



Commit To Be Fit

Health & Wellness News for DuPage County Employees

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Summer is officially here! This is the season that can actually help you achieve your goals. Not only are there more options for outdoor activities, but a wonderful variety of fresh fruits and vegetables to choose from.

Summer is also a great time to renew the resolutions you made at the beginning of the year. Even if you 'forgot' to make one, you have 6 more months to see some improvement! Small steps to better health will add up to BIG results.

The County's Wellness Program offers a variety of resources to help you reach your goals. Join the "Route 66 Activity Challenge" to make your exercise more interesting, or check out the Weight Watchers Open House on June 30th. For specific nutrition, exercise and health advice, log in to the Personal Health Manager in Blue Access® for Members. Use the For Your Health Get Fit feature to plan and track your fitness program or the Eat Right feature for personalized nutrition plans. By logging in each day, you'll earn Blue Points redeemable for valuable prizes.

Happy Trails!

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Fantastic Finds on Farm Fresh Produce

During June and July, fresh produce comes into season and farmers begin harvesting their crops. Throughout the growing season, grocery stores and roadside stands often have an abundance of produce and will have specials to prevent their supply from spoiling. Take this opportunity to stock up on these nutrient dense, healthy foods!

A key part of buying local is making an effort to purchase fresh fruits and vegetables when they are in season. Choose the freshest, best-tasting produce available by following the "What's in Season" guide from www.illinoiswherefreshis.com.



Don't let your produce simply go to waste in the refrigerator drawers:

- Wash and place fruit in a bowl on the counter. You're more likely to grab fruit for a snack if it's in sight and ready to eat.
- Cut the fruits and veggies that you'll want to eat within the next 3 days, put them in storage containers and place them at eye level in the refrigerator. It's much easier to assemble a salad or bring produce in your lunch box if everything is prepared and ready to go.

Did you go overboard on your produce purchase and run out of time to eat it all?

- Use your extra veggies to make a soup, stew or pasta sauce. These items can all be frozen and reheated when you're too busy to cook.
- Freeze the produce (the sooner the better). This may take a little planning and preparation, but there are many online resources to simplify the process.
- Peel brown, overripe bananas and freeze in a plastic bag. Drop one into a smoothie later or mash the frozen banana for use in baked goods.

Inside this issue:

Don't Fry Day—July 1st	2
Safer Sunscreen Tips Slip, Slop Slap & Wrap!	2
Affordably Organic?	3
The Dirty Dozen & Clean Fifteen	3
Find A Farmer's Market	3
Ignite with Intervals	4
Upcoming Events	4

Cronin Rides to Wheaton for Bike to Work Week

DuPage County Board Chairman Dan Cronin promoted a healthy lifestyle and clean environment during Bike to Work Week on June 13th as he biked from his home in Elmhurst to the DuPage County Government Complex in Wheaton. Cronin was joined on his ride to work by his wife, Juli, and son, Dan, along with Duard Mosley (DPC Bike to Work Week Chairman), and more than 20 local officials, county employees and members of local bicycle and environmental groups.



Protect Your Skin on Don't Fry Day, Friday July 1st

It's natural to want to get out in the sun once the weather warms up. It should also be natural to take steps to protect your skin from the sun when you go outside. The Friday before Memorial Day is traditionally designated [Don't Fry Day](#) – a day to raise awareness of sun safety and encourage everyone to take steps to protect their skin. To remind employees about the importance of Sun Safety throughout the summer, DPC employees are encouraged to observe Don't Fry Day again on the Friday before Independence Day, July 1st.

Ultraviolet (UV) rays -- from the sun and other sources like tanning beds -- are the primary cause of [skin cancer](#), the most common cancer in the United States. But shielding your skin with clothing, sunscreen of SPF 15 or higher, and shade can help lower your risk.



The American Cancer Society has lots of information on how to protect your skin at cancer.org/sunsafety, along with a description of all our [skin cancer prevention activities](#). Be sure to also check out the [Expert Voices blog](#) on tanning booths.

