With the holidays and the return of the Maintain Not Gain program upon us, here are a few tips to keep your weight in check for the next few weeks of work parties and family and social gatherings.

- **Enjoy your favorites on the actual holiday.** Then get back into your normal routine the next day.
- **Keep track of what you eat.** Write down your food intake and track the calories. Use websites like www.myfitnesspal.com.
- **Always look for opportunities to move.** Talk to your co-workers in person versus emailing them. Socialize while standing. Schedule a family walk after the meal.
- **Fill up on water before and during your social gathering.** It will help curb your appetite.
- **Move away from the food table.** Sit with your back to the buffet or move to a different room to socialize when you are finished eating.

**SIT for 60.**

**GET UP & MOVE for 3!**

Fitting in an hour of exercise before or after work might not be the key to preventing chronic diseases such as obesity, heart disease and diabetes. New research has found that sitting for 6-8 hours at a time during the day may be the culprit for these medical conditions. We sit during our commute to work. We sit all day at work and on our drive back home. Then we sit to watch television when we get home. The average American is sedentary for nearly half of the hours we are awake!

A study of 17,000 people found that participants who sat for longer periods of time during the day were 50% more likely to die despite age, smoking, or physical activity levels. Similar research found that for each hour you sit, you have an 11% increased risk of dying regardless of gender, weight, waist measurement or physical activity.

**Who had a longer life expectancy?** Individuals who took frequent breaks to go to the restroom, walk around or simply stand were less likely to develop fatal medical conditions. Interestingly, the breaks were less than 5 minutes!

**How does sitting for long periods cause obesity and chronic disease?**

- **Reduction in calorie burn.** Taking short breaks to move during the midst of an otherwise sedentary day can contribute more to a boost in metabolism than a set workout before or after work.
- **Increased intake of food.** Working at your desk and even sitting in front of the television can be monotonous. Therefore, many people entertain themselves with food. So, not only are you not expending many calories, you tend to consume more calories.
- **Changes in muscle chemistry.** Research shows that just 5 days of bed rest can significantly increase triglyceride and LDL cholesterol levels. Bed rest might sound a little extreme, but if you sleep for 8 hours, sit while you eat, commute, work, and watch TV at night, are you really that far removed?

**How can you reduce your risk of chronic disease and death?** Move more, more often! Try the 60:3 principle. Sit for 60 minutes; get up and move for 3 minutes. You don’t even have to take the stairs! You can stand and stretch at your desk, go get a sip of water from the water fountain or use the bathroom on a different floor.

**Lite Bites:**

**Couscous Stuffed Peppers**

**INGREDIENTS**

- 6 large bell peppers
- 1 box Roasted Garlic and Olive Oil Couscous
- 1 can chickpeas, drained and rinsed
- 1/2 cup crumbled feta cheese

**DIRECTIONS**

1. Preheat oven to 350°.
2. Slice tops off peppers. Scoop out insides and discard.
3. Bring a large pot of lightly salted water to a boil. Cook peppers in boiling water for 5 minutes; drain.
4. Prepare couscous according to directions.
5. Combine couscous, chickpeas, and cheese. Mix well.
6. Fill each pepper with couscous mixture. Place upright in shallow baking dish; top with pepper tops.
7. Bake about 20 minutes or until filling is heated through.

**NUTRITION FACTS**

# of Servings = 6; Serving Size = 1 pepper; Calories per Serving = 180; Fat = 4.5g; CHO = 28g; Protein = 6.5g; Fiber = 3g; Cholesterol = 6mg; WW Points Plus® = 5.

The information in this newsletter is intended for educational purposes only and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.
October 2012 Fitness Ambassadors

MEMBERS WHO VISITED THE WELLNESS CENTER 8+ DAYS PER MONTH

Jason Abrams¹⁰
Carol Anderson¹⁰
Mike Anderson¹⁰
Januar Angel³
Keira Arter⁶
Gale Auble¹⁰
Carla Blount⁹
LaVonna Brown⁶
Kathy Casaday¹⁰
Carol Korkate¹⁰
Misty Colopy¹⁰
Celeste Cowdery¹⁰
Val Curry¹⁰
Cindy Deep⁹
Joseph DeMatteo²
Brenda Denney⁷
Darci Etzel²
Rita Gray⁶

