

September 2016 Newsletter

PEIA Pathways to Wellness

INSIDE THIS ISSUE

- Cover:** Yoga Poses to Relax
- 2:** The Eyes Have It!
- 3:** From Walker to Runner
- 4:** Flexibility and Balance
- 5:** Nutrients and Eye Health
- 6:** Beyond the Mask
- 7:** Sweet as Honey
- 8:** Success Story: Tammy Ours
- 9:** Exercise of the Month
- 10:** Treadmill vs. Outdoors
- 11-12:** Region Summaries



Child's Pose

Forward Fold



Corpse Pose

REST WELL. EAT WELL. FEEL WELL.



Yoga is widely acknowledged for promoting various health and wellness benefits including: strength, flexibility, balance, mind/body connection, awareness, improved circulation, respiration, and stress response. Not only does the practice of yoga offer physical benefits, but psychological and physiological benefits as well. Yoga literally translates to “marriage,” “union,” or “to join.” What is being married, united, or joined? The mind, body, and spirit. What is the connecting link? The breath. When faced with distress, control of the breath will naturally provide a calming effect upon the nervous system. Most of us can recall a role model reminding us to breathe in a stressful situation. “Breathe!” In relaxation and stress management techniques, the breath is often the primary component.

Specific yoga postures stimulate relaxation. Here are a few postures you can easily and effectively integrate into your life. Hold each posture for at least 90 seconds to receive the benefit of the pose. Modifications are always available. These postures will exceed your relaxation expectations. Slow down and connect to your breath throughout the pose.

The Eyes Have It!

By: Angela Watkins



When we think of summer we think of sunglasses to block out the sun's rays, but for good eye health, it is important to wear them all year long. Over time, UV light exposure can contribute to issues such as macular degeneration. The macula is the center of the retina, the light-sensitive layer of tissue at the back of the eye. Other contributors to macular degeneration include diabetes, smoking, high blood pressure, obesity, lack of exercise, and a diet high in saturated fat and simple carbohydrates. The World Health Organization reports that worldwide, approximately 900,000 people are blind because of cataracts triggered by UV exposure. So not only in the summer but the winter months we need to protect our eyes. During the winter, the sun is at a lower position, which makes your eyes more exposed to UV rays. Snow acts as a mirror reflecting on the eyes, which causes snow blindness. The American Cancer Society states people who get a lot of exposure to UV rays are a greater risk of skin cancer which includes the skin around the eye and the eye lids. Sunglasses help

protect those prone areas.

What are the best sunglasses to purchase? The most effective glasses are polarized with 99-100 UVA and UVB protection. You can check at your local eye doctor's office but you can also find a good pair at local retail stores. Look for the protection seal on the lens of the glasses with the UVA and UVB protection. If you wear eyeglasses, remember that there are sunglasses that fit over your existing glasses.

Don't forget to outfit children with proper sun protection for their eyes as well!

The next time you venture outside, make sure you are protecting your eyes for overall good eye health. It is also recommended that individuals visit an ophthalmologist yearly.

The Transition: From Walker > Runner

By: Charity Duvert

According to the National Institutes of Health (NIH), physical activity is any body movement that works your muscles and requires more energy than resting. If walking has been your preferred method of physical activity for a while and you want a new challenge, running is a great way to get started. Compared to walking, running conditions the cardiovascular system by allowing you to burn more calories in the same amount of time.

Benefits of Running

Running, even for a few minutes a day and at moderate speed, can be beneficial in reducing risks of death from lifestyle related diseases such as obesity. It helps lower your resting heart rate, tones your muscles and increases your strength, improves your bone health, coordination and balance. More importantly, it improves your sense of accomplishment and self-esteem. Running can be done anywhere and anytime.



Getting Started

If you have always wanted to be a runner, get the right pair of shoes, lace up and get set. Before you take your first steps, it's important to have a specific goal and timeline, such as losing an extra ten pounds or participating in your first 5K race within the next six months.

