



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

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MEET THE NEW HEALTH AND WELLNESS COORDINATOR

Risk Management would like to welcome Marci Schmiede who has been hired as the Health and Wellness Coordinator for the State of Nevada police officers and firefighters. Marci will be working with Risk Management to bring new and exciting ways to achieve a healthy lifestyle.

Marci received a Bachelor’s degree in Biomedical and Exercise Science and continued with an MBA from Loyola Graduate School of Business, Chicago. She holds personal training and aerobic certifications from NSCA, NASM, and AFAA. She has conducted numerous classes and over 5000 personal training sessions throughout Chicago, California and Nevada. She has developed various classes and special events including: Kettlebells, Crossfit, Bootcamp, Step, TRX, The Mountain Warfare Challenge, Turkey Bowl and the Ultimate Warrior.

Marci began her wellness career in Cardiac and Pulmonary rehabilitation at the University of Chicago hospital. Following cardiac rehabilitation, she managed various corporate fitness clubs for several years as well as being a “Master” personal trainer at the elite East Bank Club in downtown Chicago. Clients included politicians, celebrities and athletes. She continued in the FBI candidacy program and began training FBI recruits in Chicago. Most recently, she had been the Semper Fit Director for the United States Marine Corps at the Mountain Warfare Training Center in California.

Marci is eager and excited about working with all Nevada departments on developing healthy lifestyles. She is passionate about serving those who “protect and serve” us. Marci says, “It will be an honor to serve you and am looking forward to meeting and assisting all of you with your fitness and wellness needs.” You can contact Marci at (775) 323-1656 ext.23, or by email marci.schmiede@willis.com.





WEIGHT NO MORE

When was the last time that you saw a thin adult diabetic, or a fat long – distance runner? How many of you know overweight individuals who have elevated cholesterol, or who are hypertensive and/or have heart disease or have had a heart attack or stroke?

The bottom line is that, across the board, your likelihood of having a multitude of medical problems, and certainly the potential for any of the above-mentioned problems, is markedly increased just by being overweight.

Obesity is a risk factor for developing diabetes, heart disease, hyperlipidemia, hypertension, stroke, and early death compared with same-age individuals who have normal weight. Keeping your weight within the normal range by eating a healthy diet and exercising regularly can prevent all of the above disease states or, at the very least, significantly decrease your chances of developing them.

Additionally, you feel better, have more energy, and tend to get ill less often. The alternative is relying on costly medications that can have major side effects in order to try and control totally preventable medical conditions.

So do yourself a favor and eat healthy, do some form of aerobic exercise at least several days per week, and maintain your weight and waist circumference within acceptable standards (BMI less than 30, ideally no more than 25, and waist less than 40 inches for men and 35 inches for women).

By doing this you will be healthier, live longer, avoid the need to take medication, and even be able to get off of medications that you are currently taking as a result of being overweight. The choice is yours.....choose wisely.

Warren S. Gilbert MD

THANKSGIVING

Same great taste, without the weight



Thanksgiving marks the beginning of the holiday season, but it usually means an extra 5-8 pounds of extra weight gain for some. This Thanksgiving enjoy the same great tasting foods but without the unnecessary extra fat and calories. Try these great tips and alternatives instead:

Healthier Turkey

- ❖ Many recipes call for rubbing the turkey with butter prior to roasting. If you roast a turkey without overcooking, it won't dry out. No need to rub the turkey with extra saturated fat.
- ❖ Remove the skin before eating it.
- ❖ Watch the sodium. A small pinch of salt before roasting provides the same great taste.

Healthier Sweet Potatoes

- ❖ Sweet potatoes are already sweet, just add enough maple syrup to give them flavor and it keeps calories in check
- ❖ Add a slight amount of butter for a little flavor, but keeping the total fat and saturated fat reasonable.

Healthier Pumpkin Pie

- ❖ Try a crust made from gingersnap cookies, raisins and healthy canola oil rather than traditional pastry crust. It cuts out the butter and oil and the saturated fat.
- ❖ Traditional pumpkin pies use whole milk and cream. By combining pureed pumpkin with low fat vanilla ice cream, it gives it the same creamy result with less total fat, saturated fat and calories
- ❖ Pumpkins are sweet enough, so limit the sugar and decrease the calories.

The day AFTER Christmas One of the most dangerous days of the year!

December 26 is historically one of the most dangerous days of the year for people to have a heart attack or heart failure.

Excessive Drinking

A 2008 study found that daily visits to hospitals for heart failure increased by 33% during the four days after Christmas. "This time of year is notorious for heart attacks, heart failures, and arrhythmias," says Samin Sharma, MD, director of interventional cardiology at Mount Sinai Medical Center in New York. With the extra holiday stress, people might be drinking more than ever."

