CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER 🛨 JUNE 2009

Lunch N' Learn

Texas Trust Credit Union will offer a *Take Charge: Wise Use of Credit Cards* workshop.

Thursday, June 11 • 11:30 a.m. - 12:30 p.m. Council Briefing Room, City Hall

Learn: Benefits and costs of credit cards

How to build a good credit history • Warning signs of too much debt

How to figure your credit limit • How to avoid credit card fraud

How to get and read your credit report and credit score

How to cancel unused credit cards

Free lunch will be provided • Arrive early for door prizes

RSVP by June 9 to Candice Day at 972-237-8073 or cday@gptx.org

Learn About Planning for Retirement

Tom Clark from the Social Security Administration will conduct employee meetings about retirement, disability, Medicare and survivor's benefits.

Monday, June 8 $\, \bullet \,$ 9 a.m., 1 p.m. and 3 p.m.

Charles V. England Public Safety Training Center Conference Rooms A and B





New Outdoor Garden at RJC

The Ruthe Jackson Center, 3113 S. Carrier Parkway, has a new outdoor garden event area—perfect for weddings or any type of outdoor reception or gathering. The garden features landscaping, garden paths, a pond and fountain. For more information call 972-237-7500 or visit www.ruthejacksoncenter.com.

Join the Games of Grand Prairie

Get an employee team together to compete in the Games of Grand Prairie, a *Survivor* meets *Amazing Race* style physical and mental challenge, June 27 at Loyd Park. The city will pay entry fees. Call 972-264-1558.

Hit the Gym? Great Job!

A workout before you head to the office or during your lunch break can improve your job performance, say researchers at England's University of Bristol. On exercise days...

- 79% of subjects reported improved mental performance and better relationships with colleagues.
- **74%** said they managed their work loads better.
- **21%** reported higher concentration and productivity levels.
- 25% made it through the day without unscheduled breaks.

Prevention

Pillow Prize



Linda Long, Senior Recreation Supervisor for the Parks Department, won memory foam pillows from the "Do You Get Enough Sleep?" WOW! program in May.

The Exercise Payoff

Add a lower risk of heart failure to the long list of reasons to get moving. Each year, about 660,000 people are diagnosed with this often deadly condition, which occurs when your heart muscle becomes too stiff or too weak to pump blood effectively.

Unlike heart attacks and strokes, heart failure is on the rise, and being overweight increases your risk. Now, however, the Physicians' Health Study of 21,094 adults reports that whether you're plus-size or petite, working out can cut the odds of heart failure—and, although the researchers studied men, previous studies have shown that women would enjoy the same benefit.

How much can exercise help? Compared with that of lean men who report any physical activity (ranging from as little as once a month to as much as every day), your chance of heart failure increases by:

19% If you're lean and inactive

49% If you're overweight and active

78% If you're overweight and inactive

168% If you're obese and active

293% If you're obese and inactive



Good Housekeeping

Take Time for Health

While some men dread going to the doctor, being proactive always pays off. Below are the top screenings recommended for men, starting around the age of 35, unless otherwise noted.

Cholesterol: High levels are a risk factor for heart disease and stroke.

Blood pressure: Regular screenings can help you intervene before it gets too high (140 over 90) and requires treatment.

Body mass index (BMI): You can have a high BMI (body fat to muscle ratio) even if you're not obese.

Obesity: After smoking, obesity is the number two cause of preventable death. It raises your risk of heart disease, cancer, diabetes and more.

Blood glucose: High blood glucose indicates diabetes. But it's the pre-diabetes phase (100-126) that requires a closer look. That's when changes can prevent or delay diabetes from happening. Get checked if you have a history of high blood pressure or high cholesterol.

Emotional health: Depression is very common and underdiagnosed, but is treatable with counseling and medication.

Abdominal aortic aneurysm (AAA): If you're between ages 65 and 75 and have smoked more than 100 cigarettes in your lifetime (even if you quit years ago) new guidelines call for an AAA screening.

Prostate cancer: At age 50, talk with your doctor about a yearly digital rectal exam and a prostate-specific atigen (PSA) blood test.

Colon cancer: Talk to your doctor about a colorectal cancer screening starting at age 50; earlier if you're at high risk because of family history and certain medical conditions.

BaylorHealth

Wake Up to a Better Brain

These mental benefits are good to the last drop: Middle-aged adults who drink three to five cups of caffeinated coffee a day are 65-70 percent less likely to develop dementia more than two decades later, compared with consumers of up to two cups, reports a Swedish study. Coffee's magnesium, antioxidants and caffeine may contribute to its protective effects, say the researchers.

Quick, Run to Bed!

Exercise helps prevent cancer, but getting too little shut-eye may cancel out its protective effect, concludes a new study. Researchers tracked nearly 6,000 women for about a decade and found that workout buffs who slept seven or fewer hours per night had a 50 percent greater chance of developing cancer than exercisers who got more Zzzs—similar to the risk of nonexercisers. Insufficient sleep may cause hormonal and metabolic disturbances linked to cancer risk, erasing the benefits of exercise. *Prevention*

The Power of Pits

For a hefty helping of disease-fighting antioxidants, sink your teeth into a juicy portable peach, nectarine or plum. Each stone fruit—so called because of the hard pit surrounding a seed—has potent antioxidants. According to scientists at Texas AgriLife Research, just one plum contains at least the same levels of phytonutrients and antioxidants as 1-plus cup of blueberries. Since stone fruits fit in the palm of your hand, it's easy to get your antioxidants on the run.