Dietra Hensley²
Walter Herbst¹⁰
Greg Hixon⁸
Sandra Hutchinson⁹
Kalifa Johnson⁴
Kathy Kiener¹⁰
Laurie Kordack¹⁰
Cindy McCarty⁹
Matt Nahodil¹⁰
Barb Nash²
Tuesdee Parrish¹⁰
Ann Penhorwood⁴
Leonard Pinkard⁴
Nancy Robertson¹⁰
Todd Rostorfer⁸
Kay Sanscrainte¹⁰

Steve Schaffner¹⁰
Ruth Scott⁹
Mary Sears¹
Bob Sharp⁶
Ann Smith¹⁰
Scott Steele¹⁰
Betty Sulich¹⁰
Chris Twombly¹⁰
Sandra Wells⁹
Jason White⁷
Wendy Zhang¹⁰

Reminder to All Members & FIT 15 Members:
Locker Clean Out Day will be Friday, November 30. Please remove all locks and locker items by

REMINDER
The 2012 Fitness Ambassadors Challenge began January 1! Visit the Wellness Center 8+ days a month as many months as you can in 2012 to achieve Fitness Ambassador status & be recognized and rewarded for your commitment to fitness at work!

NAME = Members of the FIT 15 (visited 15+ days/month) for the month of October.

# = Indicates the # of months the Challenge has been achieved in 2012.

KEY
# NOVEMBER GROUP FITNESS

Session 6 Classes will be held November 19 through January 11

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**$ Fee Based Classes $**

**Zumba® Fitness**

Zumba® is a fun, exhilarating, music-inspired aerobics class that is safe and effective for every fitness level! Join us for a Zumba® party, and shake, shimmy and sizzle your way to a healthier you!

- **Mondays, 5:10-6:10pm (Judy)**
  - Nov 19—Jan 7
  - $35.00 per 6-week/6-class session

- **Tuesdays, 12:00-12:45pm (Carolyn)**
  - Nov 20—Jan 8
  - $35.00 per 6-week/6-class session

- **Thursdays, 12:00-12:45pm (Carolyn)**
  - Nov 29—Jan 10
  - $40.00 per 7-week/7-class session

- **Thursdays, 5:10-6:10pm (Anna)**
  - Nov 29—Jan 10
  - $40.00 per 7-week/7-class session

**Spin® & Burn**

Spin® & Burn is a time-efficient, fat-blasting cardio workout that combines energizing music and changes in cadence and resistance on a stationary bike to mimic an outdoor bicycle ride and boost your holiday calorie burn! Each class consists of a 25 minute ride followed by a cool-down and stretches.

- **Mondays/Wednesdays/Fridays, 1:00-1:30pm**
  - Nov 10—Dec 21
  - $40.00 per 5-week/14-class session

**Free Classes**

ALL FITNESS LEVELS WELCOME—NO REGISTRATION NEEDED, UNLESS INDICATED. SEE CALENDAR OF EVENTS FOR WEEKLY CLASS SCHEDULE!

**Fit In 15**

NEW!

Tuesdays/Thursdays, 11:30-11:45am

If you are a beginning exerciser looking for a class to gradually boost your fitness OR a time-conscious exerciser looking for a fast and effective workout, then this is the class for you! Each class will consist of three rounds of 2 minutes of cardio, 2 minutes of muscle toning, and 1-minute of core exercise. Boost energy levels, tone muscles and tighten your midsection in this quick, one-stop class!

**Body Sculpt**

NEW!

Mondays, Wednesdays & Fridays, 12:00-12:40pm

Body Sculpt is a progressive resistance training class that will sculpt and tone your body from head to toe. Each class will concentrate on strengthening all the muscles of the body using free weights, bands, balls, kettlebells, BOSUs, even your own body weight to improve muscle tone, build bone density, boost metabolism, and maximize your health and fitness! Join us at any time!

**$ E!$**

NEW!

Tuesdays/Thursdays, 4:30-5:00pm

E! classes are 15-30 minute rotating format exercise classes for maximum results in minimum time! Class formats include:

- **E! Cardio** — easy to follow aerobic exercise for all fitness levels to raise your heart rate, increase stamina and burn calories!
- **E! Kick Boxing** — a mix of martial arts skills and functional/athletic movements using your body weight and various props!
- **E! Yoga** — gentle yoga poses and stretches combined with deep breathing exercises to improve flexibility and relieve stress!

