



June 1, 2003

Dear Colleague:

Since our first issue in 1999, **Eat Right Montana's** Healthy Families packets have been a collaborative effort – with input, expertise and editing from health and education professionals across Big Sky country. This month, the collaboration extends from our mountains' majesty to shining seas on both coasts.

Our June topic is **healthy options at work** – and the ideas come from **YOU!!** A few weeks ago, we asked for your ideas on this timely topic – and the response was overwhelming. From over 50 pages of e.mail messages and files, we have chosen the best tips for **eating well at work, moving more at work, and promoting wellness at work**. Thank you for your contributions and all your kind words – **ENJOY!!**

Here are four websites that may give you some fresh ideas and fun ways to make your workplace or community a more nutritious, more active place to work and play!!

Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events @ www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf
Great ideas from the University of Minnesota School of Public Health – yummy!

Fit City/Fit Schools @ www.healthcollaborative.net/fitcity/FitCityhome.html
The Bexar County Community Health Collaborative (San Antonio, Texas) has developed some excellent "Healthy Vending Criteria" for worksites and schools.

America's Walking @ www.pbs.org/americaswalking/
This site, based on the TV show, covers everything about walking – from personal health and fitness to making neighborhoods and workplaces more "walkable."

VERB: It's what you do @ www.verbnow.com/
This year, the longest day of the year (Saturday, June 21st) is the longest day of play in CDC's VERB program for tweens. Remember, playing isn't just for kids!

CORRECTION: Cheryl Orlansky corrected our spelling of **Mizithra**, the traditional Greek cheese mentioned in our May 2003 food trends handout. **A corrected copy is posted @ www.montanadieteticassociation.org/promo.html** Thanks Cheryl!!

As always, we welcome feedback ~ so, please let us know what you think.

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Fit and Healthy, Anytime, Anywhere: Healthy Options at Work
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Healthy Families 2003: Time-saving tips from the pros (6th in a series of 12)

Like most workers in today's 24/7 world, health professionals are pressed for time – and often under stress at work. A recent survey by Eat Right Montana shows how these busy people manage to practice what they preach about healthy eating and how they walk their talk about physical activity.

“There are many ways to eat well at work and to fit fitness into everybody's workday,” says Dayle Hayes, MS, RD (registered dietitian), nutrition consultant and spokesperson for the Montana Dietetic Association. “Our colleagues from across the USA shared hundreds of timely tips on how to enjoy delicious nutrition and fun activity in the midst of hectic schedules. These aren't complicated, expensive ideas. They are simple ways to save time, save money, boost energy and feel better at work.”

The registered dietitians and other health experts surveyed by Eat Right Montana follow the common-sense advice that we've all heard for years. Take the stairs instead of the elevator. Eat a sack lunch instead of fast food. Snack on fresh fruit instead of a candy bar. And the pros all agree: It's not hard to be fit and healthy; it's just a matter of making healthy choices an every day thing.

According to Hayes, the experts' recommendations can be grouped into three major categories:

- 1. Make nutrition convenient:** This means keeping lots of tasty, eye-appealing food and beverages nearby. This way, you have the right stuff at hand whenever you get hungry or thirsty.
- 2. Make activity routine:** The best way to stay active at work is to build fitness opportunities into your daily schedule. This is as easy as taking a ten-minute stroll with a “walking buddy.”
- 3. Make health a group thing:** Healthy options are fun when you share them with others. It's easy to do – by sharing healthful recipes or by “taking ten” minutes in a meeting to stretch and move.

Eat Right Montana, a statewide coalition promoting healthful eating and active lifestyles, urges all Montanans to work on their health. “It's the best investment that any body can make,” says Hayes. “Taking a little time to care of your health can lead to big improvements in your life.”

ATTACHED: *Eating Well at Work and Moving More at Work*

Tasty Tips for Eating Well at Work

- 1. Pack food and beverages – for the week ahead.**
Spend an hour getting organized on Sunday – and save time and money all week long. Wash fruit, bag veggies, slice cheese and fill water bottles for the week ahead.
- 2. Stock up on nutrition.**
Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals – like instant oatmeal, trail mix and microwave-able entrees.
- 3. Pack lunch while you cook dinner.**
You can cook once and eat twice – by making “planned-overs” at dinnertime. Make an extra serving or two – and pack them to-go as you clean up the evening meal.
- 4. Take advantage of convenience.**
Supermarkets feature an amazing array of single-serve health food options – perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.
- 5. Add nutrition to your commute.**
It’s easy, it’s tasty – and it’s doesn’t have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple, or a bag of grape tomatoes for the car, bus or train.
- 6. Pump up with protein power.**
Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein – with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.
- 7. Switch to a fruit dish.**
Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit – mango, pineapple, apricots, plums and raisins.
- 8. Drink to your health.**
Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.
- 9. Treat yourself well.**
When it’s time to eat, give yourself a real break. Stop working, stop rushing – and give yourself a few minutes to really savor whatever you are eating.
- 10. Use the K.I.S.S. principle for candy.**
Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss – or enjoy a “fun-size” version of your favorite candy treat.