Overindulging

Heavy meals, too much salt, and excess alcohol can trigger heart failure.

Everyone can benefit from watching what they eat and drink. Be careful not to overindulge with food and alcohol during the holidays. We need to try to stay healthy through the holidays, not wait until January 1.

Source: www.health.com

NEW YEAR RESOLUTIONS MAKE THEM STICK

1. Write it Down

Post where it will remind you of the goals you have set.

2. Put a Number to it

Decide how many times a day, week, or month you can do something and stay away from saying "everyday."

3. Keep it Realistic

Weight loss goals should be based on losing 1–2 lbs per week.

4. Enlist Help From Others

Call your best friend and convince them to make a resolution with you.

5. Seek out the Advice of an Expert

Make an appointment with your physician. You can also call The Health and Wellness Coordinator, Marci, can also provide great guidance, referrals and coaching. Call Marci 775-323-1656

6. Set Yourself up for Success

Think positively when you set your goals.

7. Don't Forget to Follow-up

For weekly goals check on yourself every three months, and for monthly goals check on yourself in six months.

November is American Diabetes Month

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. Diabetes is a serious medical condition and must be treated on multiple fronts.

There are four major types of diabetes: Type 1, Type 2, Gestational, and Pre-diabetes. Type 1 diabetes results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes. Type 2 diabetes results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Top 7 Risk Factors for Type 2 Diabetes

1. Obesity
2. Family history
3. Increased age (over 45)
4. Sedentary lifestyle
5. Low HDL cholesterol or high triglycerides, high blood pressure
6. Gestational Diabetes
7. Unhealthy eating, too much fat, not enough fiber, and too many simple carbohydrates.

The Truth about Protein

YOU NEED MORE: Most adults would benefit from eating more than the recommended daily intake of 56 grams.

IT'S NOT ALL THE SAME: Many foods, including nuts and beans, can provide a good dose of protein. But the best sources are dairy products, eggs, meat and fish.

TIMING IS EVERYTHING: Eating protein at all three meals – plus snacking two or three meals a day on proteins such as cheese, jerky and milk – will help you eat less overall.

WORKOUTS REQUIRE FUEL: Split your dose of protein (40 grams), eating half 30 minutes before the workout and the other half 30 minutes after.

POWDERS ARE FOR EVERYONE: Everyone can benefit from the quick hit of amino acids provided by a protein supplement, bar, or shake. Your best bet is a fast-absorbing, high-quality kind like whey protein powder.

GYM FRIENDLY PROTEIN ALL-STARS:

Chicken, turkey, or tuna (3 oz): 14-22 grams protein, 66-100 calories

Eggs (three): 19 grams of protein, 232 calories

Whey powder (30 g scoop): 24 grams protein, 110 calories

Greek yogurt (5.3 oz container): 15 grams of protein, 80 calories

Source: Men'sHealth

PEAK PERFORMERS

EMPLOYEE	AGENCY	LOCATION	MET LEVEL
Altenhofen, Dawn	NHP	S	16.9
Antonucci, Michael	NDF	S	16.4
Arroyo, Raul	NHP	S	20.5*
Bluth, Charles	NDI	N	16.9
Harkleroad, Blair	NHP	N	18.0
Heard, Bryan	P&P	S	16.9
Hill, Landis	NDOC	S	16.9
Hoehne, Keith	NDF	N	16.9
Lacy, Ward	OOTM	N	17.7
Mleczko, Martin	NHP	S	17.5
Richardson, James	P&P	N	21.0
Smith, Charmaine	P&P	S	16.9
Solow, Daniel	NHP	S	19.2
Trimming, Scott	NDI	S	16.0
Trzpis, Matt	P&P	S	21.0
Tueting, Jeremiah	NDOC	S	16.0

* indicates MET level achieved using a modified Bruce Protocol.

EMPLOYEES MAKING SUBSTANTIAL HEALTH IMPROVEMENTS

EMPLOYEE	AGENCY	LOCATION
Arruti, Shawn	P&P	N
Baker, Matthew	NDOC	N
Dryer, Christopher	P&P	S
Gallagher, Chris	P&P	S
Hardin, Stanley	P&P	S
Newton, Ato	NDOC	N
Smith, Bradley	NHP	N
Waters, Bryan	P&P	S

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for guest contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Mandy Payette at (775) 687-3194 or contact her by e-mail at mpayette@risk.state.nv.us. You can also contact the State Health and Wellness Coordinator, Marci Schmeige, at (775) 323-1656 extension 23, or by email at Marci.schmeige@willis.com for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.