All three are in season now, so they'll taste fresh and cost less. *Prevention*

Fun and Fit Activities

Sign up for your favorite activity and get to know other fun City of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
Coed Softball Spouses Welcome Must be 16 or older Registration May 4-June 10 Season Starts: June 15 Monday nights Mike Lewis Park, 2600 block of North Carrier Parkway	Contact Rod Hayes 972-237-7533 rhayes@gptx.org	\$150 per team
Men's League Softball Must be 16 or older Registration May 4-June 24 Season Starts: June 30 Tuesday nights Mike Lewis Park, 2600 block of North Carrier Parkway	Contact Rod Hayes 972-237-7533 rhayes@gptx.org	\$150 per team
Spin Class Join Anytime! Mon., Wed., 12:30 p.m. Bowles Life Center, 2750 Graham St.	Linda Long - Parks and Recreation 972-237-8243 llong@gptx.org	Employee cost: \$16 monthly
Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court	Bowles Life Center 2750 Graham St. 972-237-7529	\$130 per year (\$5 per paycheck) for city employees

Eat This

Not That!

Store bought pizza for one:

Healthy Choice Pepperoni French Bread Pizza	DiGiorno for One Traditional Crust Pepperoni Pizza
340 calories	770 calories
21 grams (g) protein	30 grams (g) protein
53 g carbohydrates	83 g carbohydrates
4.5 g fat (1.5 g saturated)	35 g fat (14 g saturated)
5 g fiber	6 g fiber
520 milligrams (mg) sodium	1,430 milligrams (mg) sodium

The DiGiorno pizza may have more protein, but it also has more calories than 16 Chicken McNuggets. That's a bad tradeoff.

Men's Health

Healthy Stats

Successful dieters who've kept the weight off have these habits in common:

78% Eat breakfast every day

69% Weigh themselves at least once

a week

90% Get about an hour of moderate

exercise a day

88% Restrict their intake of certain food groups



Family Circle

Enter for a Chance to Win a Great Prize!

Did you read this issue of the WOW! newsletter? We're putting you to the test. Print page four of this newsletter if you are reading it online, complete the following quiz, clip it out and send it via interoffice mail to the Communications and Marketing Department by June 19. If you answered each question correctly, your name will be entered into a drawing for two movie passes.

Name:	
Department: _	
Phone:	
Phone	

- 1. Insufficient sleep may cause hormonal and metabolic disturbances linked to cancer risk.
 - O True
- O False
- 2. Successful dieters don't eat breakfast.
 - O True
- O False
- 3. The city will pay for employee teams to join the Games of Grand Prairie.
 - O True
- O False
- 4. The *Take Charge: Wise Use of Credit Cards* workshop is on Thursday, June 11.
 - O True
- O False
- 5. Middle-aged adults who drink three to five cups of caffeinated coffee a day are 65-70 percent less likely to develop dementia.
 - O True
- O False
- 6. The Social Security Administration will conduct employee meetings about benefits June 8.
 - O True
- O False

Employee of the Month

Randy Willis, Arson Investigator for the Grand Prairie Fire Department, has been named Employee of the Month for June. He has been a City of Grand Prairie employee for 30 years. Willis notified the Grand Prairie Police Department when he spotted a person doing door to door soliciting in a neighborhood where an elderly female was sexually assaulted the day before.

Police interviewed the solicitor who led them to the suspect in the sexual assault crime. When police found the suspect, he was in Fort Worth soliciting door to door. Police promptly picked up the suspect and obtained a warrant for his hotel room where they found evidence linking him to the Grand Prairie sexual assault crime.



Randy Willis

According to police, Willis' keen awareness helped solve a crime and keep a violent criminal off of the streets.

Message from the Manager

Summer is a great time to get out, get active and have fun in Grand Prairie. With all of us tightening our budgets, a "staycation" in Grand Prairie could be just what you're looking for. Here are some ideas:

Take in an AirHogs baseball game. They're reasonably priced, fun to watch and there's great food and activities to participate in besides watching the game. Our next employee night at the ballpark is July 13. The horses are racing at Lone Star Park until July 26. General admission tickets are just \$5 per person. If you're a golfer, visit Tangle Ridge and Prairie Lakes Golf Coursestop-ranked for their outstanding greens and fairways. Camp in style in an air-conditioned cabin with satellite television at Loyd Park or pick a spot by the lake for your tent or camper. Lynn Creek Park offers a great beach to play and picnic by the lake all day. See live performances at Nokia Theatre and our local Uptown Theater. Stare at famous people and all kinds of wild stuff at Louis Tussaud's Palace of Wax, Ripley's Believe It Or Not! And Ripley's Enchanted Mirror Maze. If you're planning a "stayca-

tion" or trip anywhere in Texas or surrounding states, visit the Grand Prairie Tourist Information Center, 2170 N. Belt Line Road, for brochures, coupons and vacation ideas.

For a physical and mental challenge, join the Games of Grand Prairie. Find four to six people to be on your team and participate in "Survivor" meets "Amazing Race" style games Saturday, June 27, at Loyd Park. The city will pay for employee teams. For more information call the Grand Prairie Chamber of Commerce 972-264-1558.

Thank you for the great job you do for the city every day. You are appreciated.

Tom Hart City Manager