

Mark Your Calendars
UPCOMING EVENTS



Remember: AEDD/CLS will reimburse up to \$30 for participation in community health & fitness events (4/year). Below are some events that will take place in the coming months. Please contact Roger at (501) 801-3635 for details .

Fight for Air Climb

WHEN: MARCH 12, 2016 8:00 AM
WHERE: Simmons Tower | Little Rock

Fight for Air Climb is one of the signature fundraising events of the American Lung Association. The Climbs are held in prominent skyscrapers and buildings across the country, giving participants the opportunity to join together with friends, family and co-workers as they climb the stairs of the building to the top! The Climb has been taking place for more than a decade and has raised more than \$40 million to support the mission of the American Lung Association.

Glo Run: Classic Fun Run

WHEN: March 11, 2016
WHERE: Tournament Drive
North Little Rock, AR US 72118

This is their famous untimed fun run for those that want to take a selfie in front of everything. Registration includes race entrance, T shirt, Super Glo Necklaces, & Finish Line Party. Proceeds benefit Ronald McDonald House Charities of Arkansas. For more information, go to <http://theglorun.com/littlerock/>

Little Rock Marathon

WHEN: March 16, 2016 7:00am
WHERE: 500 West Markham St.
Little Rock, AR 72201

Celebrate the 14th Anniversary of the Little Rock Marathon, Half Marathon, 10K, 5K, and Kids Run on March 5-6, 2016! One bodacious race with the world's largest finisher's medal. We love walkers. 8-hour time limit. Tons of volunteers with loads of southern hospitality. A race with personality! The Little Rock Marathon and Half Marathon are a running and walking tour through the scenic streets of Arkansas' capital city.



**105 E. ROOSEVELT RD.
LITTLE ROCK, AR 72206**



LIVING WELL
employee wellness program

Please let me know what you'd like to read about. Please send photos of you and your coworkers doing wellness activities.

Send to: roger.decker@aeddinc.org

This is for entertainment and informational purposes and is not intended as medical advice.

Bravo Wellness Screenings are coming up soon



Our Bravo Wellness Screening will take place on May 12th & 13th. Please take a look at the chart below and notice that some of our goals have changed. Blood pressure changed from 130/85 to 125/85. LDL cholesterol changed from 130 to 125.

AEDD expects that there may be a significant increase in health insurance premiums this coming year. If so, it's possible we will have to change the employee premium that you're responsible for from 20% to 25% - before Bravo points are applied. Meeting the below goals will decrease the premium amount you are responsible for. Start working on those goals now!

2016 AEDD'S GOALS AND POINT VALUES			
HEALTH SCREENING TESTS	2016 GOALS	2016 ALTERNATIVE GOALS	2016 POINT VALUES
Body Mass Index (kg/m ²)	≤ 28.0	10% Weight reduction since last screening (as long as it was 6+ months ago)	2
Blood Pressure (mmHg)	≤ 125/85	Marked Improvement. Example: If your 2015 screening result for LDL was 170 (Level III), you would need to either improve your LDL into the Level II range of 131-159 – OR – achieve the goal of ≤ 125 at the 2016 screening.	1
LDL Cholesterol (mg/dL)	≤ 125		1
Tobacco/Nicotine	Negative	Contact Bravo Wellness	1

In our newsletter and on our Facebook page, <https://www.facebook.com/groups/livingwellaedd> you can find articles and tips on how to improve blood pressure and cholesterol, recipes for healthy low-cal snacks, weight loss tips, workout plans and much more. We have a little over two months before our wellness screenings. Your body can do some pretty amazing things in a short amount of time if you treat it right! So, let's get started! It's not too early to start preparing for your upcoming wellness screening. Those that have participated in the Biggest loser and lost weight are already on the right track. For everyone else, now is the time to make a plan to reach the top of the mountain- **BETTER HEALTH & FREE INDIVIDUAL INSURANCE!** If you would like assistance with trying to lose weight, lower your blood pressure or improve your cholesterol, call Roger 801.3635 to set an appointment.



**Our Bravo Wellness Screening dates are May 12th and 13th!
Registration will open mid-April. To register, go to bravowell.com/aedd**

March is Workplace Eye Wellness Month

Whether you spend hours in front of a computer or use power tools at your day job, it is always important to keep eye health and safety in mind as the gift of sight is irreplaceable.

With more and more individuals depending on technology to accomplish tasks throughout the day, the risk of eye strain and its effects on vision become greater. All of this screen time can result in computer vision syndrome. Computer vision syndrome is a group of eye and vision-related problems that result from prolonged computer use. Symptoms can range from eye twitching to physical fatigue.