Easy Does It

The key to not give up on a new activity is to make it enjoyable. Do not be afraid to start with a walk-run system where the running time is shorter, then gradually increase it. You might have to try a few times before you complete a full run. If you get out of breath or become sore, you might end up giving up more easily. Take breaks if you have to and listen to your body when it's time for rest. Start on a flat surface and then progress to hills or steps. Run on soft surfaces when you can to avoid injuries.

Prepare for Setbacks

If you have health problems, be sure to check with your doctor before you begin a running regimen. According to the Surgeon General, adults should participate in 30 minutes of physical activity on most days, preferably daily. However, do not be discouraged if you have to take some days off due to bad weather, body aches or demanding schedules. Try to resume your routine as soon as possible. It may be necessary to prepare ahead and put in a run either very early in the morning or late evening. Always be mindful of safety! (Continued on Page 12)

Flexibility & Balance: Keys to Fitness

By: Sharon Rotenberry

Sometimes we hear the word fitness and we think of cardiovascular exercise and weight training. Two areas that are often overlooked include flexibility and balance. Both play a big part in overall fitness and function. Lack of flexibility can contribute to every day aches like back pain. It can also make simple tasks like lifting things overhead or bending to retrieve things more difficult. Poor balance is known to increase the risk of falls, which can lead to broken bones and injury to joints. Lack of flexibility and/or poor balance can adversely affect sports performance in younger people.

Stretching, or repeated movement through a joint's complete range of motion, will assist in increasing a joint's range or prevent loss of motion, respectively. To stretch a muscle, put it in a position that produces a slight pull on the muscle but not to the point of pain. Remember the best results are achieved when you stretch WARM muscles, or muscles with blood circulating through them. When you sit, a great deal of blood flow is centered around your core--- lungs, heart, digestion, etc. When you stand to move, the blood flow moves out to the legs so they can be used. As you swing your arms, blood flow energizes these muscles as well. A few minutes of walking and raising/lowering the arms will "warm" the muscles throughout the body.

The American College of Sports Medicine recommends that with a static stretch, (a stretch

where the body is at rest and the muscle is gradually stretched and held), the position in which a slight stretch is felt should be held 15-30 seconds, and each stretch should be repeated 3-5 times on each side of the body. Yoga is a form of dynamic stretching. ACSM guidelines recommend that stretching activities be done at least two days per week. Some stretching before and after an exercise session is also beneficial. Daily stretching can prevent stiffness, decrease in range of motion, and prevent injury. According to ACSM, the muscles that are most often tight are the hamstrings, hip flexors, calves and chest muscles. Each of these can be stretched using different positions, and some general motions may stretch more than one muscle group.

ACSM recommends these common static stretches:

Hamstrings. Sit on the ground with legs straight in front of you. Gently lean forward from the hips (try to keep the back fairly straight) until a stretch is felt on the back of the thighs.

Hip flexors. Stand on one foot, and bring the other foot to the buttocks. Calves. Step forward with one leg. Shift your weight toward the front leg while keeping the back heel on the ground. If you press the hip of your back leg forward, this will also help stretch the hip flexors. (Continued on Page 12)

