

# WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

October 2017



## Teachers, TAKE 5

*Healthy, 5-minute activity ideas to focus on YOU*

Research shows that healthy teachers and staff are happier and more satisfied. Educators are so focused on the needs of students; they don't always take the time to take care of themselves first.

This month, the **Alliance for a Healthier Generation** and **Kaiser Permanente Thriving Schools** are striving to flip the script with **#TeachersTAKES5**. Why? Because to have healthy schools, we need healthy school employees. By taking just 5 minutes a day to focus on their own health, both in and out of school, educators can stay energized and reduce stress.



Ready to get started? Teachers, TAKE 5!  
[TeachersTake5.org](http://TeachersTake5.org)



Visit [TeachersTake5.org](http://TeachersTake5.org) now and choose your favorite way to TAKE 5 minutes that leaves you feeling healthy and happy. This will unlock free and fun, 5-minute activities for teachers and staff to do together every day.



# RECIPE OF THE MONTH

## Black Bean Hummus



New twist on an old favorite,  
with a little southwest flare!

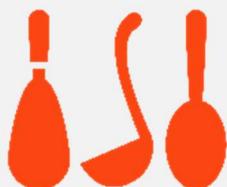
**Prep: 15 minutes**  
**Makes: 8 servings**

### Ingredients:

- 1 (15 oz.) can black beans, drained
- 1 clove garlic, minced
- 2 Tbs. lime juice
- $\frac{3}{4}$  tsp. cumin
- $\frac{1}{4}$  -  $\frac{1}{2}$  c. olive oil
- Salt and pepper to taste

### Directions:

1. Combine ingredients in food processor or blender, stream in olive oil.
2. Process until smooth, scraping down the sides as needed.
3. Serve immediately or refrigerate for at least one hour for flavors to mix.



Do you have a recipe  
you would like to  
share?

Email [foodtools@healthiergeneration.org](mailto:foodtools@healthiergeneration.org) or  
tweet us [@rdjill](https://twitter.com/rdjill) or [@pe4\\_u](https://twitter.com/pe4_u).

## Fall into Kitchen Fun!



The temperature is dropping. Fall veggies are making an appearance in gardens, at farmer's markets and down grocery store aisles. We are covering our grills and getting out our slow cookers. And what better way to start the slower cooker season than throwing together a delicious soup!

So many pros for soups! They are easy. They are a great way to use up ingredients in your refrigerator or pantry. They are packed with nutrients. They are bursting with flavor. And bonus? They are an affordable way to feed a crowd.

Check out this easy guide for building your own veggie soup!

### Build Your Own Veggie Soup

**Start with 1 qt. of a low sodium base:**

<input type="checkbox"/> Veggie stock	<input type="checkbox"/> Beef stock	<input type="checkbox"/> Chicken stock
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**Pick a protein (16 oz.):**

<input type="checkbox"/> Beans	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Ham
<input type="checkbox"/> Chicken	<input type="checkbox"/> Lentils	<input type="checkbox"/> Shredded Turkey
<input type="checkbox"/> Shredded Beef	<input type="checkbox"/> Tofu	<input type="checkbox"/> Steak

**Add 3+ veggies:**

<input type="checkbox"/> Carrots	<input type="checkbox"/> Spinach	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Celery	<input type="checkbox"/> Kale	<input type="checkbox"/> Corn
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Onions	<input type="checkbox"/> Peppers	<input type="checkbox"/> Peas
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Squash

**Add a whole grain (2 cups):**

<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Egg Noodles	<input type="checkbox"/> Bulgur Wheat
<input type="checkbox"/> Wheat Pasta	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Barley

**Add some flavor, to taste:**

<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsley	<input type="checkbox"/> Pepper
<input type="checkbox"/> Basil	<input type="checkbox"/> Italian Seasoning	<input type="checkbox"/> Chives
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Thyme

Place all ingredients in slow cooker & cook on low 8 hours.



## Are You Up for a Challenge?

Over 90 percent of workers spend more than 40 hours per week at work. Employers have the potential to positively impact employee health in a number of ways, including making environmental and cultural changes. Wellness challenges at work can provide a fun, motivating spin on promotion of health behaviors.

### 1. Walking Challenge

Walking is one of the most accessible forms of physical activity, and there are a number of ways to implement walking challenges. For example, participants can earn a reward for walking a certain number of steps every day for a set period of time, or can earn a raffle entry for each 1,000-2,000 steps walked over set time. Get inspiration from the Surgeon General's [Step It Up!](#) campaign.

### 2. Daily Habit Challenge

Daily habit challenges work well over shorter, 2-4 week periods. The idea is to come up with a different healthy habit that participants must do each day. Habits can be anything from packing your own lunch to taking a daily walk. Each behavior earns a raffle entry, with drawings at the end of each week.

### 3. Team Wellness Challenge

Team challenges can foster a sense of community and motivate people to a common purpose. Participants work toward large, group goals, such as "walk 5,000 miles" or "lose 50 pounds" and keep track of group results on a white board or poster, usually displayed in a common area. Employers can offer an incentive for the whole group, such as weekly fitness classes at the office or a free, healthy lunch.

### 4. Participation Challenge

This challenge encourages participants to accomplish a goal task a certain number of times over a set period, rewarding those who reach a certain number. For example, if an employer subsidizes a health club membership (or has a fitness center on site) they can challenge their employees to attend 25 fitness classes in 30 days. Employers can also challenge employees to do other things like bring their own healthy lunch (instead of eating out) 15 times per month or to walk 5 miles a day.

### 5. Weight Loss Challenge

Weight loss is a common goal for Americans – according to a Gallup poll earlier this year, 49 percent of Americans want to lose weight – and challenges provide a fun, motivating atmosphere. Weight loss challenges can span eight weeks to a few months, and typically include regular weigh-ins as well as support throughout, such as nutrition education. Winners can be determined by variables like total pounds lost, or percent of body weight or body fat lost.

### 6. Holiday Challenge

In the United States, holidays are often a time when healthy habits suffer. Employers can run a challenge around physical activity to help keep people motivated through November and December.

### 7. Plank Challenge

Planking is great for core stability and can be done in a short amount of time. Employers can challenge participating employees to plank a set time each day, with times increasing five seconds each day to reach a certain time goal over 3-5 weeks. Plank challenges can be done as a team (where those who have the best completion percentage win) or individually. Building a culture of wellness in the workplace takes time, but fun challenges like those listed above can help engage employees and bring them together toward the common goals of increased physical activity and overall better health.

Adapted from: IHSA Blog - <https://goo.gl/hrec2Z>

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