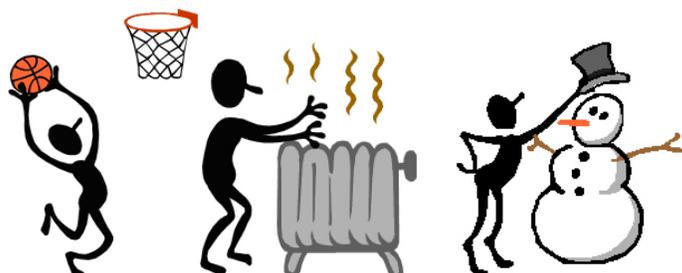


WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER JANUARY 2014

January is Preventive Care Month

Remember the old saying, “an ounce of prevention is worth a pound of cure?” This can be especially true when it comes to preventive health care. Preventing disease and detecting health issues at an early stage, if they occur, are important to living a healthy life. And, better health may help lower your health care costs and lower costs to our insurance plan.



Routine checkups and screenings may help you avoid serious health problems, allowing you and your doctor to work as a team to manage your overall health. For specific health questions and concerns, talk with your doctor and follow his or her direction as to the preventive care services that are right for you.

For more information on preventive care, visit uhcpreventivecare.com. At UHC Preventive Care Online you can access age and gender-specific preventive care recommendations that may help you manage your health and reach your personal health goals. You can use this information to work with your doctor to make informed health decisions that suit your lifestyle and daily habits. It's easy and fast.

- Sign up for e-mail reminders
- Print and email survey/quiz results
- View additional preventive health resources and much more

Free Camp Gladiator Fitness Camp

100 employees and spouses may attend a Camp Gladiator FOUR (4) week fitness camp (Feb. 10 – March 8, 2014) for FREE (\$170 value). 190+ locations all over DFW and multiple start times throughout the day and Saturday morning camps help to make camp easily accessible. You can attend ANY session, at any location as much as you would like over the FOUR (4) week session.

What to expect:

- A total body workout
- Interval training, sprint and agility drills, plyometrics, body weight strength drills, cardio mix, and more
- An increase in functional strength, speed, stamina, and results

To register:

1. Visit www.CampGladiator.com
2. Create an account
3. Select which camp you would like to attend
4. Enter DISCOUNT CODE: CGGPTX

Bring a mat, hand weights (8-15 lbs), and water to camp and be ready to fall in LOVE with fitness!

Costco Memberships



Costco Wholesale will be onsite at the city of Grand Prairie on Jan. 17. Stop by the Annex Training Room to speak with a Costco Representative and join!

- Receive a \$20 Costco Cash Card when you join as a new Executive Member!
- Receive a \$10 Costco Cash Card when you join as a new Gold Star Member!

Friday, Jan. 17 • 9 a.m.-noon
Annex Training Room
Annex Building, 318 W. Main Street

It's the Minutes that Matter

Go, weekend warriors! Exercise is just as beneficial when you squeeze it into a couple of sessions per week instead of trying to do some on most days.



In research from Queen's University in Ontario, volunteers who logged 150 minutes or more of moderate to vigorous exercise each week were three to four times less likely to develop metabolic syndrome—that un-healthy combo of high blood pressure, high cholesterol, excess belly fat, and insulin resistance—however they split up those minutes. *Good Housekeeping*

Understanding Preventive Care

Preventive care focuses on evaluating your current health status when you are symptom free. Preventive care allows you to obtain early diagnosis and treatment, to help avoid more serious health problems, allowing you and your doctor to work as a team to manage your overall health. During your preventive visit your doctor will determine what tests or health screenings are right for you based on many factors such as your age, gender, overall health status, personal health history and your current health condition.

Preventive or Not?

When you visit your doctor, the services you receive will be considered either preventive or non-preventive, subject to your benefit plan.

Situation 1: A woman visits her network doctor for her screening mammogram.

Answer: This is considered preventive care because her visit is part of a routine annual exam and has not been prompted by any sort of previous diagnosis.

Situation 2: A woman who takes medicine for high cholesterol has an annual wellness exam and receives a blood test to measure her cholesterol level.

Answer: Although the woman is taking cholesterol medicine, the office visit and the blood test are considered preventive care because they are part of her overall wellness exam.

Put a Spin on the New Year

Boring equals burnout. Put a little extra kick in your 2014 exercise routine with spinning classes. This indoor, calorie-blasting workout accommodates riders of all levels, whether you haven't ridden since you were a kid or are a regular pro. There's no balancing or choreography knowledge required.

