

# STEP INTO WELLNESS



## Diocese of Palm Beach 2018 Healthiest Employers Award Honoree



### March Walking Challenge Results

The month of March kicked off the diocesan-wide walking challenge! With fifteen teams charging towards the finish line, it was a challenge filled with competition, anticipation and vigor!!

Teams were checking in with one another and encouraging teammates to get their steps entered in order to get the taste of victory!

Leading the way for the school teams was St. Joan of Arc. The St. Joan Groovy Gators team was able to maintain a steady pace throughout the challenge and claimed the title victoriously as School Challenge Winners!!!

The second place position went to the St. Clare Heart and Sole team and third place went to the Cardinal Newman Cruising Crusaders!!

The other participating school teams included the All Saints Red Hot Chili Steppers, St. Jude Saints in Sneakers, St. Ann Angels in Action, St. John Paul Walking Warriors, St. Vincent Ferrer Holy Walkamolies, and the St. Juliana Shamrock Shufflers!

The winners of the parish teams was the St. Rita Roses! In second place was Our Lady Queen of Apostles Holy Soles, and coming in third place was the Holy Name Famers!

The other parish teams included the St. Vincent Flat Footers, St. Paul of the Cross Pace Setters, and the Catholic Charities Chargers.

The winning team will be celebrating with a healthy lunch sponsored by Delta Dental!

Of course the top winning team in both categories will receive the Walking Challenge Traveling Trophy until the next challenge!!

Great job by everyone who participated!

Keep the momentum going by participating in the **STEP IT UP** - Every Step Counts Campaign to encourage using the stairs!  
More info on page 4.



### The Benefits of Laughter

Laughter is a part of our universal language of basic emotions. Some benefits include:

- Decreased stress levels through decreased stress-hormones (cortisol and epinephrine).
- Increased health-enhancing hormones (endorphins and neurotransmitters).
- Reduced tension to help us cope and to solve problems.
- Strengthened immune system by increased activity of the natural killer cells (T-lymphocytes).
- Improved vascular function by lowering blood pressure and providing cardiovascular conditioning.
- Opportunity for personal connections during challenging circumstances.

Laughing can help rewire our mental space and improve our daily operations. The joy that laughter brings to our day-to-day can impact our creativity and our perspective. This allows us to think differently about our outlook on life.

**Creates hope.** Laughter allows you to see difficult circumstances in a new way; not so much as a threat but as a challenge by relaxing negative emotions. It's difficult to feel anxious, sad or angry when you are laughing, thereby reducing depression and anxiety.

**Creates better relationships.** Laughs are contagious, and giggles even more so. Laughter and humor helps others in our world to laugh more, creating relationships.

**Improves mood.** Laughter decreases stress levels by decreasing hormones such as cortisol and epinephrine, which reduces tension to help improve mood. This also has the benefit of improving quality of relationships.

**Creates better working environment.** Humor, smiles, laughter — are all communication opportunities that could be exchanged between employees and leadership. Laughter helps combat stress and promotes worker relaxation. This funny enough, increases efficiency and productivity.

[www.welcoa.org](http://www.welcoa.org)

April 2019

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### 2019 Health/Wellness Expo Dates

**The Employee Health and Wellness Expo Events are coming soon. Expos have been scheduled on the following dates:**

**July 25 at Cathedral of St. Ignatius Loyola from 9:30 AM - 1:30 PM**

**August 6 at All Saints School from 9:30 PM - 1:30 PM.**

**August 7 at St. Joan of Arc Sports Arena from 11:30 PM - 3:00 PM.**

**TBA at St. Anastasia Parish Hall from 11:30 AM - 3:00 PM**

**TBA at St. Helen School from 12:30 PM - 3:00 PM**

**TBA at Cardinal Newman Cafe from 1:00 PM - 4:00 PM**

## April Happenings Calendar

April 1 - 30	Alcohol Awareness Month
April 1 - 30	Oral Cancer Awareness Month
April 1 - 30	Autism Awareness Month
April 7	World Health Day
April 18	Holy Thursday
April 19	Good Friday
April 21	Easter
April 24	National Walk at Lunch Day
<b>3rd Quarter On Demand Webinar</b>	Walking for Your Health <a href="https://kvgo.com/bcbsflorida/walking">https://kvgo.com/bcbsflorida/walking</a>

### National Walk At Lunch Day

2019 marks the 13th year of National Walk@Lunch Day®, which is designed to complement—not compete with—your busy lifestyle. Created to improve personal health and decrease the costs of healthcare for employers and employees, National Walk@Lunch Day® is the start of your new daily walking routine, helping you to improve your health step by step. On **Wednesday, April 24**, local Blue Cross and Blue Shield companies, businesses large and small and state legislatures across the nation will encourage employees to wear comfortable shoes and take a walk at lunch.

Schools also are encouraged to participate in National Walk@Lunch Day® by setting personal goals for students and teachers, and incorporating walking into the school day as a first step toward long-term prevention of health problems for future generations.

**Studies have found that regular walking, particularly at a brisk pace of 3 mph, can substantially reduce the risk of developing heart disease, stroke and diabetes.** Additionally, simply performing 30 minutes of moderate physical activity at least five times a week has significant health benefits and can lower the risk of developing or dying from hypertension or type 2 diabetes, and improve the health of muscles, bones and joints.

**Join us on Wednesday, April 24 and begin walking toward a healthier you.**

**National Walk@Lunch Day®** could be the start of your new daily walking routine, helping you to improve your health, step by step.

