



○ E-Newsletter | ○ FALL 2021

Wellness focus

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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*Train people well enough, so they can leave;
treat them well enough so they don't want to.*
Sir Richard Branson

REMOTE RESET *WH Mag 2/2021*

As remote work is considered to be more of the norm, an ergonomic setting is much needed. Karen E. Loesing, owner of The Ergonomic Expert says the key to a happier “Work From Home” (WFH) is making it efficient and comfy. Here are some tips

- › **Sitting and Standing Desks:** Your arms should be 90-degrees with elbows level with desktop. An adjustable desk is ideal, moving between sitting and standing.
- › **Chairs:** While sitting, your legs should be at a 90-degree angle with feet flat on the ground, keeping the blood flowing and your feet from falling asleep. Find a chair with adjustable padding that can slide up or down to meet your achy spots. Be sure to stretch throughout the day.
- › **Keyboard:** Place the keyboard near the edge of the desk, so you are not putting strain on your upper body. The angle of the keyboard is also “key”, putting pressure on the carpal tunnel area of your hands is not healthy.
- › **Lighting:** An ideal setting is having a desk lamp which allows the light to hit exactly where you need it to reduce eyestrain. Place it 12 to 16 inches from your screen to eliminate glare. Try to place your workstation next to a window, not behind you.
- › **Display:** The top of your screen should be three or four inches above your head. Easy way to measure, open Google search and if the logo meets you head on, you’re at a perfect setup. If using two screens, put the main one in front of you and the second monitor slightly off to the side on a riser.



CARDIO OR STRENGTH TRAINING, WHICH SHOULD I DO FIRST? WH 2/2021

A tight schedule may mean squeezing in both lifting and running. Dr. Jimmy Bagley, PhD, an associate professor of kinesiology at San Francisco State suggests this order of operation:

TRYING TO GET STRONGER, LIFT FIRST

“Cardio activates an enzyme that tells muscles to slow their roll in the name of conserving energy – not ideal if you wanna make the most of your lifts. Nail your sesh, then follow with a low-impact form of cardio, like elliptical or bike.”

IF YOU WANT A PERSONAL RECORD, RUN FIRST

“Your priority workout should come first – you don’t want to start your run tired! Plus, in this case, you’re not lifting to build muscle, you’re lifting to move well and prevent injury, and you can do that after you’ve logged some miles.”



TRAIN YOUR BRAIN

WH 4/2021

We all hear about making time to workout, but how about a mental health workout. It is a thing, “Our culture encourages us to wait until things are falling apart to seek support for mental health issues,” says Emily Anhalt, PsyD, Coa co-founder and chief clinical officer. “But that’s like waiting until you’re diagnosed with early signs of heart disease to do cardio.” Here are some mental health warm-ups:

EXPRESS YOUR EMOTIONAL NEEDS.

“Community is crucial when the bad stuff creeps in, but you need to water it regularly.” Take the time to think of something a friend can do for you to support you this week and actually complete the hardest part, ask them. Describing

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Virgin Pulse platform under Benefits > COVID-19 Vaccination.



The last 2021 VIRGIN PULSE QUARTER is upon us and expires early December, so be sure to get your POINTS & REWARDS!

Virgin Pulse

your feelings is key...You have to walk the walk. An idea to use, would be, ‘Would you like to go for a walk with me? Lately, I have been feeling a little stir-crazy.’ And, don’t forget to return the favor.

BE CREATIVE WITH COMMUNICATION SHORTCUTS

Interaction that is clear and definite can take a load off your brain. Emily Anhalt recommends within your group of friends or co-workers, create a emoji code. An example being, a cactus emoji represents a prickly subject and the big eyes depicts seeing what hard work you are doing.

CREATE A “START, STOP, AND CONTINUE” LIST

Start reflecting on things you can do to better your brain space. For example, when anxious take breathing breaks. *Stop* one thing you are doing, like apologizing for things you shouldn’t be sorry for. And, continue one thing, for example celebrating a small win everyday. Be sure to revisit your list, then adjust items as needed.



HEALTH & WELLNESS SAVE THE DATES

RECEIVE VIRGIN PULSE POINTS FOR ATTENDING LUNCH & LEARN WEBINARS. JOIN US VIRTUALLY AT THE HEALTH FAIR...CHECK THE INTRANET SCENE FOR MORE HEALTH & WELLNESS INFORMATION.

