



HealthMatters  
Wellness with Purpose

Inspiring employees.  
Increasing productivity.  
Improving performance.



## Monthly Employer Newsletter September 2010

### In This Issue:

Employer Tools regarding this month's theme are now available on the *client only* part of our website!

*If you don't have a login yet, request one from Amanda Moser at [amanda.moser@lmcins.com](mailto:amanda.moser@lmcins.com).*

### Wellness News Happenings

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## September's Theme: **Fall Into Fitness**

This month, on our *client only* portion of our website, you will find the following tools for you to utilize:



●**Monthly Employee Newsletter:**

This month, learn tips on how to lower cholesterol, suggestions for back to school transition, an article on organic produce and fall fitness, and a tasty recipe for a tropical vinaigrette salad.

●**Monthly Flyer – Fitness First: Exercise and Eating Healthy:**

This month's flyer lists the benefits of exercise and healthy eating.

●**Monthly Poster – Free Fitness Program: Take the Stairs:**

Remind employees of the benefits of choosing the stairs.

*Only clients of LaMair Mulock Condon Co. are able to access these free monthly resources, as a value-added service. Please contact Amanda Moser at [amanda.moser@lmcins.com](mailto:amanda.moser@lmcins.com) to be set up with a username and password.*

## Wellness News Happenings

### School Nutrition Overhaul Takes Time, Money, Willpower

Many school districts have made significant progress in improving nutrition in their food programs, but industry experts say it will take commitment, money and a strong will to accomplish a complete makeover. A nutritional overhaul takes time, which food service workers say is good, because big, overnight changes could lead to fewer children buying lunches. [Read more...](#)

### Consumer Poll finds Wellness is a Quality of Life Measure

A Hartman Group survey found wellness has become a mainstream, quality-of-life marker, with many people putting an emphasis on fresh, real and clean food. The poll also found 73% of people defined wellness as "being physically fit," while 67% said it included "not being ill" and "being able to deal with stress." [Read more...](#)

For information on wellness news, visit our [HealthMatters](#) website and click on "[Healthy Happenings](#)".

# System rates snack choices at work

BY CAROL VOSS • SPECIAL TO THE REGISTER • AUGUST 25, 2010

Work site wellness is a hot topic. More employers are providing incentives for healthy living by creating team-based physical activity challenges. Others are introducing simple solutions such as encouraging employees to take the stairs instead of the elevator. Some offices are even allowing staff to raise their desks to create standing workstations or use core-strengthening balls as chairs.



Another aspect of a healthy workplace is the nutrition environment. Employers have started filling snack bowls with fruits and vegetables and adding calorie information to cafeteria menus. But what about vending machines? Employers also could have a hand in ensuring that these self-service environments are stocked with healthy options.

Using funds from a Wellmark Foundation grant, the Iowa Department of Public Health and Iowa State University Extension have developed a tool for evaluating food and beverage choices in vending machines. The new Nutrition Environment Measures Survey-Vending (NEMS-V) tool allows employers to clearly identify healthy food and beverage choices in the machines on their premises. Food and beverage standards for NEMS-V are based on recommendations from the Institute of Medicine and

Iowa's Healthy Kids Act.

Here's how it works. First, someone from an organization - a work site wellness coordinator, for example - visits [www.nems-v.com](http://www.nems-v.com). Clicking on the NEMS-V button will allow the person to download and print the materials needed for the vending machine assessment. This includes the Food and Beverage Recording Sheet, which is a simple form for writing down the type, brand and size of the items available in each vending machine at a work site.

Next, the evaluator uses the Healthy Choices Calculator on the NEMS-V site to enter the nutrition information for each product in the vending machine. (By the way, this online tool works for all kinds of foods and beverages, not just those found in vending machines.) After entering the required information, the calculator will rate that food or beverage as "green" (go for it!) "yellow" (take caution) or "red" (get ready to stop.)

Finally, the Work site Vending Report Card section of the website will provide the evaluator with a certificate to post on the outside of the vending machine based on the number of healthy items available in that machine. The recognition levels include bronze (30 percent of choices are yellow or green); silver (40 percent are yellow or green); gold (50 are yellow or green, and no red foods

are advertised). This section of the NEMS-V website also provides organizations with guidance on how to increase the number of healthy choices in the vending machines they're responsible for.

Organizations with multiple vending machines on their premises may find it helpful to take a team-based approach. If you have a work site wellness committee, for example, volunteers could work in teams. Some could evaluate snack machines while others would just concentrate on beverages.

## **Exercise helps dieters slim down in more ways than one, researchers say**

*August 24, 2010*

*-- Karen Kaplan / Los Angeles Times*

Dieters everywhere know that exercise is a key component of any weight-loss regimen. To drop pounds, you have to burn more calories than you take in.

But exercise helps in another way too – it resets the chemicals in your brain that regulate appetite.

That's the conclusion of a study published Tuesday in the journal PLoS Biology.

Brazilian researchers discovered this by forcing obese rats to swim or spend some quality time on a treadmill. Then they monitored their food intake over the next 12 hours. Sure enough, the post-workout rats ate less than their sedentary counterparts. In fact, they ate the same amount as lean rats.

Additional experiments verified that exercise altered the brain chemistry of the obese rats. Some key signaling molecules – which help neurons “talk” to each other balancing calories in and calories out – were restored to the levels found in lean rats. Exercise also reestablished the ability of a hormone called leptin to let the brain know when it was time to stop eating.

The initial experiments involved only two days of exercise. When the rats were made to exercise for four weeks, the researchers found that the obese rats ate less and lost weight during the first three days. After that, their appetites returned to their pre-exercise levels. However, their metabolism continued to benefit.

Exercise didn't change the appetite or brain chemistry of lean rats, the researchers found. That makes sense because their brains were already doing a good job of maintaining a healthy weight, they said.

