Balance

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City of Winona Wellness

Game On
Table Tennis is Hot Topic

By Deb Beckman, Benefits

Julie Fassbender (PR) and Andrea Heuser (PM) get some practice in for their next game in the City Hall garage while on a break from work.

Did you play your game yet? Did you win? Do you want to practice sometime? All discussion questions surrounding the employee table tennis tournament that started this month. Twenty-four employees signed up to participate.

Since the announcement in January many have taken break time to put in a game or two for practice. The best part of the tournament is making contact with other people that you normally wouldn't take a break with.

If there was Olympic media coverage surrounding these games, the gold contenders rumored so far are: Keith Nelson, Maynard Johnson, Dee Dee Brinkman, Dave Harkness and Andy Mohan. There are likely some sleepers out there too just waiting for their chance.

The double elimination tournament has been successful so far. There are some serious players but many are just in it for a good time. It definitely provides a nice distraction for 10 to 15 minutes; a chance to clear the mind and reenergize.

There are players who play easy hitting style, some have incredible spin power and there are a few smashers out there. The event has drawn all types of players.

Even though the tournament is well under way, it's never too late to call up someone and set up a quick game just for fun. We do ask though that tournament players have priority if they are playing a tournament game.

Special points of interest:

Maple Syrup Making for the Whole Family at Whitewater State Park. March 15 and 16; and March 22 and 23. Check website for specific times. http://www.dnr.state.mn.us/state_parks/whitewater/calendar.html

Firefighter 5K on April 19 at Jaycee Pavilion. Fundraiser for Muscular Dystrophy. Details on Page 2. Register on Active at http://www.active.com/winona-mn/running/races/winona-firefighter-5k-2014

Find out more about these and other local events at www.livewellwinona.org

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Activity Updates

Deb Beckman

City of Winona
180° Challenge
March 1 to August 31, 2014

There are 29 participants in the challenge so far. You can still participate. Enrollments will be accepted throughout the challenge. Full details are on the City Intranet Wellness tab.

To sign up contact Mike at Anytime Fitness to set up your initial fit score meeting, 494-0000.

Bowling Event
Sunday, March 23 at Winona Bowl from 1 to 4 PM

Open to all employees, family and friends. Cost is $11 per person but with 15 participants cost will be $8 per person for three games and shoe rental. Sign up with Deb Beckman at 457-8291 or dbeckman@ci.winona.mn.us by Friday, March 14.

Celebrate the end of winter with a fun, family friendly event.

LOCAL 575

WINONA FIREFIGHTER 5K

to find a CURE for muscular dystrophy

Winona Firefighter 5K
April 19, 2014 at 9 AM

Funds raised will go to Muscular Dystrophy Association. Out and back course starting at Jaycee Pavilion. Cost is $15 with pre-registration before April 6. Day of registration is $20. Kids 16 and under cost is $12.

Registration form can be found on the City Intranet Wellness tab. Or, go to: http://www.active.com/winona-mn/running/races/winona-firefighter-5k-2014

This is a first time event for the firefighters.

7 Ways to Put Spring into Your Health

University of Tennessee Medical Center, March 14, 2012

With the change of season comes the impulse to clean and replace the old with the new. But spring doesn't just have to be about cleaning and reorganizing – it's also a great way to start healthy new habits and break the old. Here are a few tips to get a head start in your spring health!

Start an Exercise Routine – The weather is warm and the days are longer which makes it a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least **150 minutes per week,** or 75 minutes per week of vigorous exercise.

Revamp Your Diet with Fresh Fruits and Vegetables – Take advantage of the variety of vegetables available during spring. A healthy diet includes adding vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. **Try to eat about 3 to 5 servings every day.** Fruit is also a good source of fiber, vitamins, and minerals. **You should try to eat about 2 to 3 servings of fruit each day.**

Drink More Water – As the heat kicks into high gear it is harder to stay hydrated and more important to drink more water. Drink plenty of water before going outside and have plenty on-hand to stay hydrated. If you aren't a fan of water, try one of our recipes for Cucumber Water—it makes a great party beverage for those hot days!

Cut Out the Night Cap – If one of your habits is having a drink before bed, or having a few at dinner, you may want to reconsider your next glass of Merlot. Alcohol not only causes dehydration, but is also associated with sleep disorders, high blood pressure and certain types of cancer. It is recommended that women limit themselves to one drink per day, and men up to two alcoholic beverages each day.

