



MSAD #1 Wellness News November 2008



Wellness Programs:

Massage Therapy – Expanded!

Where: PIHS Health Services Office
Contact Amanda Blade, LMT
Phone: 939-5430

Contact Danielle Soucy, LMT
Phone: 314-0810

Personal Fitness Trainer-NEW!

Contact Marie Waddell, Certified Fitness Trainer
Phone: 227-3610 or 764-8120
Email: marie.waddell@sad1.org

Fitness Center

Mon.-Fri. 5:00-7:30 AM
2:45-7:00 PM
Saturday 7:00-10:00 AM
Sunday Closed
Vacations 7:00-10:00 AM
Holidays Closed

Discount's from Local Merchants to MSAD #1 Employees!

Bowling @ Northern Lanes:

Regular price: \$2.50 per string, .75 shoes
Discount: \$1.50 per string, shoes free

Skating @ The Presque Isle Forum

Regular price: \$ 4.00
Discount: \$3.50

Gentile Hall @ UMPI

Regular price: \$7.00 – adult
\$4.00 – children

Activities available at no cost:

Maine Winter Sports Center – PI

Shooting on range, geocaching, hiking,
skiing, snowshoeing, biking

For more information contact Brian Cronin at:

brian.cronin@sad1.org

Accentuate The Positive!

Optimists are better able to handle stress, which can lead to sleep deprivation, lowered immunity, and reduced energy. One technique for chasing stress away is to keep a daily list of your reasons to be grateful. Other stress busters include listening to soothing music, socializing with positive people, and performing acts of kindness every day.

Wellness Committee Members

Erin Argraves, Lori Bates, Brian Cronin, Holly Johnson, Sheila Nemer, Deb Raymond, Marie Waddell, Mary White.

10 Ways to Lose Weight Without Dieting

Adopt one or more of these simple, painless strategies to help lose weight without going on a “diet”.

1. Eat breakfast every day. Studies show people who eat breakfast have lower BMIs than breakfast-skippers and perform better, whether at school or in the boardroom.
2. Close the kitchen at night. Establish a time when you will stop eating so you won't give in to the late-night munchies or mindless snacking while watching television.
3. Choose liquid calories wisely. Sweetened drinks pile on the calories, but don't reduce hunger like solid foods do.
4. Eat more produce. Eating lots of low-calorie, high-volume fruits and vegetables crowds out other foods that are higher in fat and calories.
5. Go for the grain. By substituting whole grains for refined grains like white bread, cakes, cookies, and pretzels, you add much needed fiber and will fill up faster so you're more likely to eat a reasonable portion.
6. Control your environments. Stock your kitchen with lots of healthy options and choose the right restaurants. Avoid the temptation by staying away from all-you-can-eat restaurants.
7. Trim portions. If you did nothing else but reduce your portions by 10%-20%, you would lose weight.
8. Add more steps. Throughout the day, do whatever you can to be more active.
9. Have a protein at every meal and snack. Adding a source of lean or low-fat protein to each meal and snack will help keep you feeling full longer so you're less likely to overeat.
10. Switch to lighter alternatives. Whenever you can, use the low-fat versions of salad dressing, mayonnaise, dairy products, and other products.

www.webmd.com

November is National Diabetes Month

Risk Factors for Diabetes

There are a number of things that can increase your risk of having pre-diabetes or diabetes. Some of the most common risk factors are:

- Age over 45 years
- Race or ethnic background
- Being overweight (especially around the waist)
- Low physical activity level
- High blood pressure
- Family history of diabetes
- History of diabetes during pregnancy

www.diabetes.org

Additional information on diabetes can be found at the following websites:

www.joslin.org www.jdrf.org www.cdc.gov/diabetes/