

# The Buzz

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## How will you get there?

In the [October](#) and [November](#) issues of the Buzz, we took some time to explore where we are in our path to wellness, as well as our vision for where we want to go, as we travel on our **individual wellness journeys**.

This month we invite you to think about how you will get there (your vision). **Knowing what works best for you and employing the power of intention, you can start thinking about the actions you will take on your wellness journey.**

What would you like to explore? What have you always wanted to try? What would you like to do?

Do you want to practice yoga? Run? Lift weights? Eat clean? Discover which foods are best for your body? Find exercise that you enjoy? Meditate? Learn to cook? Lose weight? Manage your time? Live in a more eco-aware way? Garden? Quit sugar? Go vegan? Stop smoking?

Whatever you choose, keep in mind

## Traveling by plane or car over the holidays?

Here are three quick reminders to keep you healthy and safe during your travels:

1. Steer clear of influenza: get your flu vaccine!
2. Stretch your legs often: avoid dangerous blood clots and purposefully stretch every hour.
3. Stay hydrated and well fed to ensure alertness when driving in the cold weather.

Find more travel tips, [here](#).

that it is not uncommon to become overwhelmed when it comes to embracing a lifestyle change. Lao-Tzu said, **"The journey of a thousand miles begins with a single step."**

So to get you started, just choose one thing you will do, rather than multiple ones. Then when you are there, you can take on another. But just for today (why wait for Jan.1?), you can **take that first single step** to set you off on your own thousand-mile journey to an inspired, healthy life.



And as you keep going, step after step, you can see your-

self turning your intention into reality: **a journey lived with mindfulness.**

With every new step, **check in with yourself:** did it work for you? What did you like about it? What was challenging? Do you want to continue with it? Reflect on what you'll need to do to keep yourself on track: what can you tell yourself when you want to give up? Who or what can inspire you to keep going?

Adapted from: Rodale Wellness



## HAPPENING IN

### DECEMBER!

We are officially in winter mode: why not get out and take advantage of some seasonal activities? Here are some ideas:

◆ Check out public ice skating hours in rinks close to you: [Hartford](#), [West Hartford](#), [Storrs](#), [Bolton](#), [South Windsor](#) are just a few!

◆ Attend [Mansfield's 2nd Annual Winter Welcome](#)

◆ Go for a [guided hike](#) in Goodwin Forest

◆ Attend one of the [Family Nights](#) or Special events at the Mansfield Community Center

◆ Try Ice fishing -register for a class with [DEEP](#)

### What To Wear?

**Base Layer:** Wicking fabric to keep your skin dry.

**Insulating Layer:** Fleece or wool, vest or shirt to be added or removed depending on how cold you feel.

**Windproof and Water-Resistant**

**Outer Layer:** A jacket, to keep out the elements.



**Don't forget your head!**

Hats reduce the amount of body heat that escapes

**Gloves or mittens?** Gloves are a great option; mittens allow your fingers to sit next to each other, increasing warmth and circulation



## Be Well !

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Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the CT Dept of Public Health. The goal of the program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influences health.



Do you exercise outdoors in the cold weather?



Click on the yellow button to the left to answer!

Last month's poll: Will you be cooking all or part of this year's Thanksgiving meal? 93% said "Yes"

**Health tip:** Hydration is necessary even in the cold

- ◆ Match Your Drink to the Duration of Your Activity



If you're exercising for up to 1 hour, you can rehydrate with water alone. However, after an hour, add electrolytes and carbohydrates. If you're doing a sport at higher altitudes, increase your fluid requirements.

- ◆ Hydrate With Room-Temperature Beverages

Cold liquids are absorbed quicker. Warmer or room temperature drinks, on the other hand, are better at keeping your internal temperature optimal. Choose the latter when you're exercising in cold temperatures.

## Recipes:

During the hustle and bustle of the holiday season, healthy eating doesn't have to be a challenge. Break out the slow cooker and try this recipe: All you need is 20 minutes to prep the ingredients :

Chicken with carrots and potatoes (Source: [MyRecipes.com](http://MyRecipes.com))

### Ingredients

Serves 6

- 1 3/4 cups sliced onion
- 2 cups peeled and rough chopped carrots (about a 1 inch pieces) or baby carrots
- 6 small round red potatoes (about 1 pound), cut into 1/4-inch slices
- 1 cup fat-free, lower-sodium chicken broth (1/2 cup of broth can be replaced with white wine if desired.)
- 1 tablespoon chopped fresh thyme
- 1 teaspoon minced garlic
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 teaspoon paprika
- 6 (6-ounce) bone-in chicken thighs, skinned
- 1 teaspoon olive oil

Nutritional Information	
Calories	229 .Fat 4.9 g.
Protein	21.7 g Carbohydrate 20.7 g



### Directions

1. Place onion in a 6-quart electric slow cooker coated with cooking spray; top with carrots and potatoes.
2. Combine broth, next 3 ingredients, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Pour over vegetables.
3. Combine paprika, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; rub over chicken. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken. Cook 3 minutes on each side or until browned. Arrange chicken on top of vegetables.
4. Cover and cook on LOW for 3 1/2 hours or until chicken is done and vegetables are tender. Garnish with additional thyme, if desired.

**NOTE:** If you have leftover chicken, package it in a freezer storage container , label with the contents and the date cooked for use in a future meal such as Curried Chicken Salad in Lettuce Cups. Leftover potatoes and carrots can be sautéed and served with eggs for breakfast!



## Coming soon ....

The first Blank Page in a 365 page book! A New Year is like having a brand new book to write. What will you write in your New book?

Start practicing now for those New Year's resolutions!!!! Resolutions are often broken because a resolution is a decision. To make a decision work, you need a plan. Start your planning now to help make your resolutions a success .

Make a CHOICE ,  
to take a CHANCE ,  
to make a CHANGE!

Welcome Ana!

Ana Zeller will be joining EHHD beginning December 15th as the Community Health and Wellness Coordinator. Please stop by and welcome her to the Be Well Team! You can also check our her [website!](#)