Remember, you don't need to avoid the sun altogether. Just be sure to take the steps that can protect your skin – on Don't Fry Day and every day.

Source: American Cancer Society

EWG's Quick Tips for Safer Sunscreens

Ingredients matter – Learn if your sunscreen leaves you overexposed to damaging UVA rays, if it breaks down in the sun, or if it contains potential hormone-disrupting compounds. Download the Complete Guide [here](#) or visit www.ewg.org.

	Avoid These	Look For These
Ingredients	Oxybenzone Vitamin A (retinyl palmitate) Added insect repellent	Zinc Titanium dioxide Avobenzone or Mexoryl SX
Products	Sprays Powders SPF above 50+	Cream Broad-spectrum protection Water-resistant for beach, pool & exercise SPF 30+ for beach & pool



Slip! Slop! Slap! and Wrap

The American Cancer Society's awareness campaign for skin cancer prevention promotes the slogan "Slip! Slop! Slap! and Wrap" which is a catch phrase that reminds people of the 4 key ways they can protect themselves from UV radiation:

- **Slip** on a shirt,
- **Slop** on sunscreen,
- **Slap** on a hat, and
- **Wrap** on sunglasses to protect the eyes and sensitive skin around them from ultraviolet light.



Affordably Organic? *Tips for Eating Organically on a Budget*

There are many health and environmental benefits of eating organically, but it can break your budget if you're not careful. Although prices are falling and selection is growing due to increased consumer demand, you still may not be able to afford to buy all organic all of the time. By following Environmental Working Group's "Dirty Dozen" and "Clean Fifteen," you can learn to be a smart buyer and make informed decisions about which organic foods are most important to buy.

Dirty Dozen: Top 12 Foods to Buy Organically

Your money is doing more for your health when you put it towards organic varieties of the following fruits and vegetables (listed in descending order, starting with the GREATEST level of pesticide contamination):

- | | |
|------------------------|---------------------------|
| 1. Apples | 7. Imported Grapes |
| 2. Celery | 8. Bell Peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries- domestic |
| 5. Spinach | 11. Lettuce |
| 6. Nectarines-imported | 12. Kale/Collard Greens |



Clean Fifteen: Save Your Money & Buy Conventional

If going organic is too difficult or pricey, play it safe and eat the following conventional produce items to minimize your exposure. These are known to have the least amount of pesticide residue (listed in ascending order, starting with the LOWEST levels of pesticide contamination):

- | | |
|---------------|------------------------|
| 1. Onions | 9. Cantaloupe-domestic |
| 2. Sweet Corn | 10. Kiwi |
| 3. Pineapple | 11. Cabbage |
| 4. Avocado | 12. Watermelon |
| 5. Asparagus | 13. Sweet Potatoes |
| 6. Sweet Peas | 14. Grapefruit |
| 7. Mango | 15. Mushrooms |
| 8. Eggplant | |



Find A Farmers Market

There's nothing like wandering through a Farmers Market and being surrounded by the sights, sounds, and aromatic smells of fresh food!

Visit the Winfield Farmers Market:

Every Wednesday until Oct. 26th from 7 AM—1 PM
Prairie Trail Center on the corner of
County Farm & Geneva Road.

Find a Farmers Market in your area:

www.illinoiswherefreshis.com

For a selection of recipes using seasonal produce, visit our website: www.dpcwellness.org. For tips on eating "Affordably Organic," visit: www.affordablyorganic.blogspot.com



