestyle.** Exercise at least 3 times a week and follow a healthy diet to fuel your mind and body.
- **Surround yourself with positive people.** Make sure the people in your life are supportive and dependable. Negative people may increase your stress level.
- **Practice positive self-talk.** Evaluate your thoughts—be gentle and encouraging with yourself.

*Source: Mayo Clinic*

## **October is Breast Cancer Awareness Month!**

Did you know that there are steps you can take that might reduce your risk of getting breast cancer?

**Watch your weight.** Being overweight or obese is associated with an increased risk of developing breast cancer. So, choose foods that will help you maintain a healthy weight. Eat at least 2.5 cups of a variety of vegetables and fruits each day. Try to choose whole grains instead of processed (refined) grains and sugars, and limit the amount of red meat and processed meat you eat, especially meats that are high in fat. Balance the number of calories you eat with your physical activity.

**Exercise.** Adults should engage in moderate activity for at least 150 minutes each week, or 75 minutes of vigorous activity each week.

**Limit the amount of alcohol you drink, if you drink.** Women who drink alcohol should limit their intake to no more than one drink a day. A drink is defined as 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of 80-proof distilled spirits.

In addition to making healthy lifestyle choices, be sure to get yearly mammograms starting at age 40. These tests can help you find breast cancer early, when it's easier to treat.

*Source: American Cancer Society*

# WEEKLY WELLNESS E-NEWSLETTER

Whether you are trying to lose weight or simply maintain a healthy diet, counting calories and tracking physical activity can be a daunting task. Thankfully, with the help of online tools like the USDA's *SuperTracker*, and mobile apps like *MyFitnessPal*, keeping track of your daily activity has become much easier. It's a bit like establishing a budget – logging your daily activity gives you a foundation to get started and keeps you on track and in control. And with the ability to create personalized action plans based on your own nutrition goals, these are definitely two tools worth checking out!

## SuperTracker

### What can you do with *SuperTracker*?

- Create an online personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

### Top features:

- Uses government *My Plate* recommendations to provide eating advice, as well as quality nutrition information.
- Provides a comprehensive food analysis of over 8,000 food items—more than just the nutrition facts on the back of the package.
- Gives customized advice based on age, weight and gender, and allows you to set goals, journal and track your weight over time.
- Virtual coaching feature that provides you with recommendations on what to eat and how much to exercise.



### What can you do with *MyFitnessPal*?

- Create a personalized diet profile customized to your unique weight loss goals – Enter your current weight, goal weight and other vital stats to calculate a daily calorie goal.
- Get real-time feedback as you track your foods and activities throughout the day.

### Top features:

- Mobile app allows ability to log meals and exercise on the go (available to download on iPhone, iPod Touch, iPad, Android and Blackberry products).
- Enormous food database for looking up nutrition information on nearly 2,137,000 items.
- Barcode scan feature – simply scan the barcode on the food item for immediate access to nutrition information for that specific product.



Source(s): <http://www.choosemyplate.gov/newsroom/ST/SuperTrackerBackgrounder.pdf>; <http://www.myfitnesspal.com/>