Nutrients & Your Eye Health

By: Grace Matthews

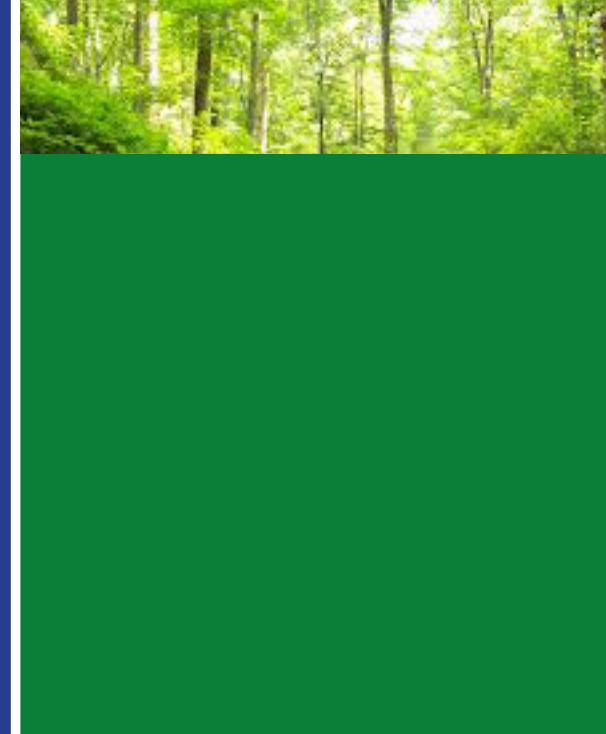


Did you know that consuming certain nutrients in your diet can help maintain your vision? Vitamin C, Vitamin E, Zinc, essential fatty acids and Lutein and Zeaxanthin have been linked to reducing the risk of certain eye diseases and problems. In addition to your vision, these nutrients play an important part in your everyday body functions. These nutrients can benefit your vision in the following ways:

- Vitamin C - an antioxidant found in fruits and vegetables and studies suggest that Vitamin C lowers the risk of developing cataracts.

- Vitamin E - also an antioxidant but found in nuts and seeds which can help protect cells in the eye to prevent the breakdown of the healthy tissues found in the eye.
- Zinc- an essential trace mineral, Zinc helps transfer Vitamin A from the liver to the retina so the retina can produce melanin, a protective pigment in the eye.
- Essential fatty acids- fatty acids play a role in your nervous system, immune system and your cells. Research shows that Omega -3 fatty acids are important for visual development and retinal function.
- Lutein and Zeaxanthin- these nutrients are found in green, leafy vegetables and can reduce the risk of chronic eye disease.

Many individuals already consume these vitamins and minerals in their everyday diet. However, if you are lacking, try to incorporate more foods that will provide them. This will not only be beneficial to your eye health, but to your overall health and body as well.



Beyond the Mask: Lifestyle Changes & Sleep Apnea

By: Beth Metzger



Groggy and a touch of mental fogginess is frequently the forecast for West Virginians' mornings. At some point, everyone has had their sleep interrupted by a snorer. Whether it was a result of a camp bunkhouse as a child or your loved one snoozing next to you, repeated disturbances throughout the night can create a drowsy next day for everyone. Snoring can indicate an underlying condition that needs medical attention. Affecting millions each night, sleep apnea is the leading cause of daytime drowsiness for both sufferers and co-sleepers.

Lack of sleep is quickly becoming a public health problem as many chronic health conditions are effected by and affect a person's ability to get proper rest. Sleep Apnea is a common disorder in which there is one or more pauses in breathing.

Occurring 30 or more times an hour, pauses can last a few seconds to minutes, leaving a person exhausted in the morning (National Heart, Lung and Blood Institute, 2016). Diagnosis is commonly a result of a sleep study coordinated through a primary care physician. Obstructive sleep apnea is most common and occurs when the airway is partially or completely blocked for a period of time (National Heart, Lung and Blood Institute, 2016). Treatment for sleep apnea can vary from breathing devices to mouthpieces to lifestyle modifications (National Heart, Lung and Blood Institute, 2016). Breathing devices and mouthpieces require orders from a doctor. Requiring no preauthorization or cost, lifestyle changes are the easiest way to begin treatment of this condition. Whether you have been diagnosed with Sleep Apnea, or just have some mild sleep troubles, simple lifestyle changes can be made to greatly improve your quality of sleep. The following habit changes from the National Heart, Lung and Blood Institute can help your sleep and leave you refreshed and ready to tackle your day:

- Avoid Alcohol, which makes it harder for the throat to stay open during sleep
- Lose Weight if overweight or obese. Even a few pounds can make an improvement
- Sleep on your side to help keep your throat open.
- QUIT tobacco!

PEIA Pathways to Wellness has many programs to help modify lifestyle choices and improve health. Start making positive changes today by contacting your regional Health Promotion Consultant!