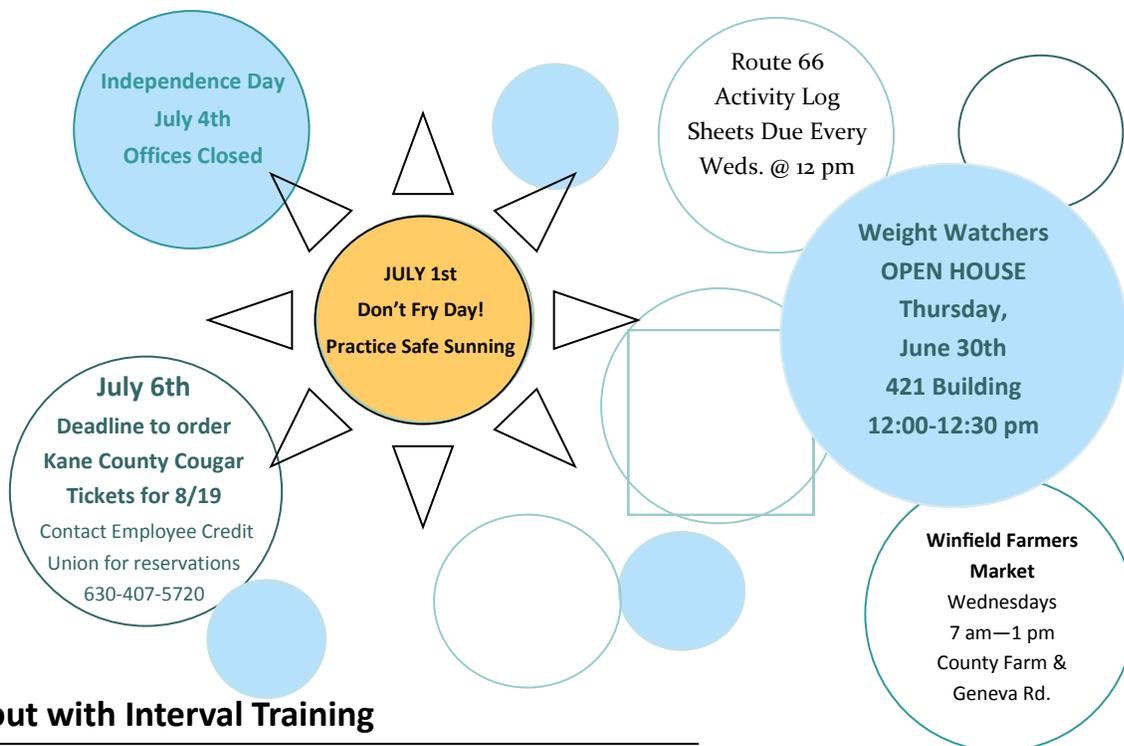
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Ignite Your Workout with Interval Training

If you're stuck in a workout rut, **intervals** can be a new and interesting way to get motivated and in shape. You'll strengthen your heart, and future workouts will feel easier. Like any workout, it will help burn fat and calories, while also building endurance.

The premise of interval training is simple: vary between high and low intensities during your workout. During a session, you'll alternate between high-intensity (anaerobic) stages and longer, lower-intensity recovery periods. While in the anaerobic phase, your body will be working so hard that your heart rate will be elevated near 80-90% of your max heart rate (compared with typical aerobic exercise at 60-75%). In turn, your breathing rate will increase, but not enough to meet your body's demands for oxygen, causing a build up of lactic acid, which causes that muscle "burn." During the recovery phase, your muscles get more oxygen, your heart rate lowers, and the lactic acid is broken down. During a complete workout, you go through five to ten cycles of high and low intensity.

Try these interval workout ideas!

(Always remember to warm up for a few minutes before you start, and don't forget the cool down at the end.)

- Cycle or run at high intensity (determined by your fitness level and/or your heart rate monitor) for one minute. Follow this with three minutes of lighter cycling or running. Repeat this cycle ten times for a 40-minute workout.
- If you are walking outside, walk as fast as you can for one block, then an easier pace for two blocks.
- If you are on the elliptical machine, increase your speed and/or incline for the first minute of a song, and slow down on a flatter grade for the remainder of the song.
- If you are up for the challenge, utilize a one-to-one ratio, with three minutes at high intensity followed by three minutes at lower intensity.

Source: SparkPeople.com

Upcoming Events



GET FIT ON RT 66

It's not too late to get fit and have fun as you trace the famous route of this legendary highway from Chicago to the Pacific Ocean!

Register online via the Wellness Committee page of the DPC Intranet or by contacting Julie Fulton @ (630) 407-6244. Pedometers are still available .