

WSC STRONG

WSC Wellness Newsletter

workservicescorp.com

WELCOME!

What is the WSC Wellness Committee? The Committee is dedicated to offering employees healthy tips, ways to improve health, and enhance lives. What is wellness? Wellness is defined as an active process of becoming aware of and making choices toward a more successful existence. Dimensions of wellness include social, occupational, spiritual, physical, intellectual, emotional, environmental, financial, and medical. Always check our company website for updates each month, you will find this under “For Employees” (www.workservicescorp.com). If you have a wellness tip, please share it with us! If you would like to attend a Wellness Committee meeting, please contact one of us listed below. We would love to have you as our guest at the next WSC Strong Wellness Meeting!

It's BACK! Biggest Loser

Who will be this year's biggest loser?

INDIVIDUALS

DEPARTMENT vs. DEPARTMENT

Let's see who can lose the most weight by exercising and eating the healthiest!

We want your participation! Pay days are weigh days!

Wellness will announce TWO winners!

WSC will have an Individual winner AND a Department winner!

Don't miss out on the prize! We'll begin Biggest Loser **Tuesday, September 2, 2014**. We'll announce the WINNER on Friday, **November 21, 2014**.

Did You Know...

In May, 2012, Sheppard AFB implemented the “Go For Green” program in the dining halls. It's designed to help soldiers choose more healthier foods.

Larry Pressler, accounting/ subsistence manager at SAFB stated “several of the recipes like the blueberry and strawberry banana parfaits, bourbon chicken, salmon, and parmesan pork chops have been very successful”. Larry also noted “some of the younger patrons still lean toward options in the short order line”. Nevertheless, Go For Green (on right) is a great way for anyone to eat!

Eat Often	Eat Occasionally	Eat Rarely
Stresses Single items: 1000 calories 10g fat 400mg sodium	Entrees Single items: 300-500 calories 10-15 g fat 400-700 mg sodium	Steaks Single items: 1000 calories 15 g fat 400mg sodium
Full Dish 1000 calories 10 g fat 400 mg sodium	Full Dish 500-700 calories 10-25 g fat 600-700 mg sodium	Full Dish 1000 calories 15 g fat 400 mg sodium
Starchy Side 200 calories Higher fiber options	Starchy Side 200-300 calories	Starchy Side 200-300 calories
Vegetables 1000 calories	Vegetables 100-200 calories	Vegetables 100-200 calories
Dessert 100-200 calories 1 g fat	Dessert 150-300 calories 6-12 g fat	Dessert 100-200 calories 1 g fat
Beverages Water, carbonated low calorie beverages, 100% fruit juice	Beverages Sports drinks	Beverages Soft drinks, high calorie beverages, 100% fruit juice, regular coffee
Dairy 1000 cal, 10-15% fat	Dairy Reduced fat or 2% fat	Dairy 1000 cal, 15% fat

What's Next? October is breast cancer awareness month and we'll feature the story of Susan G. Komen. National Disability Employment Awareness Month is in October. Results of the Dance-A-Thon!

WSC STRONG COMMITTEE

- | | |
|----------------|-----------------|
| Angela Smith | Annette Coleman |
| Evan Woodard | Jesse Rynick |
| Lana Vaughn | Lisa Dickey |
| Micha Guilbeau | |

TELL US YOUR STORY!

Have you or a family member been affected by breast cancer? Do you have any wellness tips to share? You can be featured in our next newsletter. Let us hear from you!

This Month



On September 11, 2001, an estimated 3,000 people were killed as the result of the attacks to New York City’s twin towers, the pentagon, and the hijacked plane crash in Pennsylvania. It was the deadliest day in history for New York firefighters—343 were killed. The attack caused an estimated \$10 billion in property and infrastructure damage.



Now, an 11,000 square foot museum stands near where the twin towers stood. It tells the story of 9/11 through displays, narratives, archives, and artifacts. The museum represents the intimate stories of loss, compassion, and recovery central to telling the stories of the attacks.



Back To School! Getting a new school year off to a good start can influence children’s attitudes, confidence, and performance both socially and academically. Bullying, in particular, can be traumatic at any age. According to the American Academy of Child and Adolescent Psychiatry, bullying statistics estimate half of kids are bullied at some point during their school years. Here’s how you can help.

Get your child’s input and provide a safe place while being open and accepting. Tell them it’s not their fault.

Teach your child to avoid the bully and walk away, go find a teacher, or a trusted adult.

Encourage them to be assertive in telling the bully to leave them alone.

Encourage a support system of trusted and true friends.

Be Ready! September is National Preparedness Month

Get an emergency kit! In a disaster you may not have access to food, water, or electricity. Take time to prepare supplies.

Make an emergency plan! Make plans with family and friends in case you’re not together during an emergency. Designate a place to meet and how to contact each other.

Be Informed! Check all types of media—websites, radio, TV for global, national, and local information.

Get Involved! Look into taking first aid and emergency response training.



For more info, check out these websites:



Centers for Disease Control and Prevention
 CDC 24/7: Saving Lives, Protecting People™