DATE	ACTIVITY
September 28 th	Mammovan Ohio Building
October 1 st	Virgin Pulse Challenge
October 1 st	Flu Shots CCAG Bath
October 5 th	Flu Shots SummitFit North Fitness Facility
October 5 th	Lunch & Learn OIT
October 8 th	Flu Shots CCAG Green
October 10 th – 16 th	Virgin Pulse Monthly Challenge
October 14 th	Lunch & Learn County & City of Akron
October 15 th	Flu Shots CCAG Stow
October 19 th	Mammovan Tallmadge Avenue
October 19 th	Flu Shots Russell M. Pry Building
October 19 th	Lunch & Learn Autism Society of Greater Akron
October 21 st	Mammovan Russell M. Pry Building
October 27 th	Flu Shots Engineers
October 29 th	Mammovan Ohio Building
October 29 th	Flu Shots SummitFit North Fitness Facility
November 3 rd	Lunch & Learn OPERS
November 8 th	Virgin Pulse Challenge
November 9 th	Lunch & Learn EASE@Work
November 17 th	Lunch & Learn Insight Financial Associates
November 18 th	Virgin Pulse Corporate Challenge
December 7 th – 8 th	Lunch & Learn Mini Series

Stay connected: **Health & Wellness Google Calendar.**

LOCAL ACTIVITIES

Find activities to do around town from the Hiking Spree with Summit Metro Parks to Story Time with the Akron-Summit Public Library.

Visit their websites to get more information:

Akron-Summit Public Library

services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau

www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest

Downtown Akron Partnership

www.downtownakron.com/calendar

Summit Metro Parks

www.summitmetroparks.org/ProgramsAndEvents.aspx

Healthy RECIPE WHITE VEGETABLE LASAGNA

-JoAnna Gaines, Magnolia Table, Volume 2



Servings: 12; Prep Time: 40-Minutes;
Cook Time: 1-Hour, 25-Minutes

- 15 Lasagna Noodles (*most of a 16-ounce box*)
- 2 Tbsp Olive Oil
- 8 Ounces Thickly Sliced Cremini Mushrooms
- 1 Tbsp Minced Garlic
- 8 Ounces Shredded Parmesan Cheese
(*about 2 Cups*)
- 1 Cup Heavy Cream
- ¼ Cup Loosely Packed Chopped Fresh Basil Leaves
- 1 Tbsp Basil Leaves for Garnish
- 1 Tbsp Garlic Salt
- 1 Tsp Kosher Salt
- 2 Tsp Freshly Ground Black Pepper
- 24 Ounce Tub Small-Curd Cottage Cheese
- 16 Ounces Whole-Milk Ricotta Cheese
- 3 Large Eggs
- 2 Medium Zucchini, ½ Inch Thick Ribbon Slices
(*use vegetable peel*)
- 2 Medium Yellow Squash
- ½ Inch Thick Ribbon Slices (*use vegetable peel*)
- 18 Deli Mozzarella Cheese Slices
- 12 Ounce Shredded Italian Five-Cheese Blend
(*about 3 cups*)

Follow the directions for cooking the noodles, drain. Heat a large sauté pan on medium-high. Add the olive oil, mushrooms and garlic, sauté for about 5-minutes, until browning begins. Preheat oven at 350 °. Use cooking spray on lasagna pan (9x13x3"). Combine and mix in Parmesan, cream, chopped basil, garlic salt, kosher salt, pepper, cottage cheese, ricotta, and eggs to large bowl, then stir in mushrooms. Spread and cover bottom of pan with ½ cup of the mixture. Layer 5 noodles, 2 cups of the mixture, half of the zucchini and squash, 6 mozzarella slices, and 1 cup of Italian cheese blend. Repeat last step again then top with 5 noodles, 2 cups of the mixture, 6 mozzarella slices, and 1 cup Italian cheese blend. Cover with foil, bake for 1-hour, then remove foil and bake for about 20-minutes, until top is browned. Sprinkle the basil garnish and serve. Store, covered in refrigerator for 3 to 5-days.