



Vibrant

A Weekly Bulletin for "Choose a PATH to Wellness"

Week 10
Character

TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL



Together. Better. Stronger.

An Olympic Challenge

Mission Ten

CHARACTER & Role Models

Identify a positive role model or be one for someone else this week.

"He who influences the thought of his times, influences all the times that follow. He has made his impress on eternity."
— Hypatia

When you think about integrity, diligence, perseverance, respect, courage and honesty, who do you think of? Who in your life do you feel embodies those characteristics? If you look carefully, you will find a person who is resilient and can face adversity with dignity.

Resiliency starts with health and a commitment to being healthy to the best of our ability. It is reinforced by the safety net of our support people and mentors. You've done a great job in the past 10 weeks of being a health hero. Be proud of your accomplishments and make a plan to build on your personal resiliency as you move ahead. Doing so will allow you to stick with the 10 habits you've worked on in your "Olympic Training." You truly are a champion! Go team!

The following is a little bit of feedback on building Resiliency as you cross the finish line of your gold medal healthy-living PATH program:

What makes us able to persevere and bounce back from difficult situations? Some people can go through the worst of circumstances and land spryly on their feet while others suffer a minor setback and are catapulted into chronic despair. What makes the difference? What do those who land on their feet possess that others do not? In a word, the answer is "Resiliency" which can

be boiled down to two factors, **good character (attitude)** and **good connections** with others.

How healthy we believe we are (at that core), determines how long we might live and how enjoyable that life might be – more so than our cholesterol, our eating habits and our weight.

Our nations health care trends suggest further that isolation, loneliness, and a feeling of hopelessness, are pervasive in people's lives. A good portion of the most expensive health care claims and lost productivity are directly related to depression. One in four Americans suffer from some form of depression at some point in their lives.

It is more expensive and time consuming to heal chronic depressive episodes than it is to treat hypertension and high cholesterol combined. People who experience depression are far more likely to go on and experience heart disease or stroke or cancer. It is one of the greatest risks to health today and it goes largely unsupported and under acknowledged. The best two treatment modes for depression are 1) getting people out and about in a kind and social world; and 2) helping them be active and eat right - two free and accessible solutions.

Becoming *resilient* to life's woes is a crucial element to clearing the fog of depression. Getting people involved and out of isolation is a key factor. Helping people feel they are capable of being social and being supported and being cared for can make a world of difference.

If you are a champion of "good character" chances are you have a great support team that helped you get there. Now, go seek out someone to help. If you need help, seek out those champions of character to help you find your resilient way.



Training Table Recipe

Spicy Asian Beef and Grapes

- 2 TB each: reduced-sodium soy sauce and dry white wine
- 1 clove garlic, minced
- 1 tsp sesame oil
- ½ tsp crushed red pepper flakes
- 12 oz beef flank steak
- 1 TB cornstarch
- ½ cup sliced onion
- 1 cup seedless grapes, halved
- ½ cup julienne strips of red bell pepper
- 1 green onion, thinly sliced
- 2 cups finely shredded cabbage
- 1 tsp sesame seeds, toasted

Combine soy sauce, wine, garlic, sesame oil and pepper flakes in small bowl; mix well. Slice steak across the grain into thin strips and add to mixture in bowl; stir to coat all pieces. Cover and marinate 20 minutes. Place marinated beef in a 2-quart casserole; stir in cornstarch. Add onion and cover with wax paper. Stirring midway through cooking, microwave on high 4 minutes. Add grapes, bell pepper and green onion; re-cover. Microwave on high 2 to 3 minutes. Line bottom of serving platter with cabbage; top with hot beef mixture. Sprinkle with sesame seeds. Serve 4.

Calories 196, Protein 16g, Fat 9g, Carbohydrates 12g, Fiber 2g, Sodium 343mg.





Training Tips

This Week's Stretch & Strengthen Exercise:

Lower Back



Instructions:

- ♦ **Advanced** - With your arms at your sides and your toes pointed, slowly raise your arms and legs toward the ceiling.
- ♦ **Intermediate** - Try the pose but only lift your legs and work up to adding in the arms.
- ♦ **Beginner** - lift one leg at a time. add in the alternate arm (either outstretched in front of you or back behind you as in the picture). Work up to both legs without any arms and then the full picture.

Important Cautions:

- ♦ Keep your abs tight at all times
- ♦ Only lift your legs to a height that is comfortable. Remember, start small and work your way to this pose.

About the Olympics

Back to the Turn of the Century

2000 – Sydney. These were quiet games politically, no drama, all was smooth, exciting and full of great accomplishments. New athletes from all over the world came to compete including East Timor (a tiny nation in Southeast Asia). Once again the Olympics became a place where rage was set aside for the sake of sport as the two Koreas marched together under one flag in the Opening Ceremonies.

The Sydney games were also rife with talk of blood doping, steroids and the confusion of testing. For the first time, an independent agent, the World Anti-Doping Agency, was on hand to oversee all testing procedures.

2002 – Salt Lake City. Women made their first appearance in the bobsleigh competition.

The Skeleton made a comeback for both men and women. This event was like the one person luge - a sled where you lay back and let it rip. The Skeleton was ridden head first, however, and was extremely dangerous. It was an event in 1928 and 1948.

Judges used instant reply in Figure Skating for the first time.

2004 – Athens. A return home. Many of the events in these games, including archery and shot put were held in their original ancient sites. The marathon was run along its first modern games route, the same taken by Spiridon Lou- is, the Greek champion, in 1896.

Women's wrestling made its first appearance. By the 2004 games, women had come full circle in equality at the Olympics as talk of removing softball loomed. Too many events are costly for the host countries. Even to this day, women continue the fight to compete fairly and freely.

Safety Corner

Extension Cords

- ♦ Look for a certification label from an independent testing lab such as UL (Underwriters Laboratories) or ETL (Electrical Testing Laboratories) on the package and on the product itself. Products with this certification label meet current industry safety standards. For extension cords, look for a permanently attached certification label on the cord near the plug. For power strips and surge protectors, inspect the underside of the casing and make certain that it is marked with the manufacturer's name and the testing lab.
- ♦ Use electrical cords, power strips and surge protectors that have polarized plugs with one blade slightly wider than other, or grounded three-pronged plugs. These features reduce the risk of electric shock.
- ♦ Use special, heavy duty extension cords for high wattage appliances such as air conditioners, portable electric heaters and freezers.
- ♦ Extension cords used outside should be specifically designed for such use to guard against shock.
- ♦ Insert plugs fully so that no part of the prongs are exposed when the cord is in use.
- ♦ Never cover any part of an extension cord with rugs or other objects while it is in use. If the cord is covered, heat cannot escape, which can result in fire.
- ♦ Don't overload cords with too many appliances. Change the cord to a higher-rated one or unplug and relocate appliances to other outlets.
- ♦ Make sure cords do not dangle from the counter or table tops where they can be pulled down or tripped over.
- ♦ If a cord feels hot to the touch, stop using it and throw it away.
- ♦ Replace cracked or worn cords.
- ♦ Don't use extension cords to compensate for inadequate home wiring. Use extension cords only when necessary and only on a temporary basis.

The Consumer Product Safety Commission



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