

“ I like the fact that I can continually monitor my health status. ”



2009 Winter Health Calendar

“Fit for Life” will be providing a health calendar to inform its members and bring attention to important initiatives that affect millions of families. The following outlines the designated awareness months from January–March.

JANUARY – NATIONAL CERVICAL HEALTH AWARENESS MONTH

Did you know that cervical cancer affects approximately 10,000 women in the United States each year? And that it’s the most preventable type of cancer?

FEBRUARY – AMERICAN HEART MONTH

Are you aware that heart disease is the leading cause of death in the United States affecting more than 700,000 lives? In fact, 1 in 3 Americans are affected by heart and blood vessel diseases.

MARCH – NATIONAL NUTRITION MONTH

This initiative began in 1980 and is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

To learn more about these topics and tips for prevention please visit <https://cvt.online.staywell.com> and learn how you can become involved in raising awareness and helping your loved ones.

HEALTHY EATING

Garden Minestrone

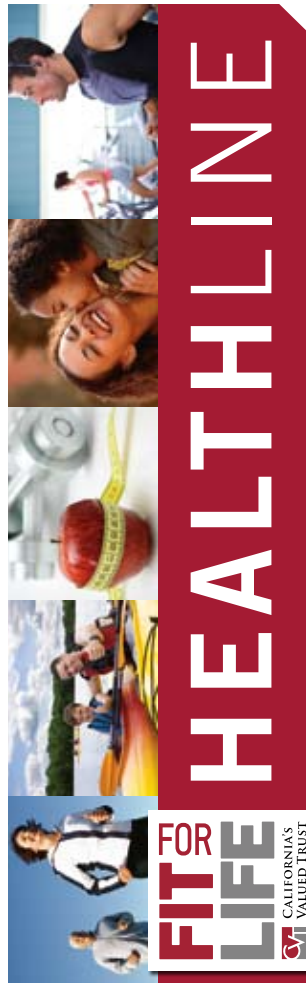


- 2 teaspoons olive oil
- 1 cup chopped onion
- 2 teaspoons chopped fresh oregano
- 4 garlic cloves, minced
- 3 cups chopped yellow squash
- 3 cups chopped zucchini
- 1 cup chopped carrot
- 1 cup fresh corn kernels (about 2 ears)
- 4 cups chopped tomato, divided
- 3 (14-ounce) cans fat-free, low sodium chicken broth, divided (may substitute vegetable broth)
- ½ cup uncooked ditalini pasta (very short tube-shaped macaroni)
- 1 (15.5-ounce) can Great Northern beans, rinsed and drained
- 1 (6-ounce) package fresh baby spinach
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 cup (4 ounces) grated Asiago cheese
- Coarsely ground black pepper (optional)

Heat in a Dutch oven over medium–high heat. Add onion to pan; sauté 3 minutes or until softened. Add oregano and garlic; sauté 1 minute. Stir in squash, zucchini, carrot and corn; sauté 5 minutes or until vegetables are tender. Remove from heat. Place 3 cups tomato and 1 can broth in a blender; process until smooth. Add tomato mixture to pan; return pan to heat. Stir in remaining 1 cup tomato and remaining 2 cans broth; bring mixture to boil. Reduce heat, and simmer 20 minutes. Add pasta and beans to pan; cook 10 minutes or until pasta is tender, stirring occasionally. Remove from heat. Stir in spinach, salt and ½ teaspoon pepper. Ladle soup into individual bowls; top with cheese. Garnish with coarsely ground black pepper, if desired. Yield: 8 servings (serving size: 1 ½ cups soup and 2 tablespoons cheese). Calories: 217 (25% from fat); fat 6.1g (sat 2.7g, mono 2g, poly 0.6g); iron 2.7mg; cholesterol 12mg; calcium 206mg; carbohydrate 30.5g; sodium 812mg; protein 12.6g; fiber 7.9g

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Visit <https://cvt.online.staywell.com> to get started on your wellness program today!



For 25 years, California's Valued Trust (CVT) has focused on providing responsive member service. You hold in your hand our latest effort. This HealthLine newsletter will keep you informed and up-to-date on our “Fit for Life” Wellness Program. Please let us know what you think. Send any questions or feedback you might have about the newsletter and our “Fit for Life” program to CVT’s Wellness Coordinator, Tierney O’Brien at FitforLife@cvtrust.org.

“Fit for Life” Program Overview

“Fit for Life” is a voluntary wellness program available to you and your spouse/partner at no cost. CVT has partnered with Health Management (StayWell) to help our members identify healthy and unhealthy behaviors. StayWell is an independent provider of health promotion programs and specializes in helping companies and organizations improve the health and well-being of their members. StayWell carefully guards the confidentiality of all personal health records.

Participating in the “Fit for Life” Wellness Program is simple. It starts by completing a Health Assessment (HA) which will provide you with a snapshot of your current health status and determine any health risks. It only takes about 20 minutes to complete. It’s helpful to have your most recent screening measurements (e.g., blood pressure, cholesterol, triglycerides, glucose) at the time. A report will be generated outlining your overall health, areas of concern, and readiness to change. To complete the assessment

online, go to <https://cvt.online.staywell.com> or access the program through the CVT Web site at www.cvtrust.org, click on the “Fit for Life” logo and you are on your way!

