



Alive & WELL

WPS
HEALTH INSURANCE®

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Put More "YOU" in Your Community 8 Ways to Get Involved

Are you in a social rut? If every week feels like the same routine of errands, chores, and rented movies, challenge yourself to make 2010 your year of community involvement! Here are eight great ways that you can make a difference—in your own life and in the lives of others.

- 1. Volunteer.** Many organizations are struggling to find enough volunteers. Find a volunteer opportunity that matches your skills and interests at www.volunteermatch.org.
- 2. Join a book club.** Sharing ideas, thoughts, and opinions on books is a great way to learn about yourself and others. Sign up for a discount book club and save up to 60% off retail prices. Find reviews of the best ones at www.freebookclubs.com
- 3. Get active.** Contact your community recreation department for a list of seasonal activities. Many groups offer adult sport leagues, fitness programs and other activities at very little cost.
- 4. Broaden your social network.** If you're new in town, meet new people through your local chapter of the Newcomers Club. www.newcomersclub.com
- 5. Take a class.** If you have a technical college in your area, check out the class schedule. Many schools have adult continuing education classes on everything from photography to foreign language.
- 6. Donate homemade goods.** If you can knit or crochet, your homemade blankets can comfort people in hospitals and recovery centers.
- 7. Support local groups.** Explore opportunities to help out local groups such as schools, religious organizations, retirement communities, and animal shelters.
- 8. Join a food cooperative.** Co-ops support their communities by selling locally sourced organic foods. Members receive discounted prices, and in turn reap the rewards of buying healthier, more nutritious groceries.



Our Growth Issue

This issue of "Alive & Well" is all about growth. Inside you'll find articles and features that we hope will help you achieve new levels of personal, spiritual, and mental wellness—from new fitness moves to cultivating your own garden. Take care, and we'll see you again in May with more wellness-related articles and tips.

"Never doubt that a small group of thoughtful, committed citizens can change the world.



Indeed, it is the only thing that ever has." —Margaret Mead

Contributed by Emily Moenck

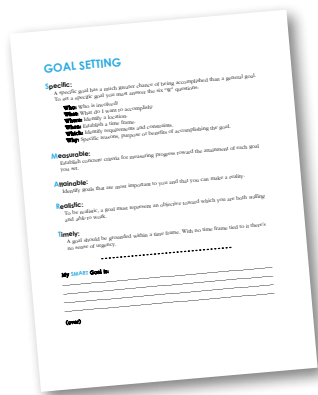
Essential Steps to Making Permanent Life Changes

The first article in this series showed you how to set goals using the SMART (specific, measurable, attainable, realistic, and timely) goal-setting form, available online at www.wpsic.com/healthcenter. Part two in the series will help you track your progress, document what steps you've taken, and create a plan to build on your success. If you have gotten a little off track, you'll also get tips on how to better stick to your plan.

PART TWO
of a Six-Part Series
on *Making Change*

Document Your Achievements for Long-Term Success

There are many methods you can use to track your progress, including exercise logs, food logs, sleep journals, stress management diaries, and calendars. Free online tracking tools are widely available. Visit the WPS Health Center at www.wpsic.com/healthcenter for links to some suggested tools.



Download a copy of this form at
www.wpsic.com/healthcenter

Use your SMART goal as a guide, and note the number of weeks that you have achieved your goal in a six-week period. Refer to the guidelines below for help staying on the path to successfully achieving your goal.

Met goal 4-6 weeks: Way to go! Now is a good time to re-evaluate your goal and challenge yourself. If you have an exercise-based goal, consider increasing the minutes of exercise per session or the frequency of workouts per week.

Met goal 2-3 times: Don't get frustrated! This may mean you set a more challenging goal, especially if you are working hard to reach it but some weeks you are falling short. **CAUTION:** This is a point in behavior change where it may seem easier to return to old behaviors. Challenge yourself to stay on track by reviewing your past weeks of achievement. Always focus on staying positive about the process.

Achieved goal 0-1 weeks: If you've been working hard each week but are still struggling to meet your goal consistently, don't give up! You are not alone; this is a very common occurrence with behavior change. This is not a failure, you simply need to review your goal and make some adjustments. You may need to reduce your goal by 50% to make it more realistic.

