

IN GOOD HEALTH

A HEALTH AND WELLNESS NEWSLETTER

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In This Issue:

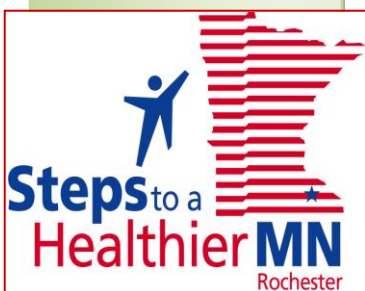
- Be Active Your Way
- Desk Yoga Anyone?
- RochesterFest 2009
- Cucumber Lemonade

Health Observances of the Month:

- National Physical Fitness and Sports Month
- Bike to Work Week
- National Employee Health and Fitness Week
- World No Tobacco Day
- National PE and Sport Week

Health Observances are a great way to raise awareness and educate others on health and wellness!

What can you do to help spread the message?



Be Active Your Way

As National Physical Fitness and Sports month is underway, this is the ideal time to celebrate (or remind) us what it means to have an active living.

According to Melissa Johnson, executive director of the President's Council on Physical Fitness and Sports, which started National Physical Activity and Sports Month in 1983, "Americans of all ages need to incorporate more movement into their daily lives. Adults need at least 30 minutes of activity 5 days each week. This can be done by choosing to bike or walk instead of driving, taking stairs instead of elevators, or pushing a lawnmower instead of riding one. Children need at least 60 minutes of daily active play. They need to run, climb, jump, and just get up and move around, away from their desks, the television and computer games."

Twenty minutes of vigorous physical activity three times a week, such as sports, aerobics, working out in the gym, and running, have added health benefits. Johnson says, "But it's important to understand that you don't need to sweat in a gym or run a marathon to reap the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can greatly improve your health."

Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.

The most important thing to remember is everyone's idea of 'active living' is different, so find your 'nitch' and 'Be Active Your Way' this summer!
For more information go to www.fitness.gov



By taking a few minutes to do stretches at your desk it can help relieve stress, increase productivity, and most importantly, make you feel better.

DESK YOGA ANYONE?

Cat and Cow Stretch

- Bring both feet flat on the floor.
- Bring your hands onto your knees
- On an inhale, arch the back and look up toward the ceiling
- On the exhale, round the spine and let your head drop forward.
- Repeat for 3-5 breaths

For more Desk Yoga go to:

<http://yoga.about.com/od/yogasequences/tp/deskstretches.htm>

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Wondering how you can use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Let us hear from you! Drop us a line on how you use *In Good Health*.

Email:
mix.laura@co.olmsted.mn.us

We're on the Web!

See us at:

www.co.olmsted.mn.us

*County Departments

*Public Health Services

OR

www.stepstoahigherhealth.org

Brought to you by Steps to a Healthier Rochester and HHS. Message does not necessarily represent the official view of HHS.

“A person who has health has a thousand wishes. The person who doesn't has but one.”

Author Unknown

RochesterFest 2009

“Capture the Spirit”



“Capture the Spirit” is this year's theme for RochesterFest 2009, and the long list of activities throughout the festival will make you do just that...

Some of the new events this year are:

- **‘Rochester Has Talent’** which will include a talent contest, wait staff races, a jigsaw puzzle contest and kids mural drawings.
- **Strongest Man Contest** which will have the competitors pulling trucks and lifting Tractors/Vehicles in a dead lift hold plus much more.
- **Rock Band 2 Competition** which will be held on Teen Night.

Plus all of our old favorites which include the RochesterFest Parade, Treasure Hunt, Street Dance and of course you can't forget about the mini-donuts and all the other treats we indulge in during RochesterFest. And for all of you American Idol fans out there, you won't want to miss the special performance by our one and only... William Hung! (If you don't remember this 'star' from American Idol, maybe this will help you remember “She Bangs” by Ricky Martin!)

So mark your calendar for:

ROCHESTERFEST 2009
JUNE 20-28TH

Go to www.rochesterfest.com for a complete schedule of this year's events and to find out where you can purchase your RochesterFest button!

CUCUMBER LEMONADE

Don't know what to do with all those cucumbers in your garden this year... try this refreshing drink, perfect for those hot summer nights!

Servings: 8

Ingredients:

- 1 Cucumber, thinly sliced
- 1 (12 ounce) can frozen lemonade concentrate
- 1 (2 liter) bottle lemon-lime flavored carbonated beverage



Directions: Place the cucumber slices into a large pitcher. Pour the lemonade concentrate over the cucumber slices and let stand for 10 minutes. Pour in the lemon-lime flavored beverage and pour into glasses to serve!

www.allrecipes.com