Once you’re ready to start making positive life changes, the NextSteps Program will show you the way. Personal health coaches and online guides are just a phone call or click away. Mail-based programs are also available. Programs include:

- > Back Care
- > Cholesterol
- > Physical Activity
- > Nutrition
- > Stress Management
- > Blood Pressure
- > Weight Management
- > Tobacco Cessation

All of the NextSteps Programs are available at no cost. To get started log on to <https://cvt.online.staywell.com> and look for the *Want to do More* link or contact StayWell directly at (800) 926-5455.



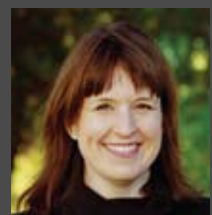
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Visit <https://cvt.online.staywell.com> to get started on your wellness program today!

“ This is a great place to start a change for healthier behaviors. ”



To combat rising healthcare costs and help members form healthier habits, CVT launched the “Fit for Life” Wellness Program in October 2007. Already it has produced excellent results with programs including stress management, tobacco cessation, weight management, nutrition,



A WORD FROM TIERNEY

Tierney O'Brien is the wellness coordinator for "Fit for Life"

and of course, exercise. CVT has also participated in numerous health fairs at our member districts promoting the program and sharing all the valuable resources available. We hope that, as the program continues to grow, so too will the number of positive outcomes.

If you're not already enrolled, now is your time. A great way to get started is with a confidential Health Assessment (HA). It's a simple survey to determine whether you are at risk for certain health conditions and how to address them. The Health Assessment is free, and you can complete it online or by mail. If you enrolled in “Fit for Life” last year, taking the HA again will help assess your improvements.

The “Fit for Life” program also features online health centers, a self-care database, a wellness library, quizzes, health calculators and much more. To take or re-take your health assessment, or to register as a new enrollee, visit cvt.online.staywell.com or through the CVT website at www.cvtrust.org.



Test Your Knowledge: Take the “Fit for Life” Quiz

Do you know your risk factors for high blood pressure and the effects of stress? Learn more about high blood pressure and stress by taking this quiz.

- How often should you have your blood pressure checked?**
 - Every year
 - Every two or three years
 - Every five years
- At what point is blood pressure considered hypertensive?**
 - 140 over 90
 - 120 over 80
 - 210 over 120
- Hypertension is the main cause of which of these?**
 - Cancer
 - Diabetes
 - Strokes
- In which age group does the risk of hypertension jump dramatically?**
 - 50 to 59
 - 60 to 69
 - 70 to 79
- Which gland in your body is responsible for the stress response?**
 - Lymph gland
 - Pituitary gland
 - Thyroid gland
- Acute stress is the most common form. Which of these can cause acute stress?**
 - Inadvertently sending your car into a skid on slick pavement
 - Skiing downhill on a difficult slope
 - Making a presentation before a room full of people
 - Any of the above
- Which of these is a symptom of acute stress?**
 - Heartburn
 - Sweaty palms
 - Dizziness
 - All of the above

answers: 1) b 2)a 3)c 4)a 5)b 6)d 7)d

“ I'm anxious to see how the rest of my family does. ”



Everyday Ways to Get Moving

The truth is we don't always have time to hit the gym every day or join a sports league. However, there are plenty of fun ways to increase your activity throughout the day. They can reduce your risk of cardiovascular disease and osteoporosis, put you in a better mood and improve your balance, coordination and agility. Here are 10 ways to help get you started:

- Stand up and walk around when you're talking on the phone. Though this won't burn a lot of calories, getting out of your chair throughout the day helps improve your circulation.
- Head to the mall! Shopping is the ultimate easy walking workout. Wear athletic socks and walking shoes.
- Clean your house vigorously. You can burn 420 calories an hour cleaning floors, vacuuming carpets, washing windows and scrubbing tile.
- Do your own yard work and gardening. Weeding burns 360 calories an hour, the same as playing badminton. Cutting your lawn with a push mower burns 420 calories an hour, on par with playing tennis. Trimming trees can burn up to 500 calories an hour.
- Turn lunchtime into an exercise adventure. Don't eat at the cafeteria or the same old



WHAT IS A HEALTH ASSESSMENT?

- > Quick and efficient way to generate results
- > Identifies areas of concern
- > Recommends programs specific to your needs
- > Provides helpful resources and learning tools

“ It makes you think about your overall style of life. ”



Setting an Action Plan

Sometimes getting started is the toughest part. Now with the New Year upon us, many want to start the year off right by exercising more, eating better or spending more time with the family by playing sports or going on walks. Here are some proven ways to set an action plan and stick to it.

Remember Why You're Losing Weight

Losing weight can help with health problems such as high blood pressure, heart disease, diabetes and sleep apnea. It will also help you feel more energized.

Set Your Long-term Goal

Your goal doesn't have to be a specific weight. You may decide on a fitness goal (such as walking 10 miles a week), or a health goal (such as lowering your blood pressure). Choose a goal that is measurable, so you know when you've reached it.

Be Realistic

Habits don't change overnight. Setting your goals too high can leave you feeling discouraged if you can't reach them. Choose one or two small changes you can make now. Set an action plan for how you are going to make these changes. When you can stick to this plan, make a few more small changes. Taking small steps will help you stay on the path to success.

Track Your Progress

Write down your goals. Then, keep a daily record of your progress. Write down what you eat and how active you are. This record



lets you look back on how much you've done. It may also help when you're feeling frustrated. Reward yourself for success. Even if you don't reach every goal, give yourself credit for what you do get done.

Get Support

Encouragement from others can help make losing weight easier. Ask your family members and friends for support. They may even want to join you. Also look to your doctor, registered dietitian, and fitness professional for help. Your local hospital can give you more information about nutrition, exercise and weight loss.



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