



Tulare County Employee Wellness Calendar

“Asthma & Allergies”

May 2016

New in May!!

Healthy Recipe of the Month



See page 4

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6 Real-Time Outdoor Activity Risk Guidelines  See page 3
9 Walking Day 1 Group Walks—10:00 AM HR&D (Supervisor Cox) & Visalia Gov’t Plaza (Supervisor Vander Poel) See page 2	10 Walking Day 2 Online Video: Workplace Walking  See page 2	11 Walking Day 3 Fun Online Video: Walk and Talk  See page 2	12 Walking Day 4 Online Video: Walk at Work  See page 2	13 Walking Day 5 Online Video: Everybody Walk Documentary  See page 2
16 Deadline to Enter Steps 12:00 Noon Click the link: WalkingWorksSteps2016	17	18 Online Podcast Managing Allergies  See page 3	19	20
23	24	25	26	27
30 Memorial Day County Holiday 	31	Check real-time air quality that could affect your asthma and allergies here: Daily Air Update		

Walking Works! Challenge 2016 May 9th—13th

Welcome to the 5th Annual Walking Works! Challenge!

- All employees are eligible to participate! It's easy and fun!
- This is a friendly competition between Departments, Employee Teams, and between the Counties of Tulare and Fresno.
- The Challenge has two categories of competition:
 1. The highest # of average steps walked;
 2. The highest % of participation
- Wear your pedometer all day—at work, home, in the morning, evening, breaks or lunch hour.
- Enter your steps online for a chance to win a raffle prize.
- If you do not have access to a computer, you may enter your steps on a paper form and submit it to Human Resources & Development. (See Page 5 for the Daily Steps Tracking Form)
- **Remember to stay hydrated and drink plenty of water!**



Click on the link below to enter your **STEPS** online:
<https://www.surveymonkey.com/r/WalkingWorksSteps2016>

Group Walks

COME WALK WITH US

Join us at one of the locations below:

- Date: **Monday, May 9th at 10:00 AM**
- Location 1: **Human Resources & Development** (on Burrel Ave)
(Led by Supervisor Phil Cox)
- Location 2: **Visalia Government Plaza** (on Mooney Blvd)
(Led by Supervisor Pete Vander Poel)

Share Your Pictures:
OEHealth@co.tulare.ca.us



Online Videos



Everybody Walk Series

Everybody Walk Documentary

This **30-minute documentary** film explores the vast benefits a walking routine can make in your personal life and community. There are numerous health benefits associated with walking 30–minutes a day, five days a week, including: preventing heart disease, diabetes, depression, and some cancers. Watch the documentary and take the pledge to begin a walking revolution here:

[Everybody Walk Documentary](#)

Walk and Talk Fun Video

The Everybody Walk Campaign showcases the importance of walking in a funny, yet serious tone. Watch the video here:

[Walk and Talk](#)

Workplace Walking Video

Walking at work has numerous benefits for your health. Watch the online video here:

[Workplace Walking](#)

Walk at Work Video

Learn what people do to create easy access to workplace walking. Watch the online video here:

[Walk at Work](#)

Walk This Way

This article provides you with information on how to use “breath walking” techniques that allow you to de-stress and rack up steps. You can burn calories by meditating, and this article shows you how.

Learn How by clicking on the link below:

[Walk This Way](#)



Asthma Management and Prevention

The Centers for Disease Control and Prevention has put together a presentation that explores the pathology, risk factors, medical management, and public health response necessary to fight asthma.

To diagnose asthma click the link below, and select “Clinical Asthma”:



[Asthma Management and Prevention](#)

Managing Allergies

Listen to a podcast focused on managing your allergies. An explanation of simple changes are explored to help you prevent and treat allergy symptoms. He provides simple tips to help you take control of your allergy triggers.

Presented by: Allergist Dr. Kelvin Lee

To view click on the link below:



[Managing Allergies](#)

Asthma Resources

Nearly 20 million Americans have Asthma. Risks of uncontrolled asthma can include asthma attacks, scarring of the airways, Emergency Department visits, hospitalization, and even death. You can be free of asthma symptoms by having proper self-care, and help from your healthcare team. If you have asthma you can utilize the following links to stay in control of your Asthma.