Instructors use heart-pumping tunes and guided visualization to motivate you through your ride, which features an adjustable resistance knob and five "core movements" to incorporate both cardio and strength training into the workout. By the end of a 40-minute ride, your core, legs and glutes will be burning, and you will completed, on average, the equivalent of a 15-20-mile ride. *BaylorHealth*



Train Your Fat



Workouts don't just help you ditch extra weight—they can also teach your fat to behave better. Human and animal studies suggest that 12 weeks of vigorous aerobic exercise can make a type of white fat—the kind under your skin that you can pinch—act more like healthier brown fat. The difference? Brown fat doesn't just sit still:

It burns energy to produce heat, which results in better blood sugar control and a healthier body composition. And, as active tissue, brown fat increases your calorie burn, promoting weight loss, says Laurie Goodyear, Ph.D., of Harvard Medical School. *Good Housekeeping*

Preventive Care Services

How can I determine what will be covered as a preventive care service?

Certain services are typically done for either preventive or diagnostic reasons. Generally, when a service is performed specifically for preventive screening, and there are no known symptoms, illnesses, or history, the service will be considered Preventive Care, subject to age, gender and other factors when received by a network physician and subject to the person's benefit plan.

Preventive services can include many types of services, subject to age and gender guidelines, including (but not limited to):

Physician office services:

- Routine physical examinations
- Well baby and well child care
- Immunizations

(This is only a partial list of potential services.)

Lab, X-ray or other preventive screening tests:

- Screening mammography
- Screening colonoscopy
- Cervical cancer screening

Asleep at the Cart

Don't shop on an empty stomach? How about don't shop sleepy? You're more likely to purchase



high-calorie grub if you're tired, a Swedish study reports. Sleep-deprived men bought an average of 1,319 more calories' worth of food than well-rested guys did. Why? After a poor night's sleep, your stomach produces extra ghrelin, an appetite hormone that can make food seem more appealing, says study author Christian Benedict, Ph.D. *MensHealth*

'Tis the Season to Call in Sick



Avoid catching the crud by taking extra precautions at work. To keep yourself and your co-workers healthy, follow these tips from the Centers for Disease Control and Prevention.

1. Get a flu vaccine, which will protect you from the three most common viruses that have been identified this year. Urge your co-workers to get one, too.

2. Use good hygiene practices. Wash your hands frequently with soap and water, and avoid touching your face. Regularly disinfect common areas, like the break room and doorknobs, with sanitizing wipes.

3. If you get sick, stay home. If you think you have the flu, call in sick for at least 24 hours after your fever is gone.

BaylorHealth

The 5 Health Stats You Should Know

If you've ever wished you could boil down your most important health info. to a few simple items, we've got the list for you. "There are five numbers that strongly correlate with aging, heart disease, stroke, memory loss and sexual health," says Michael Roizen, MD, chief wellness officer at the Cleveland Clinic. Here's what makes this short list for optimal health.

1. **Blood Pressure** – Ideal number: 115/75 "Blood pressure at this level lowers your risk of disability and premature death—plus it can help keep you feeling and looking young," Dr. Roizen says.

2. **Cholesterol** – Ideal numbers: LDL ("bad") cholesterol under 100; HDL ("good") over 50 "Cholesterol at these levels is associated with healthy, youthful arteries," says Dr. Roizen.

3. **C-Reactive Protein** – Ideal number: less than 1. CRP rises when you have inflammation somewhere in your body—and chronic inflammation can mean trouble. According to Dr. Roizen, a CRP reading below 1 will keep you at low risk of arthritic, heart disease and stroke.

4. **HBA1c** – Ideal number: 5.6 or lower – This test measures how much sugar is attached to your hemoglobin, an oxygen-carrying protein in the blood. The higher the number, the worse your blood sugar control and the more likely you are to develop diabetes or other problems.

5. **Waist Circumference** – Ideal number: half (or less) of your height in inches. Wrap a tape measure around your middle at your belly button, and then suck in and measure. "Any fat that you have in your belly is unlikely to cause disease or premature aging if your waist circumference is in check," Dr. Roizen says.

Prevention

Are e-cigarettes really a safe strategy to quit smoking?

A cigarette by any other name is still a cancer stick. "Smoking" an e-cigarette heats the nicotine inside it, producing a vapor that's touted as non-toxic; however, researchers in Poland found that 12 products contained detectable carcinogens, including formaldehyde, toluene, and lead. Levels were lower than those in real cigarettes, but no studies to date have shown e-cigs to be clean. That's why the FDA may be considering extending its tobacco regulations to include these pseudo-cigs (and as a result require that they carry a warning label).

