



July 2013
Volume 1, Issue 1

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Wellness Works

Syrgov.net/wellness.aspx

Welcome to Wellness

Dear City Employees,

I am pleased to introduce the first issue of "Wellness Works," a new monthly newsletter about health, wellness and our freshly launched employee wellness program. In these issues you will find information about nutrition, fitness, chronic disease management, highlights of our benefits package and programs offered to City employees.

The strength and success of our organization depends on each and every one of us. That's why I want our workplace environment to help you to maintain and even improve your health. The goal of this wellness initiative is for City of Syracuse workplace to be one where you are encouraged and empowered to strive to meet your personal health goals.

I hope you are as excited as I am to become healthier together, and I urge you to get involved, join the Monday mile, take the stairs instead of the elevator, and think about what you snack on during the day.

Wellness works, and together we can strive to become a healthier, happier, more productive workforce for ourselves and for the citizens that we serve.

Sincerely,

Stephanie A. Miner
Mayor

YMCA Trial Membership for City Employees

YMCA and the City of Syracuse have partnered to provide all City employees free usage of any YMCA of Greater Syracuse facility on Mondays from July through September 1st. Please present your City issued ID at the membership desk for entry. Free childcare will also be available while using the YMCA facilities.



Additionally, the YMCA has launched the Get Well Downtown summer initiative featuring free group exercise classes and an incentive program to help you reach your goals. Learn more at www.Syrgov.net/uploadedFiles/DT_CampaignMenuofActivities.pdf.

Get Moving!

Start Small

Physical activity doesn't need to be complicated. Something as simple as a brisk daily walk can help you maintain a healthy weight; prevent or manage conditions such as heart disease, high blood pressure, and type 2 diabetes; and lift your mood. The faster, farther and more frequently you walk, the greater the benefits.

Monday Mile

Start with the Monday Mile—all are welcome to walk the Monday Mile. We meet at the corner of E. Water and Montgomery Streets (North end

of City Hall) every Monday at noon and we follow the markers back to City Hall.

Trouble Getting Motivated?

Don't let excuses prevent you from being happy and healthy. There are three common excuses that prevent people from exercising:

Too tired – According to *Science Daily*, regular exercise plays a significant role in increasing energy levels and reducing fatigue. What may seem tiresome at first will eventually become an energizing part of your routine.

Too busy – According to the American Heart Association, only 75 minutes of weekly vigorous exercise is needed to improve your health. Broken up over the course of a work week, that's only fifteen minutes a day.

Not motivated – Sometimes, getting started is the hardest part. Set attainable goals and hold yourself accountable. Exercising with a partner or larger group will motivate you to complete your workout and also makes it fun! Keeping a food diary is an effective way to stay on

track. There are many smartphone apps that you can use to track your daily exercise and food intake—try using the free and easy to use app MyFitnessPal.

Health Benefit Highlight: Smoking Cessation

Did you know that smoking cessation is covered under your City benefits plan? Prescription medications such as Chantix, patches (NicoDerm), and gum (Nicorette) are all covered 100% in-network with no co-pay. Tobacco use cessation counseling and the doctor's visit to obtain a prescription is also covered 100% in-network with no co-pay. The out-of-network coverage for these services is 80% after deductible.

According to the Centers for Disease Control and Prevention (CDC), the combination of medication and counseling is more

effective for smoking cessation than either alone.

If you're looking to quit smoking, please consider using these resources and make smoking a habit of the past.

Our plan document can be found by logging into your account on www.MyPOMCO.com under the City of Syracuse Benefits Center and then by clicking the Forms and Communication button. If you have Blue Cross Blue Shield insurance, you may access this information by logging into your account on www.excellusbcbs.com.

City Kickball Game

Please join us for the first City kickball game! The game will be held after work on Thursday, August 1st at 6pm at Wadsworth Field. To sign up or ask questions, please contact Chris Abbott at cabbott@syrgov.net or call 473-4330. We hope to see you there!

Healthy Recipe: Good Morning Muffins

This month's recipe was created by Cornell Cooperative Extension of Onondaga County (CCE). CCE brings award winning nutrition education programs to City youth and families. City Parks is a proud partner. Enjoy!

1 cup whole wheat flour
1 cup all-purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
½ teaspoon salt
1 cup packed brown sugar

3 medium or large eggs
2 medium apples washed
cored, and chopped
1 ½ cups shredded carrots
½ cup raisins

1 cup juice packed crushed
pineapple including juice
½ cup applesauce
½ cup oil
½ teaspoon vanilla extract



Preheat oven to 375° F

1. Line 24 2 ½ inch muffin cups with paper bake cups or spray with vegetable spray; set aside.
2. In a large bowl, combine flour, baking soda, cinnamon, and salt; stir in brown sugar. Stir in apples, carrots, and raisins.
3. In a medium bowl combine crushed pineapple, applesauce, oil, eggs, and vanilla. Add pineapple mixture to flour mixture; stir just until moistened.
4. Spoon batter into prepared muffin cups. Bake in a 375 deg. F oven for about 18 minutes or until a wooden toothpick inserted in centers comes out clean.

Cool in muffin cups on wire rack for 5 minutes. Remove from muffin cups and serve warm.

Nutritional Information, per muffin: 110 calories, 4 g total fat (0g saturated or trans fats), 18g carbohydrates, 9g sugar, 2g fiber, 2g protein, 120mg sodium.