

Newsletter

Get to Know Your Wellness Champion

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Explain in your own words what wellness means to you.

Wellness is very important to me. I participate in almost all the ThriveOn challenges and benefits offered to our employees. I think it is very important for me to be healthy and happy at work, including lowering stress and good exercise and nutrition. Healthy employees make a huge difference in helping keep the cost of our health insurance and benefits as economical as possible. I am a great cheerleader at our building to help motivate people to live a healthy and stress free life.

Why did you want to be on the Wellness Committee?

I think I needed to be on the committee to be privy to upcoming changes and to help advocate for our employee's needs. I am already actively involved as a liaison with the folks at the benefits office to get

the information out to our folks and advertised around the building.

Why do you feel you would be a good candidate for the Wellness Committee?

For the last two years I have been the Social Chair for 855 W. Mound St at Franklin County Children Services. I am currently in charge of boosting morale, health and wellness and all social events in our building. I will be taking over as chair of our entire agency's Supportive Work Environment Committee beginning in January 2017. I help communicate to our employees regarding things such as flu shots, biometric screenings, cooking demo's, fitness classes and planning and coordinating our Health and Wellness day. I am in charge of boosting morale and planning fun, uplifting activities for our employees to help lower stress and promote a happier work environment.

If you are interested in learning more about Wellness Champions, email: thiveon@franklincountyohio.gov.

Exercise of the Month: 10 Minutes at a Time

Let's make it a New Year's Resolution to take the time to do a 10 minute workout every day. This workout incorporates exercises that have been featured in past newsletters.

The popularity of high intensity interval training is on the rise. High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times.

Before starting this workout make sure your body is properly warmed up by walking for at least 3 minutes. Do each exercise for 1 minute. After all three exercises are complete, rest for 1 minute before moving on to the next round.

Round 1: (1 minute each)

Burpees
Squats
Curtsy Lunges

Break: (1 minute)

Round 2: (1 minute each)

Mountain Climbers
Inner Thigh Lifts (Left Leg)
Plank
Inner Thigh Lifts (Right Leg)
Windshield Wipers

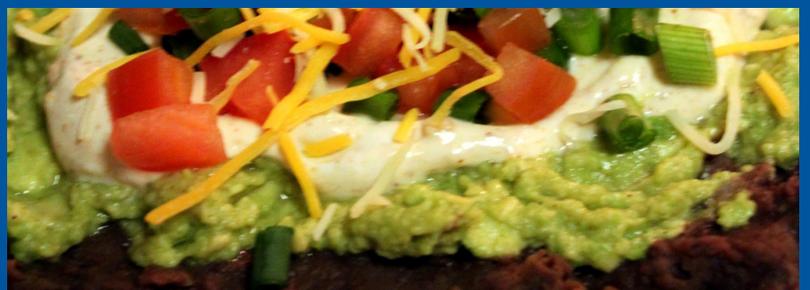
Break: (1 minute)



Coming this Month

Cooking Demo:
Healthy Seven Layer Dip

Football season is still going and the Super Bowl is coming up! This season, lighten up your tailgate with a healthy version of seven layer dip. Your friends and family will not even notice the difference.



[Click Here for This Month's Education Calendar](#)



Skinny Peppermint Hot Chocolate

Creamy, decadent hot chocolate is a favorite in the winter season. This homemade recipe is a nice alternative to some of the pricey, higher calorie cocoa options at local chains and is rich in protein and calcium.

Ingredients:

- 3 cups skim milk
- 4 teaspoons sugar
- ¼ teaspoon peppermint extract
- ¼ teaspoon vanilla extract
- Pinch kosher salt
- ¼ cup semisweet chocolate chips

Serves 3
 Serving size 8 .oz
 Cost per recipe \$1.25
 Cost per serving .42¢

Directions:

Heat milk in a small saucepan on medium-high until the milk is hot and begins to steam. Stir continuously to avoid scorching. Remove pan from heat and whisk in sugar, peppermint, vanilla extract, salt and semisweet chocolate chips. Whisk until chocolate is completely melted. Pour into mugs and top with a dash of cinnamon if desired.

Calories 205 • Total fat 5 g • Saturated fat 3 g • Trans fat 0 g • Cholesterol 5 mg • Sodium 138 mg
 Potassium 391 mg • Carbohydrates 32 mg • Fiber 1 g • Sugar 26 g • Protein 8g

Recipe Source: <http://www.joybauer.com/healthy-recipes/peppermint-hot-cocoa/>



Eat This, Not That at Bob Evans Farms®

Bob Evans Farms® boasts “farm-fresh goodness” and serves comfort foods that tend to satisfy “home-cooked” meal cravings. While that sounds nice, the fact of the matter is that many of the menu offerings are high in calories and fat. But most restaurants, including Bob Evans Farms®, have healthier options available.

Choose this

Bowl of hearty beef vegetable soup with a farmhouse garden salad with balsamic vinaigrette dressing and 2 dinner rolls

Pot roast (from slow roasted dinner menu), with carrots, onions, gravy and mashed potatoes, and 2 buttermilk biscuits

Not that

Nutrition Information	
Calories	585
Total fat	17 g
Saturated fat	4.5 g
Trans fat	0 g
Cholesterol	45 mg
Sodium	1770 mg
Carbohydrate	94 g
Fiber	9 g
Sugars	23 g
Protein	22 g

As you can see, opting for the beef vegetable soup as opposed to the pot roast dinner is less than half the calories and significantly less fat and sodium, while filling you up with plenty of fiber.

One quick way to cut some of the calories, fat and sodium is to opt for dinner rolls in place of buttermilk biscuits.

Nutrition Information	
Calories	1310
Total fat	74 g
Saturated fat	29 g
Trans fat	0.5g
Cholesterol	115 mg
Sodium	2890 mg
Carbohydrate	133 g
Fiber	9 g
Sugars	24 g
Protein	30 g