Tulare County Employee Wellness Calendar
"Creating Healthy Habits"
August 2016

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8	9 **Live Webinar** **Prediabetes** See Page 2 Anthem BlueCross	10	11 **Podcast** **Fresh Food Ideas** See Page 2 KAISER PERMANENTE®	12
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29 **Article** **Healthy Sleep, Healthy Weight** See Page 2 KAISER PERMANENTE®	30	31		**Save The Date!** **September 29th** **2016 Health Fair**

Employee Champion of Wellness Olympics
See Page 3 for information that makes you a health champion.

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Healthy Habit Resources

Fresh Food Ideas

This podcast explores where to find healthy low cost foods and provides tips and tricks to save time in the kitchen.

Presented by Preston Maring, MD

Fresh Food Ideas

Exercise and Weight Loss

This podcast explores how to create goals, make lifestyle changes, and how to choose the right program for you.

Presented by: Todd Weitzenberg, MD

Exercise and Weight Loss

Healthy Sleep, Healthy Weight

This interactive article shares tips for a good night's sleep. It also explores why getting the right amount of sleep is so important.

Healthy Sleep, Healthy Weight

Prediabetes

This live webinar covers what prediabetes is and how it can put you at a higher risk for developing type 2 diabetes. This webinar shares information about the common condition and how you can prevent it from progressing.

Date: August 9, 2016
Time: 9:00 AM and 12:00 PM

To Register:

1. **Click on the link below**
   Prediabetes
2. **Select "click here" to register**
3. **Select the option as pictured**

People with higher than normal blood glucose levels, but not yet in the diabetic range, have

Oral Health

Proper oral health can help prevent diseases. It is important to keep your mouth clean and practice good oral health. Anthem has provided an article that covers facts about good oral hygiene.

To learn about helpful facts visit the link below:

Dental Health

Save The Date

2016 Tulare County Health Fair

September 29th

8:00 AM to 4:00 PM

Health Screenings, Benefits, Fitness, and More!

New! Kitchen Tips

This month we begin a series on Kitchen Tips. CookSmarts has provided a variety of videos and articles to ensure success in the kitchen. Each month a different kitchen tips will be showcased.

This months Focus: Knife Skills

To learn about this months kitchen tips click on the links below:

Knife Skills Article

Knife Skills Video

COOKSMARTS

Employee Champion of Wellness Olympics

Being a champion of your wellness starts here. Simply choose an activity each day from a category of your choice. Gold, Silver, or Bronze choices all make you an Olympian of your health.

Gold Medal Health Champion

- ❑ Drink eight 8 Oz glasses of water daily
- ❑ Kick a bad habit (Smoking or Drinking)
- ❑ Schedule an eye exam
- ❑ Schedule a Dental Exam
- ❑ Schedule a yearly physical
- ❑ Get 30 minutes of exercise 5 days a week

Silver Medal Health Champion

- ❑ Add vegetables to your plate
- ❑ Get 7-9 hours of sleep each night
- ❑ Control your Cholesterol
- ❑ Maintain a healthy blood pressure
- ❑ Substitute fruits for snacks
- ❑ Choose the low calorie option at restaurants

Bronze Medal Health Champion

- ❑ Practice Deep Breathing to reduce stress
- ❑ Create a budget to reduce financial stress
- ❑ Create fitness goals
- ❑ Wash your hands before and after you handle food
- ❑ Take walking breaks at work
- ❑ Limit technology time

2016 Rio Olympic Games

August 5-21

The 2016 Rio Olympic Games kicks off on August 5th and concludes with the closing ceremony on August 21st. According to the Rio Olympic page, there will be 42 Olympic sport categories with over 306 events in the 19 days. The competition will give 136 medals for women, 161 for men, and 9 mixed medals. The Summer games include a variety of sports and you can keep up with them all.

To learn about daily competition visit the link below for the schedule:

Rio Olympic Daily Competition

You can learn more about events, highlights, stories, and recent updates at the official Rio website.

Follow everything Olympics by clicking the link below:

Rio 2016

For mobile access download the Rio mobile app to get real– time results while following the Olympics.

Click on the link below to download the app:

Rio 2016 Mobile App

Rio2016™

American Heart Association®
life is why™

Healthy Recipe of the Month

Chicken Piccata

Ingredients

- 8 oz. whole-wheat angel hair or spaghetti pasta, cooked to package instructions
- 2 Tbsp. whole-wheat flour
- 1/4 tsp. black pepper
- 2 boneless, skinless chicken breasts, all visible fat discarded, butterflied
- Nonstick cooking spray
- 1 1/2 cup sliced, fresh mushrooms
- 2 tsp. garlic, jarred, minced
- 2 Tbsp. lemon juice
- 1/2 cup low– sodium chicken stock
- 2 tsp. salt-free, (or), low-sodium Italian
- 2 medium zucchini, thinly sliced

Video

Watch a tutorial video that provides a quick and easy overview of how to prepare this delicious healthy recipe.

Click on the link to view the video

Video Tutorial

Directions

1. Prepare pasta to package directions. Drain, rinse, and set aside.
2. Mix flour and pepper in a shallow dish. One at a time, place chicken pieces in flour mixture and turn to coat.
3. Spray a large skillet with cooking spray, turn to medium heat and add chicken. Cook until no longer pink inside.
4. Transfer chicken to a plate and set aside.
5. Re-spray skillet with cooking spray, turn heat to medium-high, and cook mushrooms for 3-4 minutes, stirring occasionally.
6. Add garlic, lemon juice, and chicken stock, stir and cook for 2 minutes.
7. Add Italian seasoning and zucchini, bring to a simmer and cook about 5 minutes until zucchini is tender.
8. Toss pasta in the skillet with sauce. Serve topped with chicken.