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Ten Steps to Moving More at Work

1. Walk with a colleague, walk with a client.

Invite a co-worker to join you for a walking break, a meeting or an appointment. Walking and talking can open up new conversation topics and create strong bonds.

2. Choose a fitness friend.

Being accountable to someone else often makes it easier to fit fitness in. Set up specific times to walk together – or to try out new activities like a yoga class.

3. Sit up straight.

Sound too simple? Actually, sitting up straight and tightening your stomach muscles can make a big difference in your posture (and it helps prevent back pain too!).

4. Walk while you wait.

Waiting for the train or the bus? Walk around the station – or up and down the block. Waiting for an appointment? Stroll down the hall or around your office.

5. Stretch your body (and your mind).

A few good stretches can help relax your body and clear your mind. You can stretch while working at a computer, while talking on phone, or just for the fun of it!

6. Reward yourself with an activity break.

Take an activity break whenever you can. After working diligently at your desk, take 5-10 minutes to hand-deliver a file, set up a meeting in person or walk to the copier.

7. Plan a regular walking route.

Some people love a routine. Map out a regular route (or routes) inside and/or outside, so you can get up and get moving, without having to think about it at all.

8. Use your legs for errands.

Need to go to the bank, the post office, the dentist or the hairdresser? Need to deliver some papers to a colleague? Use your legs to walk (or bike) there and back.

9. Become a “stair master.”

Think you need a fancy machine for your backside? Think again! Build beautiful legs and thighs for free. Just take the stairs (up and down) whenever you can.

10. Explore your workplace options.

Do you always use the same restroom, the same water fountain and the same route to your office? Enjoy a few extra steps by using facilities that are farther away!



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Simple Ways to Promote Wellness at Work

- 1. Start a fresh fruit snack basket.**

Rotate shopping duties (once or twice a week) and charge 25 or 50 cents for a piece of fruit. Make fruit a cheaper and easier option than visiting the vending machine.
 - 2. Take 10 (or 15) while training or meeting.**

Five, ten, or fifteen minutes of physical activity can pay off during training days and important meetings. Activity helps relieve tension – and boosts brainpower too!
 - 3. Plan to “meet and eat” with health in mind.**

Establish easy guidelines for foods and beverages brought (or bought) for office meetings and celebrations. Invite people to share their best tasting, healthiest recipes.
 - 4. Get a walking group going.**

Peer “pressure” can work in positive ways. People are more likely to get going when they are accountable to someone else. Make it formal, make it informal, just do it!
 - 5. Offer regular office “health day” activities.**

Set regular times, like an hour or two a month, to explore healthy options as a staff. Tour a fitness facility, try a new restaurant, visit a farmer’s market or play a game.
 - 6. Increase your vending options.**

Tired of the same old choices? Visit with the vending company about healthier options – like beef jerky, animal crackers, nuts, trail mix or peanut butter crackers.
 - 7. Add art in the stairwells.**

Want people to take the stairs instead of the elevator? A few murals (painted by school art classes or talented employees) can really increase stairway traffic.
 - 8. E.mail motivational messages.**

Short, fun tips via computer screens can remind staff to – sit up straight, stand and stretch, eat a fruit, drink some water, take a walk or add a veggie to lunch.
 - 9. Create health-enhancing challenges.**

People enjoy a bit of healthy competition, especially with delicious prizes (a fruit and cheese basket!). Challenge staff to increase their daily steps or eat 5 A Day, everyday!
 - 10. Put up a basketball hoop.**

Put up a real hoop outside – or a child-size/foam ball toy inside. Keep a few balls at a reception desk – and encourage people to borrow them for breaks or at lunch.
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Healthy Families 2003

Fit and Healthy, Anytime, Anywhere:

Taking charge of your eating and your life

www.montanadieteticassociation.org/promo.html

January 2003

- Nutrition and Physical Activity, ANYTIME, ANYWHERE!!

February 2003

- Healthy options in the morning

March 2003

- Healthy options at noon

April 2003

- Healthy options in the evening

May 2003

- Healthy options throughout the day

June 2003

- Healthy options at work

July 2003

- Healthy options on the road

August 2003

- Healthy options while camping

September 2003

- Healthy options at school

October 2003

- Healthy options for hunting

November 2003

- Healthy options in restaurants

December 2003

- Healthy options at celebrations



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