



Alive & WELL



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Letterboxing: The Original Treasure Hunt

What hobby combines navigational skills, exploring new areas, and enjoying the outdoors while spending quality time with your friends or family? A pastime called letterboxing!

Letterboxing originated in Dartmoor, England in the 19th century. It caught on in the U.S. in 1998 after an article about the pastime ran in Smithsonian magazine. Letterboxing is a fun way for you and your family to explore parks, forests, and cities around the world in search of "treasure." A wide variety of adventures can be found to suit all ages and experience levels.

Participants, also known as letterboxers, seek out hidden letterboxes by cracking codes and following clues. The treasure inside each letterbox is a unique hand-carved or conventional rubber stamp. Each rubber stamp is different and has meaning to the person who put the letterbox together. Letterboxes are traditionally hidden in public areas and hold the special stamp and a small notepad in a plastic container.

Letterboxers use the stamp to record their discoveries in a personal journal or log book, and use their own rubber stamp, called a signature stamp, to stamp into the log book found with the letterbox. The letterboxer then reseals the box, replaces it in its hiding place, and heads off to explore a new territory in search of another letterbox.

You can find clues to hidden letterboxes on several Web sites. Some letterboxes, however, can only be found by clues passed by word of mouth. There are over 20,000 letterboxes hidden in North America.

Once you're fully equipped to start your journey, you'll need to choose your destination and pick a clue to find a letterbox.

Must-Haves for a Successful Exploration

- Trail name:** Your special letterboxing identity can be as simple or as creative as you'd like, although for safety reasons you may not want to use your real name.
- Rubber stamp:** The image on your stamp should be something meaningful. Each family member can have a unique stamp or the whole family can share one.
- Pencil or pen:** Used to record your trail name and date next to your stamp in the letterbox log book.
- Small sketch book:** Your personal log book where you stamp imprints of the stamp in the letterbox.
- Ink pad or brush markers:** At a minimum you should carry one ink pad or brush marker.
- Clues:** The primary Web site for letterboxing clues is www.letterboxing.org. Another popular site is www.atlasquest.com.
- Compass:** Many letterbox clues reference compass bearings, so a basic compass can come in handy on searches.

Learn More about Letterboxing

www.letterboxing.org
www.letterboxing.info
www.atlasquest.com
<http://groups.yahoo.com/group/newboxers/>

Contributed by Sarah Wood

Our Explore Issue

This issue of "Alive & Well" is all about exploring. Inside you'll find articles and features that we hope will help you achieve new levels of personal, spiritual, and mental wellness—from fun family activities to healthy dessert recipes. Take care, and we'll see you again in July with more wellness-related articles and tips.

Seeking Family Fun? Take a Tour!

With the weather getting nicer your family is likely eager get out of the house—or out of town—for a little adventure. Taking tours is a great way to get a little exercise and learn something at the same time. Here are a few suggestions of attractions that can make for a fun spring outing:

Lighthouses	Caves	Rivers and lakes
Greenhouses	Bluffs	Historical sites
Mansions	Hills	Old railroad tracks
Zoos	Towers	State or national
Museums	Covered bridges	forests

To find specific attractions to explore with your family, check out these Web sites:

www.discoverwisconsin.com
www.thingstodo.com/states/WI/index.htm
www.explorewisconsin.com
www.lighthousefriends.com/wi.html

With all Wisconsin has to offer, you're sure to find the perfect adventure for your family. Hope to see you out there!

Submitted By Ashley Goddard



Essential Steps to Making Permanent Life Changes

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

We have reached the halfway point in our six-part series on making life changes. For part three, we'll take a look at setting up a reward system. Now that you have a solid goal and you're tracking your progress, it's time to determine how you will reward yourself for your achievements. Positive reinforcement—receiving a reward or reinforcement for a desired behavior—is proven to change behavior and attitude, and can help you achieve permanent life change. Here are some ways you can use positive reinforcement to your advantage.

The type of rewards you choose to reinforce your new behavior is important. If your goal is weight loss, for example, celebrating with ice cream may be counter-productive. Choose something that will make you feel rewarded, but won't compromise your progress.

Also, consider your motivation when choosing your rewards. Common motivators for weight loss are better health, to have more energy, or increased satisfaction with your physical appearance. Try to choose rewards that satisfy your various motivators.



Now that you have an idea of what your rewards should be, let's look at when they should occur. Many people set long-term rewards but don't think about setting short-term rewards. A person trying to quit using tobacco, for example, might set a long-term goal of taking a trip after being tobacco-free for one year. While long-term rewards are very important, they may seem too far out of reach to motivate you on the very challenging days. Frequent short-term rewards can help keep you going through the difficult times.