As Sweet As Honey

Honey Do's & Don'ts

By: Janelle Humphrey-Rowan, ND Naturopath

A frequent sight during the summer months is the bees buzzing tirelessly from flower to flower, collecting nectar and pollen. That hard work goes towards producing the honey available at local farmer's markets and stores. With antioxidant, antimicrobial, and a possible probiotic properties as well as various enzymes, this sweet substitute can be an excellent replacement for sugar. The antimicrobial property of honey varies based on its source. There are over 300 floral sources for honey in the United States, including clover, alfalfa, buckwheat and orange blossom. The nectar's source also dictates the honey's color and flavor. There are seven established color categories that range from almost colorless to dark, amber brown. Generally, the lighter the color of honey the more mild the taste and lower the number of antioxidants. Therefore, darker colored honeys will have a more robust flavor and higher antioxidant content.

When purchasing honey, look for the "100% Pure Honey" label. This indicates that there are no additives in the product. The name of a plant or blossom may be used if it is known to be the primary floral source for the honey. Also listed on the label may be the USDA grade of A, B, C or substandard. This is voluntary and based on a point system in regards to water content, flavor, aroma, clarity and absence of defects. Grade A are those with the highest scores while substandard are those with the lowest scores.

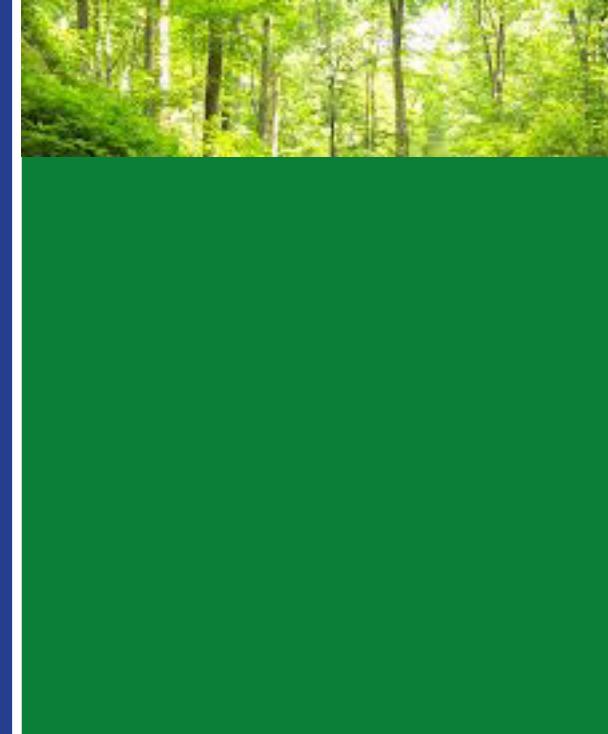
Honey is composed primarily of natural sugars glucose and fructose. Its third greatest component is water. Fructose predominates in most honeys and tends to make it taste slightly sweeter than sugar. Generally, honey is 1 to 1.5 times sweeter than sugar. When substituting honey for sugar in baked goods:

- Reduce the liquid in the recipe by 1/4 cup for each cup of honey used
- Add about 1/2 teaspoon baking soda for each cup of honey used
- Reduce oven temperature by 25 degrees to prevent over browning
- For easy measuring and clean up, coat the measuring cup or spoon with cooking spray before adding honey

It is best to store honey at room temperature. When stored in a refrigerator, honey's natural crystallization process will hasten. Crystals form as the glucose in the honey precipitates out of the solution. This is not an indicator that the product is no longer useful. To dissolve the crystals, place the honey bottle in warm water and stir until the crystals disappear. Honey stored at temperatures above 85°F for extended periods of time will darken in color and may be subject to subtle flavor changes.

It is highly recommended to never give an infant under the age of one year old honey because it can contain the microorganism *Clostridium botulinum*. This microorganism can cause a rare but serious paralytic disease. Its spores can be found throughout nature in soil, dust, air, and raw agricultural products. Infants are susceptible to *C. botulinum* because their intestinal microflora has not fully developed.

