

AMH

InsideOut

Staying Motivated with Fitness

by Jill Harvill, MS, ATC, AMH Exercise Physiologist and Team Lead

Did you set fitness goals at part of your New Year's resolutions? If you are like most Americans, resolving to exercise more was toward the top of your list! Your chances of sticking to it may be better than you think, especially if you take your goals seriously and think in terms of small successes. As the second month of your new routine approaches, stay motivated by setting goals and choosing activities you enjoy. Here are some tips to help keep you on track:

Set goals-

Start with simple goals and make them realistic and achievable. Increase the difficulty of your goals as you achieve more success.

Make it fun-

Find activities that you enjoy, then vary the routine. If you're not enjoying your workouts, try something different. Take a ballroom dancing class. Check out a health club or martial arts center. Discover your hidden athletic talent.

Make physical activity part of your daily routine-

Break down your barriers to fitness. Schedule workouts as you would any other important activity. Be creative! Take a walk during your child's music lesson. Take the stairs instead of the elevator at work.

Put it on paper-

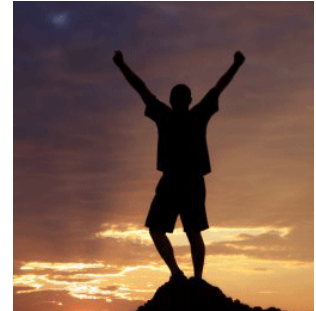
Recording your efforts can help you work toward your goals — and remind you that you're making progress.

Join forces with friends, neighbors or others-

Invite friends to join you when you exercise. Play soccer with your kids. Organize a group of neighbors to take a fitness class or go for a hike.

Reward yourself-

After each exercise session, take a few minutes to savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a longer-range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.



Be flexible-

If you don't feel up to exercise one day, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.

Now that you're enthusiastic again, get moving! Set your goals, make it fun and pat yourself on the back from time to time. Remember, physical activity is a part of life. Review these tips whenever you feel your motivation sliding. Call [AMH Health Education \(376-3939\)](tel:376-3939) or [AMH Industrial Rehabilitation \(376-2109\)](tel:376-2109) if you need help setting goals or picking the right type of physical activity for you.

Adapted from Mayo Clinic

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

FEBRUARY FEATURED PRESENTATION:




“Heart Health”

By Shannon Haselhuhn or Kelly Harnish
 Email: AHEW@rl.gov Phone: 376-3939

AMH BACK SCHOOL OFFERED IN MARCH

Whether you are currently experiencing chronic back pain or want to maintain a healthy back, this class will offer tools for everybody. Back School is a series of four 1-hour classes lasting four weeks.



Back School Goals:

- Educate about common back injuries, signs and symptoms, and rehabilitation.
- Identify hazardous postures and situations to prevent injury.
- Learn proper body mechanics for lifting, sitting, sleeping and standing that reduce and prevent back pain.
- Develop and practice skills to effectively manage and prevent back pain.

The class is designed for work groups of 10-20 participants and will be held at a time and location best suited for the target group. If your work group would like to participate, talk to your manager (approval is required) and contact Laura Eddy at 376-9040. Classes are first come, first served so call early!



Select a link or visit our website: www.hanford.gov/amh

WATCH FOR UPCOMING EVENTS WITH AMH

February

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

March

- [Health Exercise Challenge \(ends 3rd\)](#)
- [Tobacco Cessation \(ongoing\)](#)
- [Site Health Fairs \(10th\)](#)
- [Weight Loss Convoy \(Ongoing\)](#)
- [Workfit Leader Training \(11th\)](#)

AMH Wins Two 2010 Web Health Awards

The Web Health Awards, organized by the Health Information Resource Center, honor the best in digital health information. This year, over 500 entries were received nationwide. Recent winners include AARP, Blue Cross and Blue Shield, CDC, Mayo Clinic, state and local health departments and more. A panel of online health information experts reviewed entries based on content, format, success in reaching the targeted health audience and overall quality. Our winning entries were:

activities and educational programs, including the weekly Weight Loss Convoy, have assisted Hanford Site workers in losing nearly 3,000 lbs in 2010! Success of these workers improves productivity and morale, reduces injury and illness risk and reduces overall health care expenses.