There are some things that you can do to prevent computer vision syndrome if you do spend a large portion of your day in front of a computer screen.

Utilize the 20/20/20 Rule

Take a 20 second break every 20 minutes and focus your vision on something that is 20 feet away.

Remember to blink

When working on a computer or any other electronic device for an extended amount of time, you tend to blink less often. It's important that you do remember to blink, however, because blinking keeps your eyes moist, preventing dry eye from occurring.

Regular eye exams

The first step in preventing computer vision syndrome is to schedule a regular eye examination with your doctor. Eye exams are a great way to keep tabs on your eye health. Be sure to tell your eye doctor if you use electronic devices as part of your daily work routine.

Use PPE

If your job requires the use of heavy machinery, be sure to remember safety glasses. All it takes is a tiny sliver of metal, a particle of dust or a splash of chemical to cause significant and even permanent eye damage.



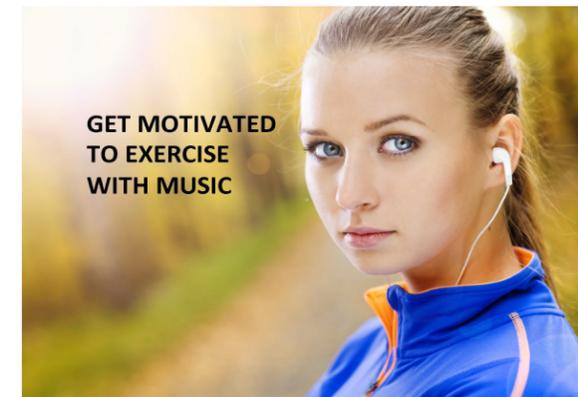
How Music Can Enhance Your Workout

It's not rocket science; music fuels your workouts. Music also:

- Changes the heart rate
- Affects blood pressure
- Changes the metabolic rate
- Reduces physical and mental stress
- Reduces fatigue

All of these things aid the flow of energy in the human body.

The sound waves of music enter your ears and turns into pulses or vibrations, which travel to the nerves in the brain. The pulses influence the brain, which translates to the body's movement.



The Top 10 Workout Songs for 2016



21 Pilots -Heavydirtysoul-130 BPM

Zara Larsson-Lush Life-99 BPM

The Chainsmokers & ROZES-Roses (The Him Remix)-122 BPM

Diplo & Sleepy Tom -Be Right There-126 BPM

Sigala-Easy Love-124 BPM

Taylor Swift-Wildest Dreams (R3HAB Remix)-130 BPM

The Weeknd-The Hills (Daniel Ennis Remix)-126 BPM

David Guetta, Sia & Fetty Wap-Bang My Head-108 BPM

Selena Gomez -Same Old Love (Borgore Remix)-110 BPM

Demi Lovato-Confident (The Alias Remix)-130 BPM

WEIGHT LOSS TIPS FROM JILLIAN MICHAELS



Be an 80/20 eater

"Make 80 percent of the food you eat healthy and take 20 percent of your daily calories and make them fun." Otherwise, Jillian says, you'll feel deprived—and more tempted to go off the deep end.

Scout out lunch spots near the office

"Make a 'slim lunch options' book of all the takeout places in your area where you know there'll be healthy things to eat.

Fill up before parties

"Eat a filling, healthy snack before you leave home. And take a healthy dish so it's like you're contributing, but you're also covered with something healthy you can eat!"

Eat citrus every day

"Vitamin C inhibits the production of cortisol, a hormone that essentially tells your body, 'Store fat.'

Clean out your pantry

"Dump everything you have that contains trans fats, artificial sweeteners, and high-fructose corn syrup."

Information from www.health.com

Heart Healthy Recipe of the Month -

Sour Patch Grapes

These are great for when you get the munchies at work. The best part of this snack is that even if you eat them all it is still 90 calories less than a Snickers bar!

Nutrition Facts

Servings Per Recipe: 1	
Serving Size: 1 serving	
Amount Per Serving	
Calories	160.0
Total Fat	1.8 g
Saturated Fat	0.6 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	0.0 g
Cholesterol	0.0 mg
Sodium	266.4 mg
Potassium	352.0 mg
Total Carbohydrate	56.8 g
Dietary Fiber	3.2 g
Sugars	30.0 g
Protein	6.2 g

Minutes to Prepare: 2

Number of Servings: 1

Ingredients

2 cups of grapes

1 pkg. any flavor sugar-free JELLO

Directions

Remove grape stems and wash.

Do not dry them.

Put into a plastic storage bag.

Sprinkle dry Jello mix into bag.

Shake the bag, then freeze.

Enjoy!!!