For more information and recipes about how to use honey check out the National Honey Board, the main reference used for this article, at <http://www.honey.com>.



My Success Story: By Tammy Ours

Eastern and Technical Community College

I got a wake-up call when my site participated in the Work It Out Fitness Assessments in January of this year. I was disappointed with my results and was determined I was going to change things. My mother passed away at the age of 47, which was the age I was soon turning and I vowed that would not be me. I wanted to not just be around for my children but be able to live an active life with them!

Taking the suggestions from the Exercise Physiologist who conducted the assessment and my Health Promotion Consultant, I began the six week walking challenge and made it a goal to walk the steps (in my office building) every day that I could see from my desk. I no longer am walking the steps – I am running them several times a day. I have a sedentary job, but am averaging 8,000 steps a day on my pedometer, with the goal of 10-12,000 steps.

I also joined a group at my church where we were fortunate enough to have a class with a licensed fitness trainer. This instructor taught me about healthy eating and provided exercise classes twice a week. To date, I have lost 40 pounds and 2 pants sizes. The most important thing that I have gained from this experience is how to eat and to understand what I was eating. I had my blood checked as well as my cholesterol, blood sugar, triglycerides in March with the CardioChek by the regional Pathways consultant and my numbers had decreased dramatically. There are within normal ranges along with my blood pressure, which was elevated when I first took part in Work It Out.

I feel so much better and have more energy now that I have made a commitment to live a healthier lifestyle. My family has been supportive and always challenges me to reach my goals. They are also benefiting from the changes I have made! They are

eating healthier and they see me working in the garden and at the barn with them. I truly have a new lease on life thanks to a program that was brought to my worksite by the PEIA Pathways to Wellness program!



Exercise of the Month: Dealfit & Shoulder Press Combo

By: Marjan Washington

Combining exercises is a method of resistance training, or weight training, that maximizes the volume of work done in a short period of time. It is a great tool to use for people who are interested in weight loss, muscle gain and overall strength increases.

To Perform This Exercise:

1. Grab a set of dumbbells. Bring the dumbbells out to the sides of the hips and from here keeping a flattened back and chest up.
2. Push the hips back, bring the dumbbells just past the knees.
3. Driving through the ground, stand all the way back up, curl the dumbbells up, and then rotate and press the dumbbells overhead.
4. Bring dumbbells back down, uncurl, and repeat right back into the deadlift. Dropping down, driving up. Curl, rotate and press, arms should be right outside the ears.
5. Bring the dumbbells back down and to your sides and repeat.

Do 8–12 reps on one side before switching to the other for 3–4 total sets.



Treadmill vs. The Great Outdoors

By: Corey Clendenin



There is a great debate in the fitness world regarding exercising on a treadmill or outside. Whether it's running, jogging, or walking, you need to know which will be better for YOU. There are many pros to both but your personal experience will help decide which is better.

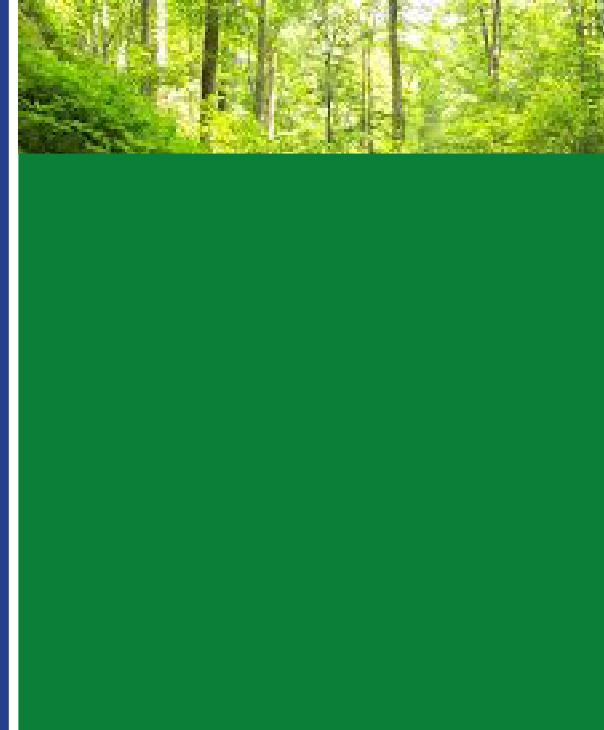
Up first is the treadmill. Regardless of the weather or time of day, the treadmill is always going to be in the ideal climate. Tracking mileage, having a ball park figure of your calories burned, and keeping track of exercise time can be easily done on the treadmill. The negative with treadmills is the belt. The belt is the piece you stand on while walking and it can actually help you move. In reality, you could jump up and down on the treadmill and it would still act as if you were going at the current speed and calorie burned. There is zero wind resistance when exercising on a treadmill. Therefore, with the belt assisting your movement and zero wind