See the newsletter calendar of events for the rotating class format of the day!

**Flex & Flow Yoga**

NEW!

Wednesdays, 5:10-6:10pm

Escape the stress and tension of your work day through a series of flexing and flowing yoga movements linked together with your breath. Each class begins with a warm-up followed by a series of muscle strengthening, range of motion and flexibility exercises, and concludes with a final period of deep relaxation. All fitness levels are welcome—no yoga experience necessary.

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**See Michelle Coakley to register for classes November 12-16!**
**Maintain NOT Gain Begins November 12!**

**Participant Weigh-Ins Will Be Held November 5-9!**

It is estimated that Americans gain anywhere from 2-10 pounds between Halloween and New Year’s due to reduced physical activity, increased stress, and increased consumption of high calorie treats and drinks. Don’t let the temptations of the holiday season throw your healthy routines off track! Get the support you need to avoid holiday weight gain by joining Maintain NOT Gain!

*Maintain NOT Gain* is an encouraging and fun team wellness competition that challenges participants to maintain or lose weight with the help of your coworkers. The program begins the week of November 12 and concludes the week of January 7.

Teams weigh in together on a scale in the Wellness Center Office (one at a time so no one but you knows your actual weight) and then they weigh out again after the New Year. Teams who successfully complete the challenge (by either losing weight or staying within the acceptable 2 lb. per person weight allowance) will be entered into a **GRAND PRIZE DRAWING for several $200 CASH PRIZES.**

*Individuals who successfully complete the challenge* (by either losing weight or staying within the 2 lb. per person weight allowance) will each receive a personal **PRIZE!**

To register your team of 2-4 participants, please fill out the team registration form on page 2 of this document (or pick up a hard copy available in the Wellness Center). All teams must register and weigh-in with Michelle in the Wellness Center the week of November 5-9 (see below for walk-in weigh-in times). If you have any questions or need to schedule an appointment at a different time of day the week of November 5-9, please contact Michelle Coakley.

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**Official Maintain NOT Gain (MNG) Rules:**

1. Teams will be made up of a **maximum** of four participants. Individuals, OPWs, and smaller teams are welcome to play.
2. When registering your team, be sure to select a team captain, create a unique team name, and complete your team’s registration pledge sheet (see next page).
3. You are encouraged (though not required) to weigh in and weigh out as a team. **Weigh in will occur during the week of November 5, and weigh out the week of January 7.**
4. During your weigh-in and weigh-out, you will be asked to take off your shoes and empty your pockets.
5. Each four person team must not exceed an 8-lb. weight gain (2 lbs. per person) from their original group weight. Losing weight will not count against your team.
6. **REMEMBER:** You win and lose as a team. All team members must weigh out in order to complete MNG.
7. Teams (8 individuals) who successfully complete the challenge and either lose weight or stay within the acceptable 2 lb. per person team allowance will be eligible for the team prize drawings (and individual prizes).
Take the pledge to commit to yourself and your team!

Team Name: ____________________________________________

Please Read Thoroughly:

- I promise to support healthy eating during office celebrations by making sure to have several healthy options available for me and my coworkers.
- I pledge to encourage and positively support (not sabotage) my teammates as we commit to a healthy lifestyle together. I recognize that the social support we create for one another will affect our accountability and success as a team.
- I pledge to complete Maintain Not Gain by participating in the weigh-in and weigh-out with my team.
- I recognize that my daily health, nutrition, and exercise choices influence the success or failure of my team.
- I pledge to keep in mind that by participating in Maintain Not Gain, my team is depending on me and the choices that I make. I will remember how good it feels when I take care of myself, and will keep in mind that social situations are more about the company than the food.
- I pledge to minimize negativity by realizing that it is OK to indulge in the occasional holiday treat; additionally, I will take on a healthy-lifestyle approach to the holidays, realizing that my body requires adequate sleep, exercise, and nutrients to get through the season.
- I pledge to encourage and positively support each of my teammates on a daily basis because working together as a team has far more benefits than working alone.

