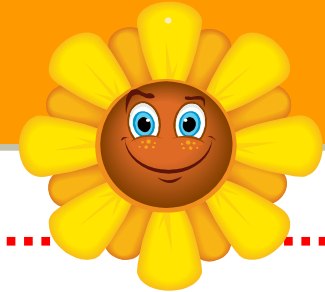


THE GRAPEVINE



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Exercise Can Help Control Stress

People who exercise regularly will tell you they feel better. Some will say it's because chemicals called neurotransmitters, which are produced in the brain, are stimulated during exercise. Since it's believed that neurotransmitters mediate people's moods and emotions, they can make you feel better and less stressed.

While there's no scientific evidence to conclusively support the neurotransmitter theory, there is plenty to show that exercise provides stress-relieving benefits.

There are four ways in which exercise controls stress:

- ◆ Exercise can help you feel less anxious – Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People are often less jittery and hyperactive after an exercise session.
- ◆ Exercise can relax you – One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. Many neurotransmitters, not just endorphins, are involved. The important thing, though, is not what they're called, but what they do: They improve your mood and leave you relaxed.
- ◆ Exercise can make you feel better about yourself – Think about those times when you've been physically active. Haven't you felt better about yourself? That feeling of self-worth contributes to stress relief.
- ◆ Exercise can make you eat better – People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body manage stress better.

IT'S TIME TO GET STARTED

Now that you know exercise can make a big difference in controlling stress, make some time for regular physical activity. We'll help you get started by listing three activities you can choose from:

- ◆ Aerobic activity – All it takes is 20 minutes, six

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to seven days a week. Twenty minutes won't carve a big chunk out of your day, but it will significantly improve your ability to control stress.

- ◆ Yoga – In yoga or yoga-type activities, your mind relaxes progressively as your body increases its amount of muscular work. Studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which in turn make you feel more relaxed and more alert.
- ◆ Recreational Sports – Play tennis, racquetball, volleyball or squash. These games require the kind of vigorous activity that rids your body of stress-causing adrenaline and other hormones.



Spotlight On An Employee

My name is Jan Rushton. For the past ten years, I have been a fitness instructor at Wellness Works. Exercise is a very important part of my life and I love to share all that I have learned over the years with our members. I believe that knowledge is power and hope that I motivate and inspire everyone I meet. I also know a thing or two about setting goals. Two years ago, I set a goal to do a century ride for the Leukemia & Lymphoma Society. My goal was set without even owning a road bike nor having the knowledge of how to ride one! I began extensive training and even raised \$2100 for the event. I was finally ready for the big race that was being held in May 2008! Unfortunately, a very bad biking accident prevented me from participating in May. I never lost sight of the goal I had set for myself so after surgery and several months of healing, I was able to return to the gym and my training for the century ride once again. In June 2009 I obtained that goal. I completed the century ride!! I rode 100 miles in Asheville, NC for TNT, which stands for Team in Training. I believe I was truly blessed each pedal stroke of the way, and I thank everyone who donated money and supported me throughout my training. I want everyone to know that we all need to set goals and no matter what, believe in yourself and never give up!



Zumba fitness® has swept through Wellness Works with toe-tapping, hip-swaying beats. The Salsa and Meringue based dance classes have landed on Monday and Thursday evenings at 5:30pm, Wednesday evenings at 5:00pm, and the occasional Saturday morning at 10:00am.

Come join us for a fast paced, fun-filled workout!

Veggie City Dip

Serves 8

Ingredients:

1teaspoon olive oil
Salt to taste
1/3 cup chopped tomatoes
1/3 cup finely chopped celery
1/3 cup finely chopped green or red bell peppers
1 teaspoon red wine vinegar
1/3 cup finely chopped onions
Cracked black pepper to taste
1/3 teaspoon sugar
1 teaspoon chopped, fresh basil
1/3 cup finely chopped zucchini
1/3 cup peeled and finely chopped eggplant

Directions:

Heat the oil in a skillet over medium heat. Add the onions and peppers. Cook for 2 minutes. Add the zucchini, celery and eggplant. Cook 2 minutes more.

Add the tomatoes, basil, salt and pepper. Simmer about 20 minutes, uncovered. Let cool.

Add the vinegar and sugar. Adjust the salt and pepper to taste.

Serve cold as a dip with pita bread, crackers, or tortilla chips.

Nutritional Info:

Serving Size : 2 tablespoons

Calories : 14	Sodium : 6 mg
Carbs : 2 g	Fiber : 1 g
Total Fat : 1 g	

Cholesterol Screenings
1st Monday of every month
8:00 a.m. – 11:00 a.m.
\$20 – Members
\$25 – Non-Members