resistance, it seems like exercising outside would be ideal. However, recent studies from the National Center of Biomechanical Information (NCBI) show that subjects can simulate the outdoors while on a treadmill. By taking the incline percentage up to one percent, it will act as if you are working in an outdoor environment. The one percent incline will counteract the belt so it will no longer help and will give just a slight more resistance that will act as the wind resistance received when outdoors.

When should the outdoors be utilized? That's really up to the individual. Many factors come into play including weather, time of day, and the environment. Many neighborhoods in West Virginia have steep hills. These can be challenging, but if knee or back pain is an issue, they may need to be avoided. Take into consideration the exercise route. Is it even or is it a rough road? What is the weather? Hot and humid/Cold and dry? These are types of things that play a major role in performance. Some individuals report they exercise longer outside due to the change in scenery verses the constant view on a treadmill. From the free vitamin D the sun emits to the nice breeze, exercising outdoors has its advantages. Many groups can meet outdoors and exercise together, making it more enjoyable. Exercising in groups keeps everyone accountable for showing up! It's up to you which choice will provide the best performance. Remember, it's all about taking ownership of your health!



Region Summaries



1 Region 1 (Hancock, Brooke, Ohio, Marshall, Wetzel, Tyler, Doddridge, Marion, Harrison, Pleasants, Gilmer): As everyone enjoys the summer weather and vacations that come with it! An overview of the PEIA Pathways to Wellness offerings was given at the WV Association of School Facilities Administrators Conference. The WV State Tax Department in Wheeling started the Dynaband Challenge. Site visits were conducted at various state and local government agencies in Hancock, Brooke, Ohio, Marshall, Marion, Harrison, Pleasants, Tyler, and Wetzel counties. The Fairmont State University farmer's market continues to successfully take place every Monday. John Manchin Senior Health Care Center completed the Move It Challenge and participated in the "Eating Out" presentation. Site visits are planned for the upcoming month as schools reopen. Programs and presentations are also in the works for CENTRA, the Marion County Transit Authority and Health Department, and the Brooke County Library. We are currently scheduling programs, presentations, and individual health coaching for the remainder of the summer and the beginning of the 2016 – 2017 school year.

2 Region - (Monongalia, Taylor, Barbour, Preston, Lewis): The beginning of another new school year is just around the corner and most school sites are excited to jump back into Pathways to Wellness. To kick off the new school year, Valley Elementary at Preston Co. will sponsor a health fair. On the other end of Preston Co., the team at WV Military Authority is excited to begin the H2O Go and Walking program challenges. At Barbour Co., members of the BOE office just completed the Walking and H2O Go challenges. The Belington Wellness Center is gearing up for a new Yoga class as well as the Stress Relief series. In Taylor Co., the DHHR team is set for a day of health coaching with Cardio checks. The team at Pruntytown Correctional Center continues with the Dyna Band challenge.

