



Wellness Works

MAY 2009

Mother knows best - what would she recommend?

Remind the women in your life who are 40 and older to take the time to have a mammogram.

Worried about having a mammogram? Take time to:

- See the new online video at www.cancer.org/Aetnamammo
- Call 1-800-227-2345 to request a free breast cancer information packet
- Schedule a mammogram!

This message provides general health or safety information and is not a substitute for diagnosis or treatment by a physician or other health care professional.

Information provided from www.aetna.com.



Nutrition and Cancer Overview from www.aetna.com

Studies show that some cancers are related to diet and might be prevented simply by changing what and how we eat. These changes include the types of food in our diet, how they're prepared and the overall amount of food consumed.

Foods that are believed to play a role in increasing cancer risk include:

- Foods that are exposed to high temperatures, such as charcoal-broiled foods containing high levels of fat, carbohydrates or proteins. In laboratory experiments, barbecued meats and other foods have been shown to produce mutagens that can result in tumors.
- Cured meats containing carcinogenic compounds such as nitrosamines also may be cancer producing.
- Pesticide and herbicide residue on foods have also been implicated, along with chemical preservatives, but as with all of the above factors, there is limited evidence that at the levels typically consumed they will cause human cancer.
- Obesity, which is closely related to intake of dietary fat and high calorie consumption, also is reported to be associated with tumor production. In laboratory experiments, it is clear that calorie restriction is associated with a reduction in tumors.
- Alcohol can promote several types of cancer by direct contact, including cancers of the oral cavity and larynx, and indirectly by affecting the liver and breast.

A diet rich in fruits, vegetables and whole (unprocessed) grains is believed to help reduce the risk of tumor development. These foods are rich in complex carbohydrates and fiber, factors that have been associated with a reduced risk of several types of cancer. They also contain substances that may inhibit tumor formation.

Embodying the Six Dimensions of Wellness – 100 Day Challenge Members

In each newsletter, Employee Wellness, will highlight an employee or group of employees who exemplify one or more of the six dimensions of wellness: emotional, physical, occupational, social, spiritual and educational.

This month we salute all of our LIVE HEALTHY participants. The Live Healthy Challenge is a 100-day competition to see which team at HCHD, Houston and across the country can log the most steps and activity minutes. The competition was from January 14 - April 23, 2009.

Members visited www.livehealthyhouston.com to log points, learn health information and check out the competition. The Employee Wellness Program sponsored the contest and paid participants' entry fees and

incentives.

During the program, HCHD's 572 team members (65 different teams) lost a staggering 1,535 pounds; logged in 29,267 hours of total walking activity or ran 117,069 total miles over the 100 Day Challenge. Just continuing through the 100 Day Challenge makes you a winner!

GREAT WORK 100 Day Challenge Members WE SALUTE YOU!

Team	Activity Points
The Express	12244
High Steppers	10865
Fine N 2009	8634
SLWIT Walking Warriors	8533
The Dominators	8279

Team	Weight Loss Leaders (lbs)
Dream Team I	15.84634
CSP Warriors	7.95936
Celebrity Fitness	6.90407
The Champs	
Are Here	5.65068
The Express	5.33529



WOW!

May is National Employee Health & Fitness month!

The UT Health Science Center at Houston Recreation Center will be offering its Annual Summer Membership Special of a 15% discount on a 3 month membership. Discount begins April 24, so join anytime between April 24 -and May 31, 2009 to receive the special rate. The center is located at 7779 Knight Road.

Open Monday-Friday 5:30 am-10 pm, Saturday 8 am-8 pm and Sunday 10 am-8 pm.

For more info contact: 713-500-8420 or <http://ae.uth.tmc.edu/recreat/index.html>

WHAT: Employee Wellness Sports!
WHO: Employees, spouses and dependents over 18 yrs old.

WHERE: Off site

WHEN: M-Th, after 5

WHY: Time to get fit & have fun!

CONTACT: 713.566.6360
employeewellness@hchd.tmc.edu

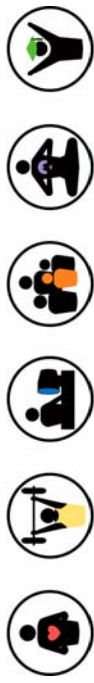
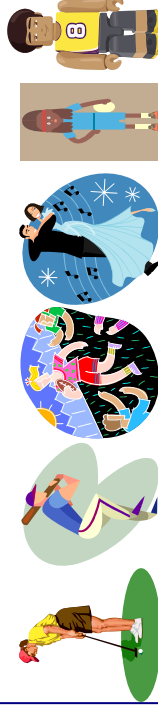
We are currently offering several sports and physical activity opportunities.

ALL FREE!!!

Space is limited, so sign up today!
 Make sure to sign the waiver and sign-in sheet.

Hope to see you there!

Employee Wellness



Wellness Works

EWP SPORT SCHEDULE

<i>Sport</i>	<i>Start Date</i>	<i>Location</i>
Dance	Ongoing Thursdays	Sonia's World of Dance 4150 Westheimer #100, 77027
Men's Basketball	May 19 Tuesdays	Bellaire Rec center 5200 Laurel St., Bellaire, 77401
Co-ed Golf	May 7 Thursdays	Wildcat Golf Club 12000 Alameda Rd, 77045
Co-ed Softball	June 1 Mondays	Houston Sportsplex 12631 South Main, 77035
Co-ed Sand Volleyball	June 10 Wednesdays	Third Coast 5652 Forney, 77036
Co-ed Football	June 17 Wednesdays	Houston Sportsplex 12631 South Main, 77035



2009