Teammate: ____________________________________________
   (sign here)

Teammate: ____________________________________________
   (sign here)

Teammate: ____________________________________________
   (sign here)

Teammate: ____________________________________________
   (sign here)
Discounted Holiday Appointments

*Wednesdays, 10:00am to 2:00pm*

11/14, 11/28, 12/5, 12/12 & 12/19

North Basement
Wellness Services Room

15-Minute Appointments for $12.00!

30-Minute Appointments for $24.00!

Contact Michelle Coakley via email or at 8-3984 to schedule.
Get Started On Reaching Your Weight Loss Goals Today!

**At-Work Meeting Day:** Mondays

**Meeting Place:** North Basement Conference Room

**Weigh-In:** 12:00-12:15pm  
**Class:** 12:15-12:45pm

**To Enroll or Renew:** Register in person at our onsite meeting.

**Questions:** Contact Michelle Coakley in the Wellness Center at 614-438-3984.
Did you know that you can be recognized and rewarded for exercising regularly at work & referring your coworkers to join the Wellness Center? It’s true!

Take the Fitness Ambassadors Challenge by (1) referring other associates to activate a membership to the Wellness Center AND (2) by visiting the Wellness Center 8 or more days a month for as many months as you can in 2012—and logging those fitness activities by checking-in at the Welcome Desk Computer each time you:
(A) exercise in the Wellness Center,
(B) attend an onsite group fitness class,
(C) stop by to weigh yourself on the Wellness Center scale, or
(D) exercise outside on your breaks during the workday (when working onsite).

Not only will you reap the health rewards of a more active lifestyle, but you’ll be recognized and rewarded for your commitment to better fitness!

Start today! The more you visit & refer, the more you can be rewarded!

Membership Policy Reminders

To insure a safe and enjoyable experience for everyone when visiting the Wellness Center, please be reminded of the following policies:

- Please check-in with your check-in tag at the Welcome Desk computer every time you visit. Every recorded visit supports the facility and helps us to make a variety of improvements—like our recent renovations!

- In consideration of others who will be using the equipment after you, please wipe down the equipment you have used with the provided cleaning supplies. As a general rule, please clean all areas you have touched with your hands/body (i.e., equipment handrails/handles, consoles, seats, mats, pads, etc.), and anywhere else you may have perspired on or around the equipment (e.g., incline ramps, foot pedals, shrouds, floor, mirrors).

- Let the corporate environment serve as a reminder that only appropriate exercise attire will be allowed in the Wellness Center. Please wear CLEAN breathable clothing (everyone must wear shorts/pants and tank tops/shirts that cover the abdomen at all times) and CLEAN closed-toed, rubber-soled, lace-up shoes while exercising in the Wellness Center.

- Please take care to control body odor and wear/use clean clothing and towels during your visits to promote an odor-free locker room and workout environment. We love that you are working hard to reach your goals, but we do not want body odor and smelly clothes and towels to become barriers for others trying to do the same.

*Thank you for your cooperation!*
FITT Tips: Spot Reducing—Losing the Fat

Many people believe they can do a variety of abdominal exercises and somehow the spare tire around their middle will whittle away. They quickly learn that “spot reducing” does not work. Muscle and fat are two different tissues. Strength training exercises (such as crunches or dumbbell exercises) will strengthen and even increase muscle size, but the muscles do not control the amount of fat around them. A regular workout routine will decrease the amount of fat all over your body, eventually losing fat in the particular area you want. Where, when and how fast you lose the fat throughout the body depends on genetics, sex, and age.

What can you do to reduce the fat all over?

- **Strength training.** Larger or stronger muscles burn more calories and increase the body’s metabolic rate while at rest.
- **Daily low-intensity exercise.** Move more, more often. Instead of continuously sitting at your desk or in front of the television, use the 60:3 principle: Sit for 60 minutes, move for 3 minutes. Stand up and stretch or walk in place during your conference calls or favorite TV programs.
- **Moderate to vigorous aerobic exercise.** Regular aerobic exercise performed at a somewhat hard level not only strengthens the cardiorespiratory system but enhances the body’s capacity to burn stored fat. Start at 30 minutes a day and then increase gradually to 60 to 90 minutes.
- **A healthy diet.** Eating a diet low in fat with healthy grains, lean protein and plenty of fruits and vegetables will promote weight and fat loss.

Contact the Wellness Center at 614.438.3984 for more information about the programs highlighted below.