Walk Across America Winners Announced!

The 2nd Annual 2013 TCSIG Walk Across America Challenge was a success thanks to the participants’ dedication to improving their fitness and enthusiasm regarding this friendly worksite challenge!

This year’s TCSIG Walking Challenge boasted 40 teams of five and 198 individuals, for a total of 398 walkers! As a whole, the TCSIG Walk Across America Challenge participants walked 188,224,336 steps - or 94,112 miles. This the equivalent distance of 37 times across America!!

Congratulations to the three Individuals and the three Teams who took the most steps during the challenge.

Additional congratulations to the winners of the Participation Raffle! Participants received one raffle ticket for meeting the goal of 450 miles walked as an individual, or 2,250 miles walked as a team.

Individuals received an additional ticket for every 10 miles (20,000 steps) they logged after that, and teams received an additional ticket for every 50 miles (100,000 steps) they logged after that.

Five individuals and one team of five were randomly selected in the raffle, and were awarded a $25 gift card and gym bag for their active participation in the TCSIG Walk Across America Challenge.

**MOST MILES LOGGED**

**INDIVIDUALS**
- Linda Nuchols with 861 miles
- Jamie Fitch with 826 miles
- Raj Brar with 779 miles

**TEAMS**

“Modoc Old and the Beautiful”

“Take a Hike”
- team members: Shelley Hansen, Larry Green, Lori Thorne, Julie Booth, and Darci Osika with 2668 miles.

“HC Rockers”
- team members: Tony Cervantes, Ruth Ann Criner, Laura VanAcker, Robert Fendler, and Jody Nelson with 2554 miles.

**RAFFLE WINNERS**

**INDIVIDUALS**
- Lisa Bailey
- Maria Carbajal
- Sarai Garcia
- Francesca Hulin
- Margaret Stelmok

**TEAM**

“HC Rockers”

Great job to all challenge participants. We hope you had a great time, and look forward to having you join us again next year for this fun wellness challenge!
Meet Your Hydration Needs This Summer!

As the mercury rises, we need to be mindful of our bodies hydration needs. Water makes up more than half of the body’s weight and is essential for all body functions. Every cell, tissue and organ in the body needs water to function correctly. Water helps the body regulate its temperature and pH levels, remove waste, and lubricate/cushion joints. Water also helps energize our muscles and keeps our skin looking good - it can help prevent constipation and makes nutrients from our foods available to our body.

Various recommendations have been produced over the years for calculating daily fluid needs, but individual fluid needs can vary, depending on factors such as level of physical activity, gender, general health, and where you live. Therefore, no single formula fits everyone. According to The Institute of Medicine, an adequate intake for total daily beverage intake is about 13 cups for men and about 9 cups for women - not far from the 8-8 ounce glasses a day rule.

According to experts, you can satisfy part of your fluid requirements with beverages other than water, such as low-fat milk, caffeine-free tea and coffee, 100% juice, sports drinks, and sparkling water. In addition, water rich foods like soup, fruits, and vegetables can not only satisfy your fluid needs, but additionally, provide fiber, vitamins, and minerals to nourish and keep you feeling full.

Strive to incorporate these fruits and vegetables into your nutrition plan this summer to help keep your body fueled properly!

Crab, Corn, And Tomato Salad With Lemon-Basil Dressing

The tart lemon-basil dressing contrasts with the sweet corn, tomatoes, and crab in this no-cook salad. Pair it with cucumber soup or a grilled sandwich for a heartier meal.

Cooking Light JUNE 2008

INGREDIENTS

- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup fresh corn kernels (about 2 ears)
- 1/4 cup thinly sliced basil leaves
- 1/4 cup chopped red bell pepper
- 2 tablespoons finely chopped red onion
- 1 pound lump crabmeat, shell pieces removed
- 8 (1/4-inch-thick) slices ripe beefsteak tomato
- 2 cups cherry tomatoes, halved

DIRECTIONS

1. Combine rind, 3 tablespoons juice, and next 5 ingredients in a large bowl, stirring well with a whisk. Reserve 1 1/2 tablespoons juice mixture. Add remaining 2 tablespoons juice, corn, and next 4 ingredients to remaining juice mixture; toss gently to coat.

2. Arrange 2 tomato slices and 1/2 cup cherry tomatoes on each of 4 plates. Drizzle about 1 teaspoon reserved juice mixture over each serving. Top each serving with 1 cup corn and crab mixture. Yield: 2 to 4 servings

For more information about eating healthy or improving your overall well-being, contact Delta TeamCare at 866-724-0032 or teamcare@delapro.com.
Amusement Park Rides—Avoid The “Thrill Ride To The ER”

In June many schools and youth organizations plan their annual end of the school year field trips to popular amusement parks. While children and their parents may see thrills in the making, some recent research holds up a caution flag on injury risks from some common amusement pastimes that can take a toll on a family’s summer fun. Not to take the fun out of childhood, but it is a fact that even kiddie rides that seem quite harmless can be dangerous.