By T.E. Holt, M.D. for MensHealth

Run for God 5K Challenge

If you are interested in being more physically fit and spiritually fit, the Run for God 5K Bible Study walking/running class is for you! This is a beginners group that starts with only 30 seconds of jogging and will be training for the Dallas Color Run 5K on Saturday, April 5, 2014.

Location:

Cedar Hill First United
Methodist Church
128 North Roberts
Cedar Hill TX 75104

*Bible study will be held in the first classroom on the left

Date:

Every Tuesday
January 14, 2014 to April 8, 2014

Time:

Bible Study—7-7:30 p.m.
Workout—7:30-8 p.m.

You do not need to be a member to join, however, there is a \$19 registration fee that includes a 5K challenge participant guide. For more information, please visit: runforgod.org or contact Kristin Spivey at 972-237-8960.

Crunch Your Numbers

Nibble your way to better health: Brazil nuts can help your cholesterol profile,



say researchers in (where else?) Brazil. After healthy adults ate just four of the nuts in a sitting, their LDL (bad) levels dipped and their HDL (good) levels rose—and the benefit lasted up to 30 days. Brazil nuts are a rich source of selenium, which may block cholesterol oxidation, improving your lipid profile. To reap the benefits, eat four Brazil nuts at least once a month, the study author says.

MensHealth

Employee of the Month



Gregg Kidd

Gregg Kidd, Senior Environmental Technician for Environmental Services, has been named Employee of the Month for January. Kidd has been a city employee for 10 years. His job duties include collecting water, wastewater, soil and other environmental samples. He also assists with household hazardous waste, maintaining equipment, analyzers and keeping inventory of chemicals and supplies.

“Gregg worked incredibly hard last summer ground spraying for mosquitoes, mentoring our seasonal technicians and collecting water samples in the middle of the night, on Saturdays and weekends,” said Cindy Mendez, Environmental Quality Manager. “He also keeps our radios operational, and takes care of miscellaneous issues around the office. He is a great teacher and mentor to other technicians and staff.”

Library Clearance Book Sale



Saturday, Jan. 18 • 9 a.m.-5 p.m.
Main Library, 901 Conover Dr.

For more information, call 972-237-5700

Message from the Manager

2014 will continue to be a busy year of growth and change in Grand Prairie. The city is working with developers and property owners to market property for development on State Highway 161, Interstate 30 and Interstate 20. Downtown continues to evolve with the opening of Fire Station #1 later in the year, and continued improvements to Main Street building facades and sidewalks. Events will continue to draw crowds to the Uptown Theater and Farmers Market. The city's library system will be re-imagined and re-energized with an expanded e-book inventory, new technologies, new services and programs. We will also consider asking voters whether or not they want to fund The Epic, a mega recreation center and water park in Central Park for all ages, with a ¼ cent sales tax. Additional goals include:

- Opening the new Dalworth Recreation Center
- Beginning construction of The Lodge and Camp Store at Loyd Park
- Restoring the historic Loyd home as a rentable cabin at Loyd Park
- Launching the Get Fit Grand Prairie initiative for citizens
- Building the Gas-To-Energy station at the Landfill
- Opening Lake Ridge Parkway fully from I-20 to Great Southwest Parkway
- Opening cremation garden at Grand Prairie Memorial Gardens
- Breaking ground on a new spay and neuter clinic at the Prairie Paws Animal Adoption Center
- Completing design for Fire Station #10 on the peninsula
- Designing expansion of the Public Works Service Station
- Expanding the Grand Connection offices
- Hiring additional police officers using excess collections from a ¼ cent sales tax for Crime Control and the Public Safety Building
- New police computer aided dispatch and records management system
- Implementing new citywide radio system
- Completing integration of the police and fire dive team for the lake
- Completing 19 street renovations, 6 alleys and 20 leveling and striping projects with Street Sales Tax funding
- Completing design of the I-20 frontage roads from Belt Line to Carrier.

Several roadway projects are set to begin in the design and construction phase including Wildlife Parkway to connect with SH 161, the I-30 service road extension to Belt Line, Palace Parkway, and widening of MacArthur. Thank you for all you do to keep these ambitious projects on task and I wish you a happy, healthy new year!

Tom Hart
City Manager

Your Brain on Bubbles

Why doesn't diet taste all that different? A recent study published in Gastroenterology found that the brain regions in drinkers of sugary and sugar-free sodas light up in the same sweetness-detecting spot. That's because CO₂ helps artificial sweeteners and sugar taste similar. But don't switch to diet just yet: Since carbonation also makes the brain perceive less sugar intake, fake sugar can cause cravings that sabotage your diet. For fizz, opt for plain seltzer.

Prevention