2010 Merit Winner
The [Hanford Highway to Health](#) program received a Merit Award in the Interactive Content category. The Hanford Highway to Health is a year-long initiative to reduce the impact of overweight and obesity on the Hanford workforce. Multiple



2010 BRONZE WINNER

2010 Bronze Winner
The [AMH Health Challenge Tracker](#) received a Bronze Award in the Web-Based Resource/Tool category. The AMH Health Challenge Tracker is an online tool designed to help make and keep commitments to healthy active living. Participants may join various health challenge events and track participation in health activities offered as part of the challenge. Through participation and achievement of specified challenge goals, participants earn points and are eligible for awards and recognition incentives.

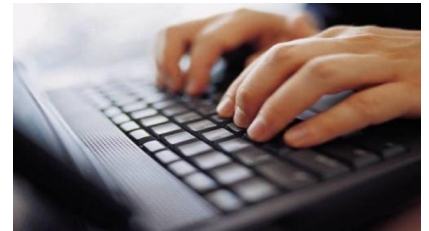
HEALTHY COOKING CLASS

Ever wonder how good nutrition can help manage or prevent type II diabetes? AMH Health Education Services is hosting Nancy Lyons, from the Physicians Committee for Responsible Medicine and the Cancer Project. Nancy will be providing a *Food for Life* nutrition and cooking class on **March 8th from 2-4pm, at WSU Tri-Cities, CIC room 120/120A**. In this class, you will learn about the right food choices that can help reduce the risk of developing type II diabetes as well as manage the disease after it has been diagnosed. **Space is limited.** For the full flyer, [click here](#). Please **call AMH Health Education at 376-3939 to RSVP**.



Reducing Hand Pain at Work

If you are experiencing hand, arm or neck pain while working at your computer, it's a good idea to mention your symptoms to your medical provider and request an ergonomic assessment of your workspace to avoid repetitive strain injuries. To request an ergonomic assessment, talk to your manager or company industrial hygienist. AdvanceMed Hanford also provides ergonomic assessments upon request with your manager's permission.



To work at your computer more comfortably, keep your wrists in a neutral position, not flexed down or extended up. Try not to rest your wrist on the desk while using the mouse - the pressure can lead to injury. Get up from your desk and stretch at least once every hour. This re-oxygenates the soft tissues (muscles, tendons and ligaments) and helps reduce muscle fatigue that leads to strain. While seated, take short breaks to rest your hands, palms up.

AMH offers interactive programs, such as [Hanford WorkFit](#), on our website designed to help reduce muscle fatigue. Our website also has information on [office ergonomics](#), including equipment positioning tips. If you would like more information about office ergonomics, contact [AMH Industrial Rehabilitation](#) at 376-2109.

Healthy Recipes Salmon with Fruit Salsa



Ingredients:

- 1 pound salmon steaks
- 1 lemon, juiced
- 1 tablespoon chopped fresh rosemary
- salt and pepper to taste
- 1 lemon, sliced
- 1/3 cup water
- 1/4 cup diced fresh pineapple
- 1/4 cup minced onion
- 3 cloves garlic, minced
- 2 fresh jalapeño peppers, diced
- 1 tomato, diced
- 1/2 cup pineapple juice
- 1/4 cup diced red bell pepper
- 1/4 cup diced yellow bell pepper

Serves: 4

Preparation:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Arrange salmon steaks in a shallow baking dish, and coat with the lemon juice. Season with rosemary, salt, and pepper. Top with lemon slices. Pour water into the dish.
3. Bake for 30 to 40 minutes in the preheated oven, or until easily flaked with a fork.
4. In a medium bowl, mix pineapple, onion, garlic, jalapeno, tomato, pineapple juice, red bell pepper, and yellow bell pepper. Cover, and refrigerate while fish is baking. Top fish with salsa to serve.

For more: [Healthy Recipes](#)

PER SERVING:

Calories	212
Total Fat	7 g
Cholesterol	51 mg
Sodium	198 mg
Carbohydrate	14.4 g
Dietary fiber	3.7 g
Protein	25.8 g