For example, a roller coaster doesn’t have to be hundreds of feet tall or go faster than 100 miles an hour for a child to get hurt riding it. Tumbling from a much tamer ride in a mall or arcade can do serious damage if a child falls onto or off a bucking rocking ride.

Trampoline parks have become the new rage for adults and tots alike and are often a popular birthday party activity. But whether on a park-sized jump mat or a backyard version, more than 90,000 people a year get hurt badly enough to seek treatment at the ER as a result of trampoline injuries and about a third of them are 6 years and younger.

Also, bouncy inflatable attractions like moon bounces and slides, are not entirely safe just because they’re soft. Researchers say the number of injuries requiring ER care from such rides among children 17 years and younger was 15 times greater in 2010 than in 1996 – nearly 65,000 in all.

The Academy of Pediatrics issued a policy update on trampoline safety last fall that discouraged use of backyard trampoline equipment due to the fact that children 5 and younger are typically at greater risk for injury. They also found that about 75% of trampoline injuries happen when more than one person is jumping. Falls and collisions account for the most severe damage. Although some safety advocates and state lawmakers are pushing for regulation of trampoline parks, the Academy of Pediatrics states that more data is needed regarding the safety of the equipment in those settings.

On the other hand, the Center for Injury Research did note that trampolines can play a positive role when used as part of a structured athletic training program that includes “appropriate coaching, supervision and safety measures.”

Dr. Gary Smith, director of the Center for Injury Research and Policy and his colleagues stress that parents need to closely supervise and monitor their children, especially younger children, on all rides. They suggest keeping anyone younger than 6 years out of the bouncers and allowing only one child on the equipment at a time, if possible. Otherwise, make sure they are at least about the same age and size.

**Important Pointers for Amusement Rides:**

- Follow all age, height, weight and health restrictions.
- Avoid mall and arcade rides if they’re on a hard surface and don’t have safety restraints.
- Make sure children use safety bars and seat belts and keep their hands and feet inside the ride.
- Be sure your child is mature enough to follow the rules on any ride. If not, keep him or her off the equipment and do something else.

Yes, summer presents many opportunities to visit county fairs, amusement parks, carnivals and parties with trampolines and bouncy houses. Following the above safety pointers will insure a safer and happier summer for your family.

(www.therepublic.com 5/1/13)

For more information:
American Academy of Pediatrics website: aap.org
Healthychildren.org/trampolines

Used with permission from HBA’s June Newsletter

Did you know?

You can sign up to receive newsletters and information by email from TCSIG. Register at www.tcsig.com.
We are extremely excited about the wonderful turn out we’ve had at the TCSIG Wellness Center and the new patients we’ve had the honor of meeting and getting to know.

As our numbers continue to grow, please remember to call (530) 645-5700 and make an appointment to avoid a long wait.

We want to do our best to serve our patients with their chronic and acute care needs. As a wellness center, our focus is to manage chronic illnesses such as diabetes, hypertension, and asthma, but we also see patients for acute symptoms such as allergies, cold/flu-like symptoms, UTIs, minor injuries and illnesses.

As summer rolls on and your kids begin sports, call the wellness center to set up an appointment for their sports physicals.

Next time you come see us, help us to better serve you by filling out a comment form.

Healthy Lifestyle Tip: Exercise is Cancer Wonder Drug

The latest “wonder drug” for cancer isn’t a drug at all – but exercise. That’s what a British cancer charity had to say in a new report detailing the benefits of exercise for cancer patients.

“Cancer patients would be shocked if they knew just how much of a benefit physical activity could have on their recovery and long term health,” Ciaran Devane, chief executive of Macmillan Cancer Support, said in a written statement. Macmillan’s “Move More” report looked at 60 studies and surveyed over 400 health professionals to show how important exercise was to cancer treatment.

The report said doing the recommended levels of 150 minutes per week could reduce a breast cancer patient’s risk of recurrence or dying by 40 percent and a prostate cancer patient’s risk of dying by 30 percent. Exercise also helps curtail side effects like fatigue, depression, osteoporosis, and heart disease for all cancer patients. More physical activity can also reduce the risk of colon cancer by as much as 50 percent, the report said.

“It doesn’t need to be anything too strenuous, doing the gardening, going for a brisk walk, or a swim all count,” Devane said.

Macmillan’s chief medical officer, oncologist Dr. Jane Maher, said in a written statement that health care professionals need to undergo a “cultural change” and make exercise an integral part of cancer care. The report found over half of general practitioners, oncologists, and nurses don’t tell their patients the benefits of physical exercise. Maher once counted herself as one of these uninformed physicians.

“The advice that I would have previously have given to one of my patients would have been to ‘take it easy,’” Maher said. “This has now changed significantly.”

Source: mirror.co.uk, webmd.com and cbsnews.com