Remember, making lifestyle changes is not done without effort. It is important to stay positive from day to day. Enjoy the process and celebrate your daily achievements! On the days when you're struggling with your new behaviors, make this your mantra: *The process is not easy but I would rather be **making** change than thinking about making change.*

The next article in the series will focus on rewards.

Contributed by Emily Moenck

Healthy Moves

Clamshell Crunch

Starting Position

Sit on a mat and place a stability ball between your legs at your calves/ankles. While squeezing the ball in place, lie back on the floor and keep your feet just off the ground with your knees bent. Place your hands lightly behind your ears.

Action

While exhaling, simultaneously lift your shoulders off the ground and your knees into your chest to perform a double crunch. Slowly return to the start to complete one rep.

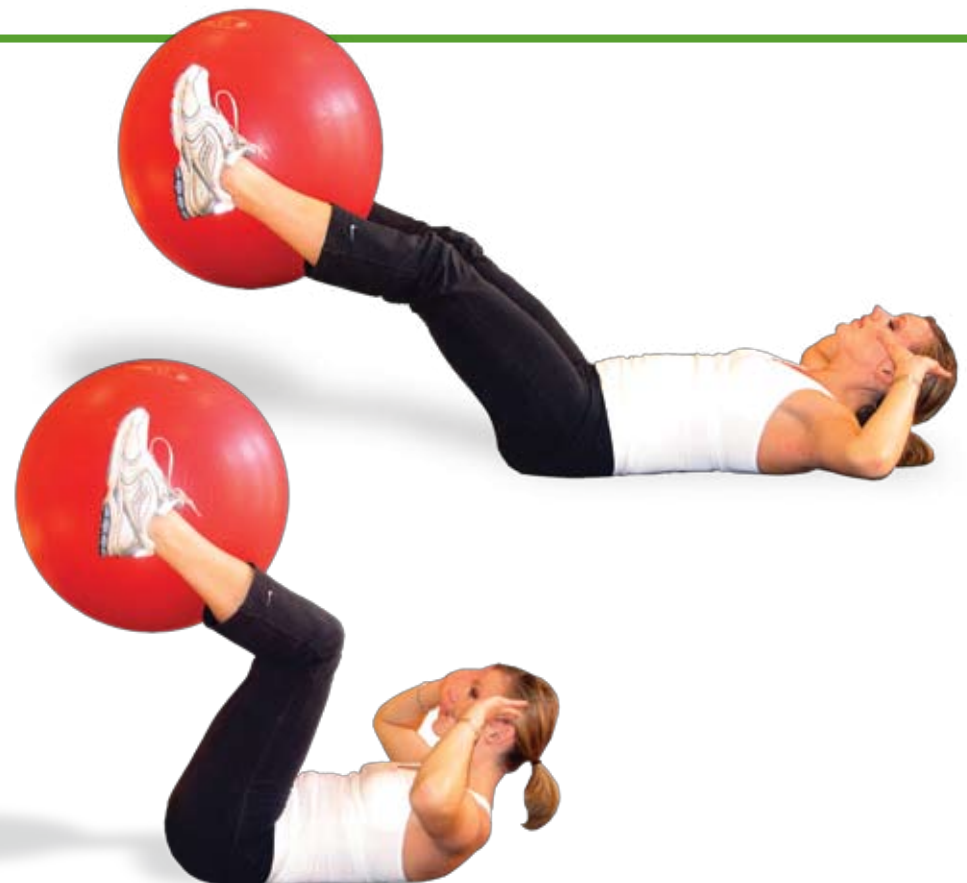
Trainer's Instructions

Make sure your lower back stays connected with the floor and your abs are contracted.

Do not let momentum swing your knees up; use control.

Lower back and core training are essential for a taut midsection and crucial to maintaining proper posture and preventing lower back injuries.

Contributed by and featuring Ashley Goddard



Consult with a physician before starting any exercise program.

Reap the Benefits of Gardening

Growing your own fruits and vegetables can be a tremendously rewarding experience, for the newbie as well as the seasoned green thumb. In addition to providing you with fresh, delicious produce, working in the garden can also help you reduce stress, burn calories, or even be a source of extra income. Gardening can also be a way to provide for or share with others, and a means to introduce new foods into your diet.

