

## Wellness Newsletter

### January: Weight Management

**NO EXCUSES!** The Wellness Center gym is free & open 24/7 to benefit eligible employees, spouses, retirees.

### Get Healthy Contest Winners:

Issue: January 8, 2014

#### CONGRATULATIONS !



**Diane Hermann of Social Services won the \$100 gift card for being the first place winner of our contest.** Diane's story "A Healthy Journey" is a remarkable *story of love*. Diane has reinvented herself - she looks great and feels great too! Diane has lost 60 pounds and also quit smoking after 35 years. Take a moment to read

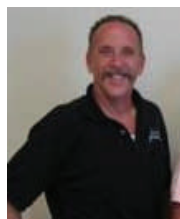
her inspirational story. Diane continues on the pathway of good health. She states "I love my new lifestyle and feeling alive!"

***We salute you, Diane!***  
You are an inspiration to us all.

#### SECOND PLACE:

There is a Three Way Tie for Second Place, each employee receiving a \$50 gift card. We congratulate Dave Smith (Fare Free), Bill Coombs Sr. (Jail) and Hazel Lashley (Health Dept.) for also taking the challenge and making a commitment to better health.

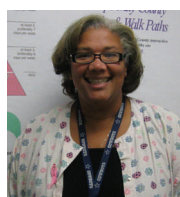
They have all had remarkable personal transformations during 2013. Way to go!



David  
Smith



William  
Coombs,  
Sr.



Hazel  
Lashley



#### What's Happening?

**COAT DRIVE** for CMC residents SPONSORED by the SOCIAL WORK UNIT at Social Services continues thru January 17th. Contact Chris Nicolau at 886-6200 x 274 for pickup of clean, bagged, gently worn coats.

The Wellness Center is starting free employee health screenings— *fasting* BS, lipids, BP, BMI and RN consultation, twice monthly. Registration is required for these 15 minute appointments ~ no Rx needed. Visit our website event calendar to sign up. [cmcwellness.org](http://cmcwellness.org)

The Social Services building will host the BP machine for the month of January.

WELCOME to KATIE LLOYD, RN. Katie is working in the Health Department and will be scheduling employee health & BP screening events starting this month.

### ~ Weight Management Tips ~

- CUT DOWN ON PORTIONS.** One quarter of your plate should be a lean protein; another quarter unrefined grain; and half your plate should be vegetables.
- DO NOT SKIP MEALS.** Eating three meals a day plus snacks is essential in weight management. Don't forget breakfast—eating breakfast jump starts your metabolism. Remember food is your body's fuel—without it, your body cannot work efficiently.
- FRONT-LOAD YOUR CALORIES.** Eat the majority of your calories in the first half of your day. Choose lighter dinners to coincide with evenings when you are less active.
- DOUBLE UP ON FIBER.** Choose whole grain, high fiber breads & cereals; whole wheat pasta & rice instead of white; include more beans in your meals. Fiber helps fill you up faster, resulting in feeling less hungry. Most importantly - soluble fiber can help lower your cholesterol.
- EXERCISE DAILY!** Participate in physical activity daily as recommended by your physician.
- INCLUDE 5 SERVINGS OF FRUITS & VEGETABLES PER DAY..** They are a great source of vitamins, minerals and fiber.
- DRINK PLENTY OF WATER.** Include 6 to 8 glasses of fluid each day. It will help keep you adequately hydrated & often helps prevent over-eating.  
(Source: [www.ClevelandClinic.com](http://www.ClevelandClinic.com))

*Every day is a gift !!!*

"Great minds discuss ideas.  
Average minds discuss  
events. Small minds discuss  
people." -

Eleanor Roosevelt

Send in your Healthy Living or Fitness Tips to share in this Newsletter.

[CMCWellness@co.cape-may.nj.us](mailto:CMCWellness@co.cape-may.nj.us)

Visit the Wellness Website at:  
[www.CMCWellness.org](http://www.CMCWellness.org)

Contact: Joann Barnard at  
465-1087