3 Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph): Pendleton – DHHR participated in health coaching/cardio checks. Grant – City of Petersburg concluded their 6 week walking program and plans to continue to utilize the pedometers. The City has signed on to begin a healthy eating class with WVU extension. DHHR completed health coaching/cardio checks. Hardy –Hardy County DOH is finishing up with their healthy eating class and began their 6 week walking program – way to start a wellness program! The Division of Rehab participated in health coaching/cardio checks. Eastern Community College is scheduled for

a 6 month follow up assessments for the WIO program. The Senior Center is interested in a Healthy Eating Class. Randolph – Huttonsville Correctional Center and Division of Rehab are finishing up with their healthy eating classes provided by WVU. Both sites also participated in onsite health coaching/cardio checks. DHHR also participated in health coaching/cardio checks. Upshur – Email out to schools to encourage participation in wellness program when school resumes, trying to identify worksite coordinators. Tucker – Tucker County Courthouse is nearing the end of their six week water challenge, with health coaching/cardio checks scheduled for the fall! A new Weight Management site has opened in Tucker County with several talking about taking advantage of this opportunity.

4 Region - (Monroe, Mercer, McDowell, Wyoming, Raleigh, Summers): Region 4 has been busy wrapping up programming and is ready to begin new challenges. The City of Bluefield completed its H2O Go challenge and began the Back on Path walking challenge to complete phase 2 of their wellness summer challenge. They will celebrate the conclusion of Back on Path with a 5K walk on August 27th. West Virginia Rehabilitation Office in Mercer County participated in the Work it Out fitness assessment program in June and followed up with health coaching and cardio checks. Welch Hospital in McDowell County held a Dynaband demo and will have Dyna band sessions within their departments. The Council of Southern Mountains in McDowell County held a 10k on July 23rd to promote the CSM Fitness Center which is a Weight Management site located in Welch. Each week they focus on specific exercises with the guidance of the personal trainers. Check out the CSM Fitness center in Welch! Mercer County Board of Education held a Wellness Workshop for their employees to attend for Back to School with information on Work It out and stress management.

5 Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, Braxton): Region 5 has continued to see interest in the Work It Out program. WV DEP and WV DHHR Braxton County both hosted WIO and completed the fitness assessments with health coaching. WV DEP Fayette County started the TRI Me program and began the H2O Go challenge for their Nutrition month. As we continue to recover from the June floods, many activities have been rescheduled. With schools getting ready to start, there are many Back on Path programs in the works to kick off the new school year.

6 Region - (Jefferson, Berkeley, Morgan, Mineral, Hampshire): Region 6 has been staying active throughout the summer. Keyser Primary in Mineral County and Berkeley Springs High School in Morgan County finished up the Back on Path Walking Program. Mineral County Health Department completed a Zumba session. Jefferson County Board of Education wrapped up the 6 week dynaband challenge. The DHHR in Martinsburg and DHHR in Morgan County ended the Back on Path Walking Program. They are looking forward to starting the H2O GO Challenge later this month.

7 Region - (Kanawha (non-school sites), Boone, Logan, Calhoun): With vacation season at its height, multiple non-school site visits were conducted in Boone, Logan, and Calhoun counties. Tai Chi classes are winding down at DHHR and One Davis Square in Kanawha County. Thankful Valley Farms, from Mason County, is providing weekly pop-up market vending at the PEIA/DEP location in Kanawha City with a successful turnout. Thankful Valley is also the vendor at the monthly Davis Park market. More pop-up markets will soon emerge at other Kanawha County worksites for the remainder of the growing season. Region 7 continues to demonstrate strong interest in Yoga and Tai Chi classes. The WV Purchasing Division completed the Back on Path and H2O Go programs. As the summer season of vacationing sizzles out, the invaluable wellness programming Pathways offers heats back up. Region 7 is a scorcher!

8 Region 8- (Mingo, Mason, Wayne, Cabell, Lincoln, Putnam): Cabell Huntington Health Dept is in the third month of Tri-Me program. In Mason County, Lakin Hospital is currently continuing a fitness class, Zumba. They also began the Back on Path program. In Putnam County, the courthouse began the dynaband program. They selected a new Worksite Coordinator, Marcie Kimberling and are scheduling participants for health coaching services. Farmers Markets are in place for Cabell Huntington Health Department. Putnam County is interested in setting up farmers markets for worksites. Lavalette Elementary will soon begin Back on Path program and a Yoga fitness class.