The most important elements of a successful garden are adequate sunshine (six to eight hours a day), loose fertile soil, water, and planning. Taking some time to lay out your garden on paper before getting your hands dirty will help you get the most out of your space. A bountiful garden doesn't necessarily require acres and acres of farmland. Even if all you have is small concrete patio or a city rooftop, it's possible to create a flourishing garden with lots of variety.

In most Wisconsin gardens you're likely to find tomatoes, lettuce, cabbage, beans, onions, peas, and cucumbers. These crops are proven performers in our notoriously short growing season. Less common but still great additions to the Midwest garden include eggplant, Swiss chard, rutabaga (a Swedish relative of the turnip), leeks, cauliflower, Brussels sprouts, broccoli, artichokes, and spinach. It's your garden, get creative!

You can also think beyond the current growing season and plant perennials that will keep producing year after year. Blueberries, raspberries, blackberries, strawberries, rhubarb, asparagus, and grapes are all good choices for this climate. If you have the space, fruit trees such as apple, pear, peach, and cherry; or nut trees including walnut, hickory nut, almond, and hazelnut, can be excellent additions to your garden plans.

Your garden can be built up over the years as you gain experience and your plants start producing. There are many books available to help you plan and cultivate your garden. Check some out today and by spring you'll be ready to start planting.

Contributed by Ashley Goddard

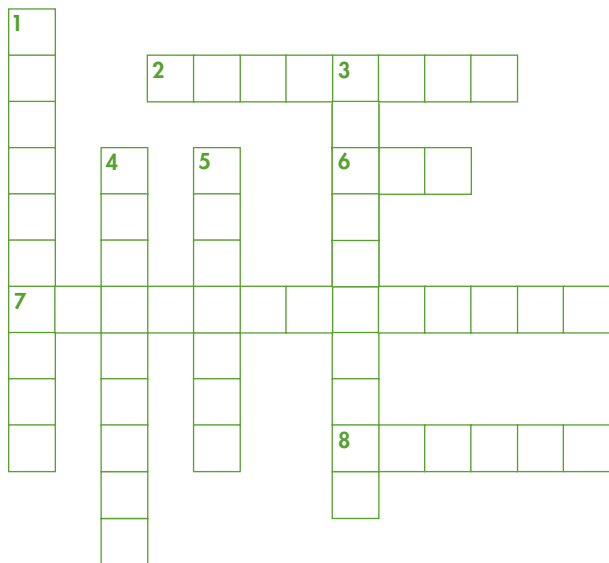
Tips for gardening in small spaces

- Many plant varieties are specifically designed for containers. There are many books and other resources available to help you plan a fantastic container garden.
- Grow potatoes inside a stack of tires filled with dirt. Start with one tire and add more as the plants grow. Remove the tires one by one to harvest your crop.
- Coordinate with neighbors so you can each plant different crops and share your harvest.



Crossword Puzzle

You'll find hints to help you solve the puzzle in this issue's "Alive & Well" articles.



ACROSS

- 2** Focus on having a positive attitude when you're working on changing this.
- 6** Use this to track your progress when changing behavior.
- 7** Piece of exercise equipment used to perform the clamshell crunch.
- 8** The process of making change is not done without _____.

DOWN

- 1** The bread that keeps on giving.
- 3** A way to increase your community involvement.
- 4** These Swedish turnips are a great addition to any garden.
- 5** The process of behavior change is not easy but I'd rather be _____ change than thinking about making change.

Contributed by Sarah Wood

AMISH FRIENDSHIP BREAD

This sweet-tasting bread is well worth the 10 days it takes to make. It's also a fun way to bond with friends by sharing loaves of bread baked in different kitchens that all began from the same bowl of simple ingredients. Amish Friendship Bread is made from a starter recipe, which creates enough make bread for yourself, plus extra to share with three people.

Bread Starter

Use only plastic or wooden utensils and plastic or glass containers when making the starter. Metal can spoil the fermentation process and kill the yeast.