Take an Asthma Control Test to help you and your healthcare provider determine if you have your asthma symptoms under control:

[Asthma Control Test](#)

Create an Asthma Action Plan to talk about options that can keep your Asthma under control.

[Asthma Plan](#)



10 Common Allergy Triggers

Discover 10 common allergy triggers that may affect you. From animals to medication and many allergies in between, learn what common allergies could be affecting you.

View the slideshow here:

[Common Allergy Triggers](#)

San Joaquin Valley Air Pollution Control District



The weather and environment are a trigger for asthma and allergy attacks. The San Joaquin Valley Air Pollution Control District provides real-time air quality reports that can help you take actions to protect your health. The Real-Time Air Advisory Network includes information on pollutants, outdoor activity risk, and wind scales.

Visit the link below for daily air quality information:

[Daily Air Update](#)

The San Joaquin Valley Air Pollution Control District has put together Real-Time Outdoor Activity Risk Guidelines (ROAR) to ensure when exercising you are controlling your health risks. When you exercise the air inhaled increases, therefore it is important to know if the air levels are safe for exercise.

Visit the link below for the ROAR Guidelines:

[Real-Time Outdoor Activity Risk Guidelines](#)





Ingredients

For the Cilantro-Lime Quinoa:

- 1 1/2 cups water
- 3/4 cups quinoa
- 1/8 tsp. salt
- 2 limes, zested and juiced
- 1 1/2 cups chopped, fresh cilantro

For the Chicken and Bowl:

- 2 tbsp. canola oil, divided
- 1 minced chipotle pepper + 3 tablespoons adobo sauce from a can of chipotles in adobo
- 1tbsp. Honey
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper
- 1 lb. boneless, skinless, thinly sliced chicken breast
- 2tbsp. Red wine vinegar
- 5 oz. packaged spinach, spring greens, or arugula
- 1 pint cherry tomatoes, halved if desired
- 1 avocado, peeled, diced
- 1 cup packaged, shredded carrots (or 2 large carrots, shredded).
- 1 cup sliced radishes
- 2 scallions or green onions. Finely chopped
- 1 cup sliced radishes
- 2 scallions or green onions, finely chopped

Directions

For the Cilantro-Lime Quinoa:

1. In a medium heavy-duty pot, add water, quinoa, and salt. Bring to a boil; cover and reduce heat to low. Cook until quinoa absorbs all the liquid, about 15 minutes. Remove from heat.
2. Into the quinoa, stir in the zest and juice of 2 limes and chopped cilantro.

For the Chicken and Bowl:

1. Into a large zip-top bag, add marinade ingredients: 2 tablespoons canola oil, minced chipotle pepper, adobe sauce, honey, salt, and pepper. Add chicken breasts into the bag, making sure the chicken is well-coated with marinade. Let sit for 10 minutes (make the quinoa as you wait) or place chicken in the refrigerator to marinate for up to 24 hours.
2. Into a large nonstick skillet over medium-high heat, warm remaining 1 tablespoon oil. Add chicken breasts and marinade liquid, using tongs to frequently turn the chicken breasts to be coated in marinade. Sauté until chicken is fully cooked, around 4 to 6 minutes depending on thickness. Remove from heat. When chicken has cooled slightly, transfer chicken to cutting board to chop into bite-size pieces. Then, transfer remaining liquid from pan into a small bowl; stir vinegar into the liquid to use as a dressing.
3. To assemble, add the greens into the bottom of each bowl. Divide quinoa and chicken among each bowl, along with tomatoes, avocado, carrots, radishes, and scallions. Drizzle with the dressing and serve.



2016 Walking Works! Challenge



Step Tracker

Forward this list to HRD Benefits Office by Noon on Monday, May 16, 2016.

Fax: (559) 730-2597; Email: OEHealth@co.tulare.ca.us; Office: 2900 W Burrel Ave., Visalia, CA 93291

Name:	
Employee ID #:	
Department:	
Team:	

How many steps did you walk?	
Monday, May 9, 2016	
Tuesday, May 10, 2016	
Wednesday, May 11, 2016	
Thursday, May 12, 2016	
Friday, May 13, 2016	