

# WOW!

## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ MARCH 2014

### March is National Nutrition Month

With nutrition top-of-mind, the U.S. Food and Drug Administration reminds you about the nutrition facts label to help you make informed food decisions!

The nutrition facts label lets you know exactly what you're eating and serves as your guide for comparing foods and making choices that can affect your long-term health.

The nutrition facts label shows the calories per serving. For reference, 100 calories in a serving of food is considered to be moderate, and 400 calories is considered to be high. The label also lists the number of servings per container. It's quite common for a package of food to contain more than one serving – so that means that if you eat two servings of that food, you are getting two times the number of calories and nutrients that are listed on the label.

The nutrition facts label can also be used to track nutrients, including vitamins, iron, cholesterol and sodium. The percent daily value gives you a framework for deciding if a food is high or low in a particular nutrient. Percentages are based on a 2,000-calorie daily diet, and each nutrient is based on 100% of the recommended amounts for that nutrient. There is an easy rule of thumb to follow when comparing nutrients: 5% DV or less of a particular nutrient means the food is low in that nutrient, and 20% DV or more means it's high!

*FDA*

### Sneaky Ways to Cut Calories

Here are some sneaky tips to help you cut calories from your daily intake without sacrificing anything! Try a few at your next meal.

- Downsize your dishes - Use smaller plates and bowls to help you eat less. We tend to fill up the dish we're using and then eat all of the food on it.
- Savor your meals - Eating slowly helps you consume only what your body needs to feel satisfied. Eating too quickly, in less than 20 to 30 minutes, leads to overeating and feeling uncomfortably full.
- Leave some food on your plate - By leaving even a few bites, you can focus more on your internal signals of satisfaction and less on eating food just because it is there.
- Don't eat out of a bag or box - When you eat out of a package, you are likely to keep eating until it's all gone – no matter how many servings the package actually contains. Pour one serving into a small bowl.
- Choose your glass wisely - When glasses are short and wide, we tend to fill them with more fluid and to drink more.
- Rethink your drinks - Beverages like soft drinks, juice drinks and alcohol add calories. Drink water instead!

### 2013 Healthcare Claims

The deadline to submit 2013 Health Care Account or Dependent Care Account claims to Conexus is Monday, March 31. Eligible expenses must have been incurred from January 1 to December 31, 2013. Any funds remaining in your account after that date will be forfeited.

You may submit your claim online through [www.conexus.com](http://www.conexus.com) or come to Human Resources for paper forms.

For more information, contact Sheila Fennell at 972-237-8194 or [sfennell@gptx.org](mailto:sfennell@gptx.org).

### 2014 Employee Health & Vendor Fair

**Tuesday, March 25 • 9 a.m.-1 p.m.**  
**Ruthe Jackson Center**  
**3113 South Carrier Parkway**

Mark your calendars! The 2014 Employee Health & Vendor Fair is right around the corner! The fair will be full of unforgettable vendors performing various screenings such as Injury Assessments, Hearing Tests, Food Intolerance testing and more! Visit Raving Fans for screening registration information.



### Farmers Market Opens March 29 with Fun Run and Get Fit GP Health Fair

The Grand Prairie Farmers Market will open for the 2014 season on Saturday, March 29, at Market Square, 120 W. Main St. Opening celebrations will include a free Get Fit GP Health Fair. If that's not enough celebration for you, both the Get Fit GP 5K Run/Walk, which will include a trip through Turner Park, and the "Chase the Chiefs" 1-Mile Fun Run, in which kids of all ages are invited to race Grand Prairie Police Chief Steve Dye and Fire Chief Robert Fite, will start and end at Market Square. Proceeds will benefit health related programs for the youth of Grand Prairie ISD, the Parks, Arts and Recreation Department and the YMCA.

#### Registration:

\$15/person by March 23\*

\$10/person for group of 10 or more by March 21\*

Go to [www.gptx.org/getfitgp](http://www.gptx.org/getfitgp) to register.

\*Contact Danny Boykin at [dboykin@gptx.org](mailto:dboykin@gptx.org) if registering after the deadlines.

For more information about the Farmers Market, call 972-237-4599 or visit [www.gptx.org/farmersmarket](http://www.gptx.org/farmersmarket).