Check In for a Check Up – You may have chalked up some symptoms and illnesses to the winter blues, but now that it is spring, its time to get back to the doctor for a head-to-toe check up! A periodic well-exam for all ages is not just about good medical care, but it also gives you the opportunity to learn more about beneficial health habits, counseling and community support services as well as an overall view of the best ways to take care of yourself and your family for a lifetime. Your doctor will let you know how often they need to test for high blood pressure, diabetes, other diseases, and cancer screenings.

Protect Your Skin – It's going to get hot, the sun is shining, and your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays. It doesn't hurt to throw on a pair of sunglasses and hat as well!

Renew Relationships – It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.

February Anniversaries

Name	Years
Arlan Runningen, CG	37
Larry Vogen, Fire	24
Glen Albrecht, Airport	20
Bill Schjolberg, PD	20
Dale Hatlevig, PM	20
Marsha Yancy, SC	15
Mike Zaborowski, Water	14
Dean Stanek, Water	14
Tom Drazkowski, WWTP	14
Ryan Walski, PD	14
Myron White, CD	1
Corbin Flom, SC	1

March Anniversaries

Name	Years
Nancy Nelson, Police	37
Jim Pelley, Fire	28
Britt Hendrickson, Fire	26
Dave Harkness, PM	25
DeeDee Brinkman, PR	25
Chad Ubl, Park Rec	17
Greg Olson, CD	14
Andy Mohan, Police	13
Anita Sobotta, Police	13
Brandon Luehmann, Fire	10
Rusty Church, CG	1

City of Winona Wellness

Contact Deb Beckman at City Hall, Jay Rasmussen at PD or Andrea Heuser at PM with ideas, events and submissions for the newsletter.

My Health* My *Life

We are on the Intranet:
www.cityofwinona.com
Click Intranet at the bottom of the home page

City of Winona Wellness

To promote a culture of wellness through education, example and opportunities.

Committee Members:

Michelle Alexander, Council

Deb Beckman, Benefits

Julie Fassbender, Park and Rec

Andrea Heuser, Park Maintenance

Mark Allred, Fire

Jay Rasmussen, Police

Josh Squires, Police

Teresa Stevens, Library

Picking the Best Produce

By Andrea Heuser, PM

It's discouraging when you peel an orange only to find it is tasteless. Here are a few tips to buying the best produce, which will hopefully help to encourage you to eat more fruits and veggies.

Kiwis: slightly yielding to the touch. Avoid mushy or wrinkled fruit with an "off" smell.

- Peak: year round
- Storage: leave at room temperature to quicken the ripening process. Put kiwis in a paper bag with an apple or ripe banana. Once ripe, store in plastic bag for up to a week.
- Benefits: 65% more Vitamin C than an orange.

Bell Peppers: should feel heavy, brightly colored, and wrinkle-free. Stems should be bright green.

- Peak: year round
- Storage: in refrigerator in crisper up to 2 weeks.
- Benefits: Anti-oxidants, vitamin C.

Broccoli: find rigid stems with tight florets that are deep green or a purple tinge. Avoid any yellowing- they are bitter.

- Peak: October- April
- Storage: Plastic bag in refrigerator up to a week.
- Benefits: Cancer- fighting sulforaphane.

Citrus: should be firm to the touch. If they smell citrusy, they usually are more flavorful.

- Peak: Nov- April
- Storage: in the crisper.
- Benefits: reduce risk of stroke, prevent Cancer, Vitamin C, reduces stress.

Avocado: Dark green skin, should give a little when squeezed. Avoid mushy flesh.

- Peak: March- September in California, though other countries have different growing seasons.
- Storage: store at room temperature for a few days to ripen. If they are too ripe, store in refrigerator to slow the process.
- Benefits: contains vitamin B6 and folic acid, lowers cholesterol, reduces stroke risk, has anti-inflammatory properties and many other benefits.

Pineapple: vibrant green leaves, a sweet pineapple smell at stem of fruit. Pick a soft, but not spongy fruit.

- Peak: March- July
- Storage: If unripe, keep at room temperature for 3-4 days until it softens and gives a pineapple scent. Store in refrigerator up to 5 days.
- Benefits: Niacin for skin Gastro Intestinal health and Manganese for bone health.

Strawberries: No blemishes, bright red color up to the stem, and strong berry smell. The fruit should give a little when handled.

- Peak: April- September
- Storage: unwashed in a single layer on a paper towel in an airtight container.
- Benefits: contains the most Vitamin C of all common berries.

Source: http://www.efficientlifeskills.com/how-to-always-pick-the-perfect-produce/