Creating your positive reinforcement strategies list is essential to achieving success when making behavior change. Follow the steps outlined to the right to create your list:

Step 1: What do I need to do to be rewarded?

Some suggestions are:

- Achieve your goal for one week
- Get through a very stressful work day and do not return to old eating habits
- Go to an event where you formerly used tobacco products and do not use them

Step 2: How frequently do I want to reward myself?

Some suggestions are:

- When you achieve a milestone (big or small)
- When you overcome an obstacle that has “derailed” you in the past
- When you reach a certain number of days (1, 7, 10, 60, 90...)

Step 3: What do I want to use for rewards/recognition?

Some suggestions are:

- Coordinate a movie night with friends
- Purchase new music for my MP3 player
- Write a letter to yourself, praising the success you have achieved so far
- Treat yourself to a massage, manicure, or pedicure

The next article in the series will focus on creating a support system!

Contributed by Emily Moenck

Healthy Moves

Single-Leg Squat

It's very common for one side of your body to be stronger than the other. When you perform a traditional squat using both legs, the stronger leg will compensate for the weaker leg so you may not notice if you have a dominant side. By focusing on one side at a time, however, you can identify your weak side and work to strengthen it.

Starting Position:

Keeping your chest up at all times, balance on one leg and extend your other leg behind you. If you feel wobbly, use a wall, chair, or other stationary object for support. You can also keep both feet touching the floor, but shift most of your weight onto one leg.

Movement:

Lower yourself carefully by bending at the hips and knees as if you were going to sit in a chair. Keep your hips facing forward and your weight in the heel of your supporting leg as you squat. Hold for two seconds. Keep your knee tracking straight at all times and return to the top.

Tips:

- Keep your heel down.
- Move slowly and focus on a point in front of you to help with your balance.
- Make sure your back is flat in order to keep proper alignment with the spine and to keep the focus on your quadriceps.
- Add dumbbells, medicine balls, or perform on a balance disc for more of a challenge.

To balance the strength in your legs continue to perform single-leg work on a regular basis. Add an extra set of 8-12 repetitions on your weak leg.

Contributed by and featuring Ashley Goddard



Consult with a physician before starting any exercise program.

5 Exercise Trends to Try

Whether you are looking for a new piece of exercise equipment for home or want to try something different at the gym, here are some new items that might help you keep things interesting.

TRX Suspension Trainer

Developed by a U.S. Navy seal, the TRX Suspension Trainer is portable and versatile. It allows people of all strength and skill levels to safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries. It can be used in small spaces, outdoors, or in a gym. The TRX Suspension Trainer can be hooked to a tree, pole, ceiling, or back of a door. Kits range in price from \$180-\$200. Go to www.fitnessanywhere.com for more information.



BOSU Balance Trainer

The BOSU balance trainer can be used for cardio step work, lunges, push-ups, squats, balance, and core work on either side of the trainer (flat or dome). Many fitness clubs offer classes using the BOSU or it can be a great add-on to your current routine. Balancing on the device activates your smaller muscles and makes the exercise more challenging. Home models are around \$100 and professional models are around \$120. Go to www.bosu.com for more information.

Weight Vest

The heavier you are, the harder your body has to work to perform an activity. You can use this fact to your advantage by adding a weighted vest to your walks, elliptical work, lunges, squats, and push-ups. Some people have limitations hanging onto weight with their hands so the vest can be a great alternative. Most vests are adjustable in one pound increments, all the way up to 80 pounds. Be sure to get the right size vest based on your body size for a snug fit. Start adding weight slowly to get accustomed to it. Be sure that the weight is distributed evenly across the front and in back of the vest for ergonomic and safety reasons. Vests can be purchased from most sporting goods stores and range in price from \$40-\$225, depending on weight and size.



Kettlebells

Kettlebells have been around since the 1700s, but are seeing a rise in popularity. Studies from the American Council of Exercise show that including them into your workout helps focus on cardio and strength at the same time. Kettlebells range from 10 to 100 pounds and can be used to perform squats, deadlifts, rotational movement, rows, arm swings, and much more. Kettlebell-only gyms and classes are becoming more popular and you can also find home workout DVDs that feature kettlebells. Kettlebells range from \$25-\$150 each depending on weight, and can be found in most sporting goods stores.