### Benefits of Walking

When done briskly and on a regular basis, walking can:

- Decrease the risk of heart attack and type-2 diabetes
- Control weight
- Improve muscle tone
- Reduce stress

Please send photos of your group(s) to showcase your parish or school. Send to [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org)



### Cheddar Broccoli Egg Muffins

#### Ingredients

- 4 eggs
- 1 cup steamed broccoli (or frozen broccoli that's been defrosted)
- 1/2 cup sharp cheddar, shredded
- Sea salt and pepper to taste (about 1/2 tsp each)

#### Directions

1. Preheat oven to 375 degrees. Coat a 6 hole silicone muffin tin with oil.
2. Chop broccoli and place it in a bowl with the eggs and sea salt + pepper if you desire those. Whisk together.
3. Pour egg mixture into silicone muffin tins and divide cheese evenly among them.
4. Bake for 12-15 minutes, or until the eggs are set.

#### Notes

*You could sub any veggie or cheese here, but I'm particular to the cheddar broccoli combo.*

*Silicone muffin tins are perfect for these egg muffins!*

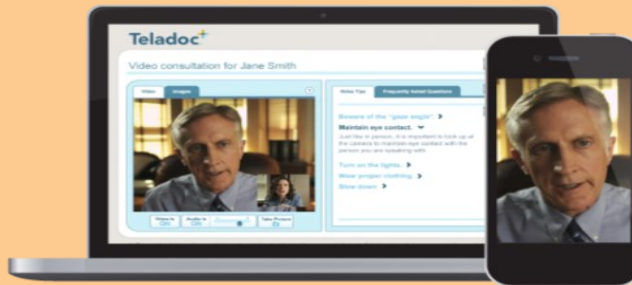
*This recipe is perfect for doubling.*

[www.fitmamarealfood.com](http://www.fitmamarealfood.com)



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## Know Your Health and Wellness Benefits!



Florida Blue   
In the pursuit of health™

Diocese of Palm Beach is providing you and your eligible dependents with 24/7/365 access to U.S. board-certified doctors and pediatricians **by phone or online video.**

### ANYTIME, ANYWHERE

Teladoc does not replace your primary care physician. It is a convenient and affordable option that allows you to talk to a doctor who can diagnose, recommend treatment and prescribe medication, when appropriate, for many of your medical issues.

### EXPERIENCE YOU CAN TRUST

Teladoc doctors are U.S. board-certified, licensed in your state and average 15 years of practice experience. With your consent, Teladoc will provide information about your consult to your primary care physician.

### TREAT MANY CONDITIONS

- Sinus problems
- Bronchitis
- Allergies
- Cold and flu symptoms
- Respiratory infection
- Ear infection
- And more

Consults are:  
**\$15**

### TAKE A DOCTOR WITH YOU!

#### Set up an account

Visit the Teladoc Website and click "set up account".

#### Provide Medical History

Log in and complete the "my medical history" tab.

#### Request a Consult

A Teladoc doctor is always just a call or click away.

**Teladoc.com**

**1-800-Teladoc (835-2362)**

## STEP IT UP - EVERY Step Counts!!



Starting in April let's join the **STEP IT UP - Every Step Counts** movement!!!!

**The Step it Up - Every Step Counts! Campaign** is based on a simple idea. Instead of taking the elevator or escalator, try taking the stairs. We often overlook this easy (and free) way to incorporate physical activity into our lives.

We know that regular physical activity is an important part of enjoying a healthy lifestyle. But it's frequently hard to be physically active when our lives are so busy.

For many of us, our natural reaction is to press the elevator button. But, just as we are thinking differently about the food we eat and changing our habits, taking the stairs should be a part of our everyday routine. Short intervals of physical activity - broken into 10 minute periods throughout the day - can contribute significantly to one's overall fitness and health.

Place "**point of decision**" signage by elevators to encourage use of the stairs.

### Why take the stairs?

- Using the stairs burns twice as many calories as walking
- Regular stair users have greater leg strength and aerobic capacity than non-climbers
- Taking the stairs is often faster than waiting for the elevator
- Two flights of stairs climbed per day can lead to a 5.9 lb. weight loss over one year
- Six flights a day can lead to an 18 lb. weight loss over one year
- Stair climbing can increase bone density and help prevent osteoporosis
- Increase your life expectancy: A Swiss study recently concluded that regular stair climbing leads to a 15% decrease in the risk of dying prematurely.
- Stair climbing is a helpful weight loss or management activity, and can also reduce blood pressure and cholesterol
- In one minute, a 150 pound person burns approximately

10 calories walking up stairs, and only 1.5 calories riding an elevator

- Walking up the stairs burns almost 5 times more calories than riding an elevator.

### Stair Climbing Health and Safety Tips

- Take your time and watch your step: you don't have to be speedy - so be safe and take your time to get to your destination.
- Breathe: stair climbing uses large lower body muscle groups and provides a great cardiovascular challenge. Steady breathing throughout your climb will provide oxygen to your muscles and help fuel them to move on.

### Tips to incorporate stair climbing into your daily routine:

- Challenge your co-workers to take the stairs.
- Start slowly: climb two flights per day at the beginning of the month and gradually increase the number of flights throughout the month.
- Step it up outside of the workplace. At the mall, take the stairs instead of the elevator or escalator.
- keep a log of how many stairs you climb - both up and down.

No matter what the pace, stair climbing is a great addition to your exercise plan. It doesn't require any special equipment. You can do it just about anywhere. It's free. And there's no need to worry about the weather.

### Levels:

- ☑ One mile (2,000 steps)
- ☑ 5K (6,200 steps)
- ☑ 10K (12,400 steps)
- ☑ Half marathon (26,200 steps)
- ☑ Marathon (52,400 steps)

Send photos to [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) of you or you and your co-workers taking the stairs for inclusion in future newsletters! Be creative, have fun!!

In other words....

**STEP IT UP!!!!!!**