### Stop Stress in its Tracks

In panic mode? These four tips will help alleviate stress immediately:

1. Write down your fears - Make a list of what's worrying you at the moment, then put it away. This simple act stops the obsessive cycle of anxiety so you can move on.
2. Amp up your activity - Vigorous exercise diminishes stress and worry. Get your heart rate up for 20 to 30 minutes. Even walking briskly around your neighborhood after work counts.
3. Be your own best friend - When your mind starts to spiral out of control, say to yourself, "It's all right—I'm a worrier. That's what I do. But everything always works out." Some accepting self-talk can help lower the number and intensity of your fret sessions.
4. Fire up your iPod - Listening to music can distract you from stress, research shows. The same goes for any activity that engages your senses, like reading, cooking or watching a movie.

*Health*

### Reach Your Goals With Weight Watchers

There's never been a better time to experience the support and motivation of Weight Watchers meetings. Visit [www.weightwatchers.com](http://www.weightwatchers.com) to sign up today!

City employees who participate in the Weight Watchers program and are in



attendance at in-person meetings have the opportunity to receive a 50 percent reimbursement on monthly dues! For more information, contact Ashley Land at [aland@gptx.org](mailto:aland@gptx.org).

### Cure Your Cold

According to a study published in the *Canadian Medical Association Journal*, much-loved methods – which include ginseng, vapor rubs and homeopathy – prove inconclusive in the battle against colds. And the nation's favorite tablet – Vitamin C – is utterly useless once a cold develops.

Instead, the best way to prevent and minimize the effects of a cold are to wash your hands and to take zinc.

Dr. Michael Allan of the University of Alberta in Canada and Dr. Bruce Arroll of the University of Auckland, New Zealand discovered that zinc supplements of 10 or 15mg a day work for children, resulting in lower rates of colds and less time off school caused by colds, and believe it would also help adults.

As for what to take once you have symptoms, paracetamol, ibuprofen and perhaps antihistamine-decongestant combinations are among best treatments.

*Huffington Post*

### New Disinfecting Protocol in CVE Workout Room

As a preventative measure, everyone must be aware and understand personal hygiene is a big factor in preventing infections, viruses and other illnesses, so after **EVERY USE** of the CVE Workout Room equipment, employees are **required** to clean the equipment that they used.

There are three cleaning options available:

- Aerosol spray disinfectant (orange and white label) can be applied and allowed to dry,
- Disinfectant liquid (green in color) can be applied and dried with a paper towel, or
- Disinfectant wet wipes (located in wall mount dispenser) can be applied and allowed to dry.

All patrons should also practice good gym etiquette in order to maintain a healthy and hygienic exercise environment. Having good gym hygiene can somewhat limit your exposure to germs that cause cold, flu, norovirus, athlete's foot, and staph infection—not to mention make you a better neighbor to your fellow fitness junkies. Stay safe and stop the spread of illness by following these easy steps:

- Clean your hands - Keeping your hands clean can help make sure gym germs don't do any damage. After using gym equipment, use hand sanitizer or wash your hands with soap and water.
- Clean your gear - "Dirty, dark, moist gym bags are great for fungi," says Donna Duberg, assistant professor of Clinical Laboratory Science at Saint Louis University. "Put your dirty clothes in a plastic bag...and empty the plastic bag right into the washer," she advises.
- Take a rest day - "Don't go to the gym if...you're sneezing and your nose is running," Duberg recommends. Also, if you have an open wound, you might want to stay away from the gym that day to avoid infection, or infecting anything you might touch while you're working out.

*Women's Health*

### Food Additives to Avoid

New research has discovered some troubling statistics concerning many commonly used food additives and dyes. Though research is still being conducted, you may want to limit or avoid these four additives:

1. Artificial food dyes - Petroleum-based dyes such as Blue No. 2 and Yellow No. 5 are banned elsewhere for their potential roles in hyperactivity and cancer.
2. Brominated vegetable oil - BVO contains bromine – a compound found in flame-retardants – and is linked to memory problems. It's used as an emulsifier in some sodas, sports drinks and juices.
3. Caramel coloring - It's made by heating sugars, often with ammonia, and the state of California has labeled one of its compounds as a carcinogen.
4. Butylated hydroxyanisole - This petroleum-derived, packaged-food preservative is a probable carcinogen.