Foam Rollers

Your fitness routine can include more than just resistance and cardio equipment. Foam rollers can improve flexibility, circulation, and postural alignment by kneading out the knots in your muscles. They are based on a type of massage called myofascial release. Foam rollers come in many sizes, shapes, and densities to accommodate various needs. Not only does it provide a way to improve your flexibility but serves as a core conditioning method. Lawrence Biscontini's DVD, *Total Conditioning on the Foam Roller*, is a great guide. Foam rollers range in price from \$7 to \$40 depending on size and density.



Contributed by Ashley Goddard

WORLD-CLASS DESSERTS

It's easy to get into a cooking rut, rotating the same several recipes over and over again. In support of this issue's "Explore" theme, we went in search of dessert recipes that are delicious, low in calories, and easy to make. Each one is inspired by a different ethnic cuisine. Frozen Cinco de Mayo dessert, featured below, is a loose interpretation of the Mexican flag.

Frozen Cinco de Mayo Dessert

Ingredients

- 61 vanilla wafers, divided
- 1 cup sweetened coconut, toasted
- 1/2 cup almonds, toasted, finely chopped
- 1/2 cup (1 stick) butter or margarine, melted
- 1 qt. (4 cups) lime sherbet, softened
- 1 qt. (4 cups) orange sherbet, softened
- 1 qt. (4 cups) raspberry sherbet, softened

Directions

PREHEAT oven to 350°F. Finely crush 37 of the wafers. Mix wafer crumbs, coconut, almonds and butter until well blended. Press firmly onto bottom of 13x9-inch baking pan. Bake 8 to 10 min. or until lightly browned; cool.

SPREAD layers of each of the different flavored sherbets over cooled crust, freezing each layer until firm before topping with the next layer.

FREEZE at least 4 hours. Remove from freezer about 10 min. before serving; let stand at room temperature to soften slightly. Cut into 24 squares. Top each with 1 of the remaining 24 wafers just before serving. Store any leftover dessert in freezer.

How to Toast Coconut

Toasting coconut is easy. Just spread coconut evenly in a shallow baking pan. Bake at 350°F for 7 to 10 min. or until lightly browned, stirring frequently. Or, spread in microwaveable pie plate. Microwave on HIGH 3 min. or until lightly browned, stirring every minute. Watch carefully as coconut can easily burn!

Nutritional Information

Per Serving

Calories	230	Sugars	30 g
Total fat	10 g	Protein	2 g
Saturated fat	5 g	Vitamin A	4 % DV
Cholesterol	15 mg	Vitamin C	2 % DV
Sodium	160 mg	Calcium	4 % DV
Carbohydrate	35 g	Iron	2 % DV
Dietary fiber	1 g		

More recipes online at www.wpsic.com!

Click on the Health Center link and go to the *Alive & Well* page.

Warm Fruity Rice Pudding (Chinese)

Tea Party "Petit Fours" (French)

Chocolate Almond Biscotti (Italian)

Warm Berry Peach Cobbler (American)

All featured recipes by Kraft

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.

June 6-12 is National Headache Awareness Week. Below, we've highlighted some tools and resources on the Healthwise Knowledgebase about the common headache. Just visit the WPS Health Center at www.wpsic.com to access the links.

Treat Your Headache Right

When you have a headache, maybe all you want to do is ... nothing. You don't have to take it lying down. You can actively manage a headache in many different ways so that it hurts less. You can even do things that may help prevent a headache from coming back. **Visit the Health Center at www.wpsic.com for some helpful tips on managing headaches.**

Rx For Your Head

If you've tried over-the-counter medicines for your tension headaches and they don't seem to work for you, your doctor may suggest trying a prescription medicine. What to do? Get the facts. Weigh your options. Then decide what's right for you. **Visit the Health Center at www.wpsic.com for help understanding your headache treatment options.**

Migraines: Identifying and Avoiding Triggers

The best way to manage migraine headaches is to avoid them. By identifying and avoiding migraine triggers, you can help reduce the frequency and severity of attacks. While some triggers may be out of your control, others are easily avoidable. **Visit the Health Center at www.wpsic.com for a wealth of information on migraines, all in one convenient place.** Access a variety of helpful online headache-related Actionsets, including:



- Identify your migraine triggers in a headache diary
- Get regular sleep and activity
- Eat regularly, and do not eat foods that are likely to trigger a migraine
- Manage stress
- Avoid smoking and secondhand smoke

We Want to Hear from You

We value your feedback and suggestions. How can we improve the *Alive & Well* newsletter? If you have questions, comments, or suggestions, please email Jeff Hlavacka, senior coordinator of preventive health services, at jeff.hlavacka@wpsic.com.

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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