



Vibrant

A Weekly Bulletin for "Choose a PATH to Wellness"

**Week 5
Daily
Practice**

TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL



Together. Better. Stronger.

An Olympic Challenge

Mission Five

DAILY PRACTICE

Healthy Habits

Add a healthy habit and act on it each day (i.e. flossing, hand washing, meditation, deep breaths, stretching before bed).

*"It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions.... What we have to learn to do, we learn by doing."
- Aristotle*

What's the greatest formula for goal setting? What makes a person decide to finally floss and stick to it? What trips the switch for some of us and not for others? Habits are elusive on the surface, but scratch beneath and you'll find a lot of people who've captured success.

Here are some great thoughts on how to start a new habit, gain ground on a current one, or jump-start an old one:

Pick habits that really matter to you. There are plenty of advocates out there to tell you what you should be doing. A great pal once said, "don't should on yourself." Just because someone says you should, doesn't mean you'll care enough to invest your time and energy. If an "expert" gives you a "should", look deeper into why it might be important to you.

Believe in the benefits. Success depends on your supreme desire to benefit from the habit. Health rewards often feel distant and small in comparison to the effort required today. Motivation to succeed comes best from a passion in the results, no matter how distant. The feeling that you're taking care of yourself may be enough, but it can't hurt to write down and deeply consider why you would benefit from this particular health habit.

Keep it simple and seek success on one habit at a time. There are plenty of habits you can engage in, but don't get overwhelmed. If we did everything the "experts" say we must in order to be healthy, we'd have no time for work, family or friends. Keep your focus on what matters most in life, and slowly add the habits that make you feel good about yourself and your quality of life.

Write it down and step out a plan. You get up one morning and say, I'm ready to start flossing again. Great! Now what? They say the road to "you-know-where" is paved with good intentions. Action is the key to success, start by writing it down. How will you do it, when will you do it, why are you doing it, who will support your efforts, what will you do when you hit a road block... and so on. No habit is too small for a little careful planning.

Be reasonable and realistic. How much energy do you honestly have for this new habit? Life may seem fabulous if you accomplish this habit, but don't set yourself up for failure. Before you engage, make a plan for how you'll manage time and energy for this new habit. For example, could you start your bedtime ritual one minute sooner to allow time for flossing?

Tell people about your goal and share your progress. Letting people know means that they'll check in with you on your success. They might even come up with helpful ideas. These people know you well and might be able to see the forest through the trees, in other words, they have the birds eye view of your world and might be able to provide insight. You may not see the simplest of solutions because, often, the best ideas are right under your nose - and who can see that?

Understand and be patient with relapses or backsliding. Don't let lapses be an excuse to give up. Becoming an expert at any action takes time and practice and you'll need to start and stop several times before your habit becomes second nature.



Training Table Recipe

Pork Roast with Horseradish & Herbs

- 1 2-pound lean boneless pork rib roast or loin roast, all visible fat removed
- 1 tsp prepared horseradish
- 1/2 tsp dried marjoram, crushed
- 1/2 tsp dried basil, crushed
- 1/2 tsp dried oregano, crushed

Preheat oven to 350°. Place pork roast in a shallow baking pan. Rub horseradish over the surface of meat. Set aside. In a small bowl, combine remaining ingredients. Sprinkle over roast. Place roast, uncovered, in oven. Cook about 1 hour, or until a meat thermometer registers 160: F. Let stand 5 minutes. Slice to serve. Serves 8.

Calories 191, Fat 11g, Protein 21g, Carbohydrates 0g, Sodium 55mg.





About the Olympics

The '60s: Against The Odds

1960 – Rome/Squaw Valley. Rome was supposed to host in 1908 but Mt Vesuvius erupted and the Italian government needed the money intended for the games to clean up the mess.

First *live* broadcast on network television world wide.

Walt Disney chaired the opening ceremony committee for Squaw Valley. It was a spectacle true to his form.

CBS-TV introduced slow motion play back for race officials to check skiing gates. Thus the "instant replay" was born.

An old Olympic anthem returned and lives as the trademark song for the games to this day.

Squaw Valley had one resident when it was chosen as an Olympic host site. A man named Alexander Cushing created the entire Olympic Village and area around his tiny ski resort, for the U.S. Olympic Committee – not to mention an entire town (hotels, roads, etc.)

1964 – Tokyo/Innsbruck. South Africa was banned from the Olympic games from this moment forward, until Apartheid was lifted in 1992.

Volleyball for men and women arrived.

The cinder running track was put to rest.

The Fair Play or "Spirit" award began and was given to boaters who lost a medal when they stopped to rescue competitors whose boat had sunk.

The Austrian army saved the Innsbruck games by carving out ice and carting snow to arenas when mother nature did not oblige.

1968 – Mexico City/Grenoble. In the U.S., struggles over racial segregation wreaked political and emotional havoc. As a result, Kareem Abdul Jabbar refused to play for the U.S. basketball team.

Two Black Americans who did attend protested on site. Tommie Smith & John Carlos, gold and bronze medal winners in the 200m race raised their fists and bowed their heads during their medal ceremony – a symbol of black power. They were banned from the Olympic village and suspended from the U.S. track team.

The first doping tests occurred in Mexico, and in Grenoble, sex chromosome tests for women were introduced.



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Training Tips

This Week's Stretch & Strengthen Exercise: Calf

Instructions:

- ♦ To just stretch your calf and hip flexors, do the picture to the right. If you want to strengthen your calf, balance muscles in your hips and leg, try working up to the picture below. This is an advanced variation on the warrior pose (week 3).
- ♦ The key to the advanced Warrior is to eventually make a straight line from your outstretched hands to the toe of your raised leg. The picture below shows a beginner-intermediate attempt at the pose.



Important Cautions:

- ♦ Always keep your knees soft - never lock them.
- ♦ Use a chair or railing to help with balance until you feel confident doing the exercise without help.
- ♦ Remember to do both sides, and hold each pose for 5-10 breaths.



Safety Corner

Be Sure You're Ladder Savvy

- ♦ Make sure the weight your ladder is supporting does not exceed its maximum load rating (you + materials). There should only be one person on the ladder at one time.
- ♦ Use a ladder that is the proper length for the job. Proper length is a minimum of 3 feet extending over the roofline or working surface. The 3 top rungs of a straight, single or extension ladder should not be stood on.
- ♦ Straight, single or extension ladders should be set up at about a 75-degree angle.
- ♦ All metal ladders should have slip-resistant feet.
- ♦ Metal ladders will conduct electricity. Use a wooden or fiberglass ladder in the vicinity of power lines or electrical equipment. Do not let a ladder made from any material contact live electric wires.
- ♦ Be sure all locks on extension ladders are properly engaged.
- ♦ The ground under the ladder should be level and firm. Large flat wooden boards braced under the ladder can level a ladder on uneven ground or soft ground. A good practice is to have a helper hold the bottom of the ladder.
- ♦ Do not place a ladder in front of a door that is not locked, blocked, or guarded.
- ♦ Keep your body centered between the rails of the ladder at all times. Do not lean too far to the side while working.
- ♦ Do not step on the bucket shelf or climb/stand on the rear section of a stepladder.
- ♦ Never leave a raised ladder unattended.
- ♦ Follow all instruction labels on ladders.

The National Safety Council