Ingredients

1 pkg. active dry yeast	1 cup white sugar
1/4 cup warm water (110° F)	1 cup all-purpose flour
1 cup warm milk (110° F)	

Directions

1. In a small bowl, dissolve the yeast in warm water for about 10 minutes. Stir well.
2. In a 2-quart glass or plastic container, combine 1 cup sifted flour and 1 cup sugar. Mix thoroughly or the flour will get lumpy when you add the milk.
3. Slowly stir in warm milk and dissolved yeast mixture. Loosely cover the mixture with a lid or plastic wrap. The mixture will get bubbly. Consider this Day 1 of the cycle, or the day you receive the starter.

For the next 10 days handle starter according to the instructions below for Amish Friendship Bread.

Day 1: Receive the starter (the recipe for the starter is above)

Days 2, 3, 4: Stir

Day 5: Add 1 cup each flour, sugar, and milk.

Days 6, 7, 8, 9: Stir

Day 10: Add 1 cup flour, 1 cup sugar, and 1 cup milk. Divide among 4 containers, with 1 cup each for three of your friends and 1 cup for your own loaves. Give friends the instructions for Day 1 through Day 10 and the recipe for baking the bread.

After removing the 3 cups of batter, combine remaining cup of Amish Friendship Bread starter with the following ingredients in a large bowl:

2/3 cup oil	3 eggs
1/2 teaspoon salt	1 teaspoon vanilla
1 to 1-1/2 teaspoon cinnamon	1 cup sugar
1-1/4 teaspoon baking powder	2 cups flour
1/2 teaspoon baking soda	

Beat the batter with a fork until well-blended. Add 1 cup raisins and 1 cup nuts (optional).

Grease two loaf pans with butter and sprinkle with sugar instead of flour.

Bake at 325° F for 45 minutes to 1 hour. Allow to cool 10 minutes, remove from pans. Makes two loaves.

Contributed by Sarah Wood

HEALTH ACTION CENTER

Visit the WPS Health Center and take a more active role in your health. Search the Healthwise Knowledgebase to find answers to your health questions, use our interactive symptom checker when you have an illness or injury, and get tips for living a healthier lifestyle. Every topic is reviewed by medical experts and based on the most reliable, up-to-date information.

Below, we've highlighted some tools and resources on the Healthwise Knowledgebase to get you started. Just visit the WPS Health Center at www.wpsic.com to access the links.

Having side effects from medicine?

If your medicine is making you feel bad, talk with your doctor. You may be able to take a different medicine or a lower dose. **Visit the Health Center at www.wpsic.com to learn more about what to do.**

Taking medicines as prescribed

Medicines can only help if you take them as prescribed. If you're having trouble taking your medicines, it may help to understand why it's important to take them and why you're having trouble. **Visit the Health Center at www.wpsic.com for some helpful tips for tips on sticking with your prescription.**

Tips to keep track of medicines

If you take several medicines, it may be hard to remember what to take and when to take it. If you have several health problems, you may see different doctors who may not be aware of all the medicines you take. Having a medicine planner and a master list of your medicines will help you keep track and help your doctor manage your medicines. **Visit the Health Center at www.wpsic.com for more tips on managing medicines.**



Meet the WPS Wellness Team



JEFF HLAVACKA, senior coordinator of preventive health services

Jeff graduated from University of Wisconsin Oshkosh, earning his Bachelor of Science degree in exercise physiology with minors in health education and sports coaching. Jeff holds certifications in personal training, group exercise, tobacco cessation, and worksite wellness management.



ASHLEY GODDARD, health promotion specialist

Ashley has a bachelor's degree in health promotion from the University of Wisconsin-Platteville with a minor in psychology. Her education helps her understand the many factors that determine a person's overall health. Ashley also has experience teaching group fitness classes, as well as coaching adults in a wellness setting.



EMILY MOENCK, health promotion specialist

Emily graduated from the University of Wisconsin-Stevens Point with a bachelor's degree in health promotion and wellness, with a minor in safety and health protection. Before joining WPS, Emily spent four years with Kohler Co. working on occupational safety and wellness initiatives. She is also a certified American Lung Association Freedom from Smoking facilitator.



SARAH WOOD, health promotion specialist

Sarah graduated from the University of Wisconsin-Milwaukee with a bachelor's degree in kinesiology and a submajor in exercise and fitness. She received her wellness coach certificate from the Health for Life Institute, and is also certified in ACE group exercise, Turbo Kick, PiYo™, and yoga.

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