



Wellness@WIC

SUMMER 2013

PLAY ON

“The beneficial effects of getting just a little true play can spread through our lives, actually making us more productive and happier in everything we do.”

- Stuart Brown, MD

In his book, *Play: How it Shapes the Brain, Opens the Imagination and Invigorates the Soul*, Stuart Brown explores how play can improve—and joyously change—your life. We sit too much. Our bodies were designed for walking, not for all this sitting. Prolonged sitting increases the risks of diabetes, heart disease and premature death. Fortunately, this issue is getting lots of media attention. Check out the following articles:

Don't Just Sit There. Really.

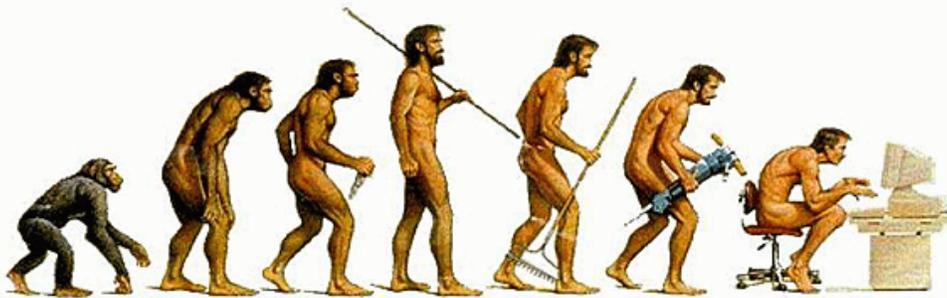
KAREN RAVN

Get Up. Get Out. Don't Sit.

GRETCHEN REYNOLDS

When we are not at work, there are many opportunities to get up and out and about. To explore the physical dimension of wellness, state staff compiled a “playbook” to share their favorite places to play during the summer in the pacific NW. Check out the [Staff Playbook](#).

Regardless of which dimension of wellness we are focusing on, we can continue to encourage and motivate each other to meet our wellness goals by sharing our efforts. Introducing the [Brag Board](#), a visual display you can use in your agency to continue to highlight and share the cool things staff are doing to take care of themselves. Download your copy of this resource on the [Wellness@WIC website](#).



KUDOS KORNER



The Malheur County Health Department/WIC program formed an “in-house” wellness committee to write policies and promote/support wellness around the topics of physical activity, healthy foods and tobacco cessation. Committee co-chairs Dianne Allison and Lindsay Grosvenor thought it would be fun have a mascot. They were right! Healthy Nellie & her sidekick Nelson were created to be a visible public figure to represent health and wellness in the community.

Check out the video they made for wellness.

Healthy Nellie & her sidekick Nelson are committed to promoting and supporting community health and wellness in Malheur County Oregon and beyond! To follow the work of these special Bobble Heads “like” them on [Facebook](#).

Their ultimate goal is to be featured on the TODAY show, best of luck!

MOVE YOUR BODY



Remember how First Lady Michelle Obama and Beyoncé teamed up for Let's Move? Well, here's the complete routine. Consider using this for an Instant Recess in your office. [Click to play:](#)



RECIPES

Fruit Pizza

Ingredients

- 1 English muffin (try whole grain)
- 2 tablespoons reduced fat or fat-free **cream cheese**
- 2 tablespoons sliced **strawberries**
- 2 tablespoons **blueberries**
- 2 tablespoons crushed **pineapple**

Directions

- 1. Split open the English muffin and toast the halves until lightly browned.
- 2. Spread cream cheese on both halves.
- 3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
- 4. These are best when served soon.
- 5. Refrigerate leftovers within 2 hours.



Notes

Use any combination of fruit for topping the pizza. No cream cheese? Try peanut butter or sunflower seed butter.

Source



Check out all the healthy and tasty recipes on [Food Hero's website](#). Food Hero also provides budgeting, shopping, and many more cooking [tips and tools](#) that you'll want to share with participants.

HAVE FUN!

Tip #10:

“Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.”

[ChooseMyPlate.gov](#) hosts a wealth of user friendly resources. The Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. Check out the 10 tips on how to Be an Active Family and how to Be Active Adults.

