



A Weekly Bulletin for "Choose a PATH to Wellness"

# Vibrant

**Week 2  
Support**

TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



Together. Better. Stronger.

## An Olympic Challenge

### Mission Two

## SUPPORT

### Building Your Safety Net

Who's on your training team? Draw a web of people and resources that can help you stay healthy, then connect with a buddy this week.

*"To understand things that are at our door is the best preparation for understanding those that lie beyond."*

— Hypatia

*No Super Hero* has ever been successful without "hero support". Kids know this from watching a recently released movie called "Sky High". In the film, children of Super Heroes attend a high school, and based on their level of ability and power, they are divided into 2 groups: "Super Heroes" or "Sidekicks". As the storyline soon proves, everyone can be a Hero, and no one is invincible - especially if they try to go it alone in the world. All Super Heroes need "hero support" and those who provide "hero support" are heroic in their own right. We *all* need support.

Study after study shows that people who have support from family or friends in making a behavior or lifestyle change are more successful than those who try to do it alone. Look at Weight Watchers or Alcoholics Anonymous—

participants in these groups have a much higher success rate than those who don't have at least one sponsor or buddy or cheer leader to help them feel good about day-to-day accomplishments.

What does your support network look like? Do you have a Robin to your Batman? A Lewis to your Martin? A Dr. Watson to your Sherlock Holmes? If you're Dorothy, who do you consider your Scarecrow, Tin Man and Lion?

*Draw* an illustrated web of people who make up your safety net and show the ways that they, individually and collectively, help support you in your quest to live a healthy life. If you aren't using them to help, think of strategies and ways you can access their support. Some examples are:

1. Join a community fitness center with a friend.
2. Take a lowfat cooking class with your spouse.
3. Create a Poker night with some friends and serve only healthy snacks.
4. Ask your family members to support your decision to make fish twice a week for dinner and beef only once a month.

So, all you "Super Heroes" out there, connect with a "Sidekick" this week and go save the planet—or at least take a walk together!



### Training Table Recipe

#### Spiced Up Potato Skins

- 6 large baking potatoes
- 1 tsp olive oil
- 1 tsp chili powder
- 1/8 tsp hot sauce
- 6 slices turkey bacon, cooked until crisp, chopped
- 1 medium tomato, diced
- 2 TB sliced green onions
- 1/2 cup shredded cheddar cheese

Preheat the oven to 450 F. Lightly coat a baking sheet with cooking spray. Scrub potatoes and prick each several times with a fork. Microwave uncovered on high until tender, about 10 minutes. Remove the potatoes from the microwave and place on a wire rack to cool. When cool to the touch, cut each potato in half lengthwise and scoop out the flesh, leaving about 1/4 inch of the flesh attached to the skin.

In a small bowl, whisk together the olive oil, chili powder and hot sauce. Brush the olive oil mixture on the insides of the potato skins. Cut each half of the potato skin in half again crosswise. Place the potatoes onto the baking sheet. In a small bowl gently mix together the turkey bacon, tomato and onions. Fill each potato skin with this mixture and sprinkle each with cheese. Bake until the cheese is melted and the potato skins are heated through, about 10 minutes. Serve immediately. Serves 6. Serve with 2 tablespoons of Salsa.

Serving size: 4 wedges  
Calories 195, Cholesterol 20mg, Protein 7g, Sodium 267mg, Carbohydrate 28g, Fiber 5g, Fat 7g.



## About the Olympics

### The Roaring '20's

**1920 – Antwerp.** These games were held in Antwerp to honor war torn Belgium.

The *Olympic Flag* and *Rings* debuted (though they were crafted in 1914). The combined colors of the rings and the flag background color represent all the colors of all the flags of every nation.

The athlete's *Olympic Oath* was taken for the first time: "In the name of all competitors, I promise that we shall take part in these Olympic games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."

Great athletes made front page newspaper history across the world and the Olympics gained new, unprecedented popularity among the public.

**1924 – Paris/Charmoix.** The Olympic motto took flight: "Citius, Altius, Fortius" meaning, "Swifter, Higher, Stronger."

The Paris games were made famous by the movie *Chariots of Fire*.

The first Olympic Village was built - very uncomfortable wooden cabins (but not for women, they stayed in a hotel).

The Winter games Began!

**1928 – Amsterdam/St. Moritz.** Greece walked first in the opening ceremonies and the Dutch last. Thus began a tradition - Greece first, host country last.

Track events opened to women but they quickly closed the long distance races when several women collapsed. Only sprinting remained until 1960.

The *Olympic Flame* was lit for the first time and burned throughout the games.

## Training Tips

### This Week's Stretch & Strengthen Exercise:

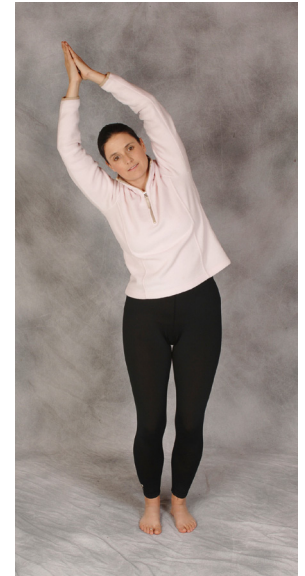
#### Side Bends

##### Instructions:

- ♦ You'll be stretching one side of your back, hips and stomach, while strengthening the opposite side. You'll also be stretching your shoulders and upper back.
- ♦ Stand with feet evenly spaced apart, heels flat. Keep your knees soft (slightly bent), your stomach tight and your lower back flat.
- ♦ Inhale and reach your arms up over your head with the goal of touching your palms together.
- ♦ Reach up as high as you can, eventually straightening your arms over head.
- ♦ Exhale and bend to one side as if a pole were pulling your shoulder to your hip.
- ♦ Hold for 5 breaths, come back to center, repeat to other side.
- ♦ Repeat the sequence 4-5 times.

##### Important Cautions:

- ♦ Work to keep your body in a straight line, avoiding bending forward or backward. You are only bending to the side.



## Safety Corner

### Driving At Night

##### The National Safety Council recommends the following:

- ♦ Prepare your car for night driving. Clean headlights, taillights, signal lights, and windows (inside and out) once a week, more often if necessary.
- ♦ Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- ♦ Don't drink and drive. Just one drink can induce fatigue and severely impair your driving ability.
- ♦ If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- ♦ Reduce your speed and increase your following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- ♦ Don't overdrive your headlights. You should be able to stop inside the illuminated area. If not, you are creating a blind crash area in front of your vehicle.
- ♦ If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- ♦ If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway.
- ♦ Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.

