



Tulare County Employee Wellness Program

“Cold/Flu & Immunizations”

September 2016

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<p>2016 Health Fair & Open Enrollment See page 3</p>			1	2
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<p>26 Lunch & Learn “The Cycle of Dieting” HR&D 12:00 PM See Page 2</p>	<p>27 Lunch & Learn “The Cycle of Dieting” Visalia Gov’t Plaza 12:00 PM See Page 2</p>	28	<p>29 Health Fair 8AM—4PM See page 3</p>	30

30 Day Sit-Up Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take the Challenge to stabilize and strengthen your core muscles! Learn how to do a proper sit up here: Sit-Up Technique 				8 20 Sit-Ups Begin	9 25 Sit-Ups	10 30 Sit-Ups
11 35 Sit-Ups	12 REST DAY	13 40 Sit-Ups	14 45 Sit-Ups	15 50 Sit-Ups	16 55 Sit-Ups	17 REST DAY
18 60 Sit-Ups	19 65 Sit-Ups	20 70 Sit-Ups	21 75 Sit-Ups	22 REST DAY	23 80 Sit-Ups	24 85 Sit-Ups
25 90 Sit-Ups	26 95 Sit-Ups	27 REST DAY	28 100 Sit-Ups	29 105 Sit-Ups	30 110 Sit-Ups	Oct 1 115 Sit-Ups
2 REST DAY	3 120 Sit-Ups	4 125 Sit-Ups	5 130 Sit-Ups	6 135 Sit-Ups	7 140 Sit-Ups End	8

Lunch & Learn

Presented by: Body Effects Fitness & Performance

“The Cycle of Dieting: Starting, stopping, and starting again”

Dates: Monday, September 26 & Tuesday, September 27

Time: 12:00 PM 12:00 PM

Locations: Human Resources & Development, Test Room Visalia Gov't Plaza RMA Room

[Register Here](#)



Cold and Flu Resources



Cold and Flu

Listen to a podcast about the cold and flu virus
Click on the link below to learn more:

[Cold and Flu](#)



The Flu IQ

Check your knowledge about the flu
Take the quiz by clicking the link below:

[The Flu IQ](#)

Preventing Colds and the Flu



Watch a video that provides resources on preventing the cold and flu
Presented by: Randy Bergen, MD
Watch the video by clicking the click below:

[Preventing Colds and the Flu](#)

Flu Shots

Flu Shots will be available to County employees at the 2016 **Tulare County Health Fair** on **Thursday, September 29th**. Be sure to stop by the HHS Immunization Program booth to receive your **FREE** Flu Shot.





2016 Annual Health Fair



“Going for **Gold** Medal Health”

Thursday, September 29, 2016 8:00 AM—4:00 PM

Convention Center, 303 E. Acequia Ave, Visalia

THE FAIR IS OPEN TO ALL COUNTY EMPLOYEES DURING WORK HOURS, BASED ON YOUR DEPARTMENT’S STAFFING NEEDS.

Activities:

- Zumba Demonstration
- Glucose Testing
- Blood Pressure Check
- Kitten Adoptions
- K-9 Demonstration
- Body Composition Testing
- Flu Shots
- Massage Chairs
- Risk Management Presentations
- Information Booths
- Employee Discount Vendors



Register For the Following:

Blood Donation Registration



Glucose Test Registration

Visit Your Health Plan Providers:



Breakout Sessions:

- Emotional Eating
- Diabetes Prevention
- Open Enrollment Meetings

Healthy Recipe of the Month

Mango, Avocado, and Black Bean Salad



Ingredients

- 15 oz. canned, no-salt added black beans (1 can), drained, rinsed
- 15.25 oz. canned, no-salt-added or low-sodium whole kernel corn (1 can), drained, rinsed
- 1 cup avocado (1 medium or 2 small), halved, cut into 1/2-inch cubes
- 2 mangos (about 2 cups), cut into 1/2-inch cubes
- 2 green onions, cut into 1/2-inch pieces OR
- 1/2 small red or white onion (about 1/4 cups), cut into 1/2-inch pieces
- 1 red or green bell pepper, seeded, cut into 1/2-inch pieces
- 1 or 1/2 jalapeño pepper, stems discarded, seeded, finely chopped
- 1 head romaine lettuce, chopped
- 3 Tbsp. fresh or bottled lime juice
- 1 Tbsp. olive oil
- 2 Tbsp. fresh cilantro, chopped
- 1/2 tsp. chili powder
- 1/4 tsp. ground black pepper
- 1/4 tsp. salt

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. Wash and dry lettuce, then chop or tear into 2 inch pieces and divide into 6 bowls or plates.
2. Combine the black beans, corn, mango, avocado, onions, and jalapeño pepper. Do not mix until you add the dressing.
3. Combine the lime juice, olive oil, cilantro, chili powder, black pepper, and salt together in a jar with a secure lid, shake together until mixed well and pour over the mango and avocado mixture.
4. Toss gently to coat and serve over the lettuce and mixed greens.

Additional Tips

- When using canned beans, drain and rinse under cold water for a minute to remove some of the sodium.
- This salad will keep in the refrigerator for a few days and the flavors keep improving.
- You can serve this with crunchy vegetables like cucumbers and/or jicama, cut into 1/4 inch slices and use like chips.
- You can also enjoy this in a sandwich or wrap. It is perfect for potlucks or picnics.