*Prevention*

### FREE Camp Gladiator

Camp Gladiator is more than a fitness camp—it's an experience. Created by American Gladiator Grand Champion Ally Davidson, Camp Gladiator has become the fastest growing and most dynamic fitness program in the nation. Camp Gladiator is a four week adult fitness boot camp that promises a motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Come try it out for **FREE!**

Beginning March 10, Camp Gladiator will hold workouts in the parking lot of The Summit, 2975 Esplanade.

Monday & Wednesday • 6:15 p.m.

Tuesday & Thursday • 5:15 a.m.

Bring a mat, light weights (5-10 pounds), water and a group of friends!

### Six Flags Tickets

Discount Six Flags and Hurricane Harbor tickets are available at the Tourist Information Center. Not only are the discounts good for city employees, but for **EVERYONE!** Tell your friends.

- Six Flags One Day Ticket: \$40
- Fright Fest & Holiday in the Park One Day Ticket: \$42
- Six Flags Season Pass: \$70
- Combo Six Flags/Hurricane Harbor Season Pass: \$90
- Hurricane Harbor One Day Ticket: \$24

\*Note: Children 2 years and younger are free.

Stop by to see what else the Tourist Information Center has to offer!

**Tourist Information Center**  
**2170 North Belt Line Road**  
**972-595-5400 • www.gptexas.com**  
**Monday-Saturday 9a.m.-5 p.m.**

## Employee of the Month



**Steve Martinez, Certified HVAC Technician for Facility Services** has been named Employee of the Month for March. According to his coworkers, Martinez takes his responsibility seriously and does his job with a positive attitude. He continuously creates raving fans. When asked about Martinez, James Shepherd said, "He is a hard worker who pays attention to detail. We get a lot of positive feedback from other departments. He strives to do the best he can, and I compare him to Radar O'Reilly from M\*A\*S\*H. When I call him on the radio about a service request that just came in, he replies that he is on-site and already working on it."

## Shred-It Day

**Saturday, April 12 • 8 a.m.-noon  
The Summit • 2975 Esplande**

Two trucks will be available for shredding. Shred-it day is sponsored by the Grand Prairie Crime Commission, which pays Crime Stopper rewards. A donation of \$5 is suggested.

For more information, call Gary at 972-890-4130.



## Message from the Manager

In 2015, the city will pay off the debt incurred to build QuikTrip Park and The Summit. This means that the 1/8 cent sales tax for each of these venues can go away or be continued for another project with voter approval.

On the May 10, 2014 ballot, the city of Grand Prairie is proposing the two 1/8 cent sales taxes be combined into a 1/4 cent sales tax to build a mega recreation center, library, indoor/outdoor water park, Central Park amphitheater, trails and a gigantic playground. The center would be located in Central Park, across the lake from The Summit and Public Safety Building and would be available to people of all ages. We hope it will even generate private development in the area because of the draw it will have.

If passed, the new mega recreation center will be something of which our city can be proud. Like The Summit, it will be a place to bring people together, have fun, exercise and learn unlike anyone has seen in the Dallas-Fort Worth area. It will be grand for a grand city.

Some ideas to be included in the new center include racquetball courts, basketball courts, multipurpose courts for volleyball and pickle ball, classrooms, a library, computer lab, exercise rooms, workout equipment, a climbing wall, zip line, spa, stage with flexible seating, art components, music and video production for young folks, a restaurant and other items we have not even dreamed of yet.

Please help us dream. If you have ideas for amenities you would like to see in the new center, please let me know.

Years ago, the Grand Prairie voters chose not to dedicate 1 percent of our city sales tax to DART. That is why Grand Prairie is able to dedicate our sales tax to other projects that benefit our residents. This sales tax will also let us cover some of the operating cost so that we can keep the user rates more affordable.

If you live here, do not forget to vote and also encourage your family and friends to vote.

On another note, renovations are underway at the Finance Administration Building. During construction, Finance Administration, Cash & Debt and Accounting are in City Hall in their previous location by Utility Services. Purchasing is located on the first floor of the Development Center where Environmental Services used to have their offices, and Lee Harriss, who works with the Special Districts (TIFs and PIDS), is located in Engineering. We hope that all construction will be complete by the end of April.

Thank you for all that you do to create Raving Fans every day.

Tom Hart  
City Manager

## Now Available: Online Wellness Resources

This online list offers health and wellness information for employees. Its interactive format allows employees to click on the health/wellness link they would like to be rerouted to. Visit the Wellness Resource Center today on Raving Fans under the WOW tab.