9 Region 9 - (Clay, Ritchie, Wood, Wirt, Jackson, Roane, Kanawha County Schools): Region 9 is enjoying a great summer! Pop up farmers markets are a great hit at worksites. The Westside Elementary and WVDRS have both hosted a pop-up style farmers market that provides fresh, healthy, and affordable produce at the worksite. Along with the market, the WVDRS had a salad lunch day (provided by the worksite) paired with the Pathways Presentation, "5 A Day: Fruits and Vegetables." WVU Ext. program has also conducted the Healthy Cooking Class with WVDRS. Feedback has been positive! The Roane County Commission participated in the "5 A Day" presentation. This topic is perfect for the warm months when produce is fresh and affordable. With school revving up, many sites have already begun requesting fitness classes, Work It Out fitness assessments and presentations. Schedule now!

Flexibility & Balance (Continued from Page 4)

Chest muscles. Standing in a corner, bring hands up to shoulder height and place against the wall on either side. Keeping hands in position, lean body forward until a stretch is felt in the front of the chest. This can also be done using a doorway, turning away from the hand that is on the wall. Problems with tripping or falling often indicate difficulty with balance. According to ACSM, an individual should be able to stand on one leg for at least 20 seconds unsupported for static (not moving) balance. Balance activities can begin with simple position shifts for individuals who already have balance issues. Shifting should take place in all directions, including angles, with

different placements of the feet. Improving balance, like improving flexibility, requires a progressive challenge. This can be done by increasing the number of repetitions or the length of a balance activity. Add movement to make the activity more dynamic, or reduce input from other senses, (e.g. by closing the eyes). Additionally, the amount of support from the arms can be progressed by using both hands, (holding onto a chair or counter top for support), then only one hand, eventually one finger, and finally no assistance. ACSM guidelines suggest such activities be done at least two days per week. A simple progression at home might be:

Weight shifts. Step side-to-side, forward and backward. Then step forward and backward at an angle.

Single leg stance. Stand next to a counter or chair for support. Stand on one leg and touch the toe of the other leg to the front, side and back. Single leg stance with movement. Stand next to a counter or chair for support. Stand on one leg and perform a partial squat. Repeat five times with each leg. This will also help with thigh strength. Alternative: turn slightly to the left, then right, moving only at the hip. Repeat five times with each leg. Other activities can also be used for flexibility and balance. Tai Chi, an activity based on martial arts, is excellent for balance because it uses multiple types of weight shifts as well as standing on one leg for short periods of time. Yoga uses different body positions and more sustained holds, thus it can also be used to improve static balance and flexibility. Pathways to Wellness can assist a worksite in locating a Tai Chi and/or Yoga instructor. If your site has not hosted a Pathways to Wellness Tai Chi or Yoga class in the past, you may be eligible to host a session of 16 classes! (Minimum participation per class is 8 PEIA/Health Plan insured members. Site must provide a room appropriate for the class. Pre-registration and eligibility verification is required.) There are numerous DVDs and other aids available for those wishing to learn one of these activities. Simple office stretches and dynaband exercise videos are available on the PEIA Pathways to Wellness website under the "Resources" tab. Click on "Access to a Healthy Lifestyle."

The Transition from Walking (Continued from Page 3)

(Wear reflective gear if running at night. Utilize trails that are public and well-utilized.) You may choose to run indoors in case of bad weather. Running with a training partner helps in keep you on track. Share your goal with friends and relatives.

Reward yourself

Besides gaining a sense of accomplishment, it may be helpful to reward yourself when you reach a new goal. A new pair of running shoes or running shorts, a beauty treatment or a healthy meal at a nice restaurant may help you look forward to your next achievement.

Remember....

Developing and sticking to a daily running routine may take time, but it gets easier with every run. Runners come in all shapes, sizes and speed, so as long as you keep running, YOU ARE A RUNNER!

Ready, set, Go!

