

# AMH

## InsideOut

### Healthy Weight for Life!

by Kelly Harnish, AMH Health Education Specialist

A healthy weight means more than a number on the scale or the reflection in the mirror. A healthy weight can allow a person to live more freely, work and play without pain, sleep soundly at night, reduce or eliminate dependence on medication, and lessen risks for disease. A little bit of weight loss goes a long way. **Losing just 5-10% of your total weight can create clinically significant benefits.** That means the next time you go to the doctor, he or she will notice! Your blood pressure, cholesterol, or blood glucose may be lower. You'll notice, too! You will sit and stand with better posture. You'll walk and move with improved range of motion. You'll be able to breathe more easily when exerting yourself, relaxing, or sleeping.

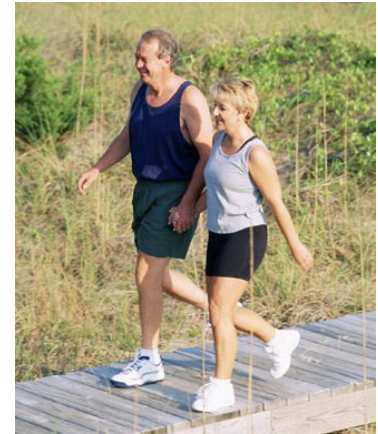
So, how does this healthy weight for life happen? Good question! We don't have the magic pill or a miracle surgery, but what we do have is common sense approaches to living each day. Just like a well maintained, trusty ol' pickup truck, your body needs quality fuel (food), needs to move (exercise), and requires proper maintenance (stress management and good sleep).

The choices we make every day really add up. Giving your body the proper amount of calories

each day—no more, no less—will give you the energy you need to live, while using any extra weight from fat as a fuel source. The closer your food is to its original state (think baked sweet potato instead of potato chips, or rolled oatmeal instead of Fruit Loops), the more satisfied you'll feel with fewer calories. Whole food has lots of nutrients and fiber, without the added fat and salt of packaged foods. That way you can eat more, but it won't cost you on the scale!

The more we move every day, the more calories we burn. All movement counts! Taking the stairs at every opportunity, parking at the far end of the lot every time, and walking with family or friends will add to your calorie use. But the best exercise is *intentional* exercise! That means grabbing a water bottle and putting on your worn out college T-shirt, some roomy shorts, holey gym socks, and a sturdy pair of shoes. Then what? You put the pedal to the metal! The more exercise, the better.

Now for a little rest and relaxation! Sleep is important for recovering from exercise, reducing stress, and helping us make good decisions. In order to commit to a healthy lifestyle, some rational thinking sure does help, right? To create good sleeping



habits, it helps to have a consistent sleep/wake schedule, even on weekends. Create a comfortable, quiet, and dark sleeping environment, free of distractions like TVs, laptops, bills, etc. Last, skip the caffeine too close to bedtime so you're nice and tired!

So, the choices leading to a healthy weight for life are all within your reach! A balanced diet, exercise, and sleep will always promote optimal health, no matter what the circumstances. Our weight becomes a side effect of all of our lifestyle choices. With that in mind, when temptation rears its head, ask yourself what is more important. It's your health, own it!



Invite AMH to be a guest at your next work group meeting

**JANUARY FEATURED PRESENTATION:**  
**"Healthy Weight for Life"**

By Shannon Haselhuhn or Kelly Harnish  
Email: [AHEW@rl.gov](mailto:AHEW@rl.gov) Phone: 376-3939

#### WATCH FOR UPCOMING EVENTS WITH AMH

##### January

[Health Exercise Challenge \(begins 10th\)](#)  
[Tobacco Cessation \(begins 10th\)](#)  
[Site Health Fairs \(13th\)](#)  
[Weight Loss Convoy \(begins 18th\)](#)  
[Health & Productivity Symposium \(25th\)](#)

##### February

[Health Exercise Challenge \(ongoing\)](#)  
[Tobacco Cessation \(ongoing\)](#)  
[Site Health Fairs \(10th\)](#)  
[Weight Loss Convoy \(ongoing\)](#)  
Workfit Leader Training (11th)



Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

# Introducing: The Hanford Health & Productivity Symposium

In 2011, AMH is expanding its health promotion services to reach the top. We are holding our very first Hanford Health & Productivity Symposium in January to create an open dialogue about Hanford employee health, a healthy work culture, and health policies. The goal of these discussions is to call attention to the positive effect that improved worker health has on productivity, safety, and reduced health care costs.



During the first Symposium meeting, we will be hosting a keynote speaker from the Washington Department of Health. We invite representatives from all Hanford prime contractors, including:

- Senior managers,
- Project managers,
- Health and safety professionals,
- Human resources personnel, and
- Benefits providers.

We would like to build lasting partnerships as a result of the Symposium, and to act as a catalyst for contractor-specific health promotion policies and initiatives. If you are in a position to create positive change for the employee population, please join us.

**Topic:**

The Business Case for Wellness

**Keynote Speaker:**

Sheila Pudists  
Health & Productivity Specialist  
Washington Department of Health

**When:**

Tuesday, January 25, 2011  
7:30 – 9:30 am

**Where:**

Federal Building Auditorium  
825 Jadwin

**RSVP:** AMH Health Education 376-3939

## AMH ANNOUNCES THE SITE-WIDE EXERCISE CHALLENGE JANUARY 10-MARCH 3, 2011

**Happy New Year Hanford! Ring in 2011 with a commitment to your health by joining the Site-Wide Exercise Challenge. Spend the next 8 weeks keeping your exercise at the top of your priority list and earn points for:**

- every 15 minutes you do calorie-burning cardiovascular exercise,
- each day you do muscle-building strength training,
- each walk you take at lunch,
- each day you participate in Hanford WorkFit, and
- each day you stay hydrated with 64 ounces of water.

Find information on the Exercise Challenge by visiting our website [www.hanford.gov/amh](http://www.hanford.gov/amh), or go directly to the Challenge at [www.amhchallengetracker.com](http://www.amhchallengetracker.com). There will be a drawing for some fantastic prizes upon completion of the challenge. Cheers to your health!

## Healthy Recipes

### Double Tomato Bruschetta

Serves 12

**Ingredients:**

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese



**Preparation:**

Preheat the oven on broiler setting. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted.

*"A delicious and easy appetizer. The balsamic vinegar gives it a little bite. Dried basil can be substituted but it is best with fresh."*

**PER SERVING:**

Calories	215
Total Fat	8.9 g
Cholesterol	12 mg
Sodium	426 mg
Carbohydrate	24.8 g
Dietary fiber	1.6 g
Protein	9.6g

For more: [Healthy Recipes](#)