



Wellness@WIC

July 2016

Get pumped for the 2016 Statewide Meeting!

Are you getting excited for the [2016 Oregon WIC Statewide Meeting](#)? Well, it's time to get even more pumped up! In addition to the chance to share, engage and connect with your fellow WIC colleagues—at breakout sessions, networking events and over lunch—there will be built-in opportunities to put our WIC values of wellness and self-care into practice.

Have you ever attended an all-day training or meeting and noticed how you feel after a few hours? Sitting and taking in new info for long periods of time can be hard, on the body *and* the mind. Which is why we encourage you to **stand up** and **stretch** between and during sessions. And don't worry, we've given the presenters a heads up, so they're expecting to see movement in their audience.

Other wellness features you can take advantage of at the meeting include:

- free **yoga**
- self-guided **walking** and **running maps**
- **breastfeeding rooms** for nursing moms
- free healthy **snacks** during breaks
- access to a **pool** and **gym** (if you're a hotel guest)
- a **quiet lounge** to take a break from the action.

We're also planning instant recess stations—we're calling them **Empower Stations**—throughout the meeting. Get ready to challenge your co-workers to a game of **bean-bag toss**; be on the lookout for **juggling**, **mini-basketball**, and more! Can you take a selfie while **hula hooping**? I don't know, but I'm going to try!

We invite all of you to follow our Twitter and Facebook pages, before and during the conference, and use our hashtags **#WICNextGen** **#WellnessAtWIC** to see what other people are saying and sharing about wellness at the WIC Statewide Meeting. See you in September!

-NIANI DUNNER, editor | niani.dunner@state.or.us



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healthoregon.org/wic

Can you do nothing for 2 minutes?

Web Wellness



Tip

Need a quick break that will

- help you feel a little more calm
- reduce anxiety and stress
- ease mental fatigue?

www.donothingfor2minutes.com

Emotional • Physical • Occupational • Spiritual • Social • Family • Intellectual



“Most of us have more control over how long we live than we think,” says Dan Buettner in his New York Times bestselling book *Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest*. Buettner and teams of scientists, from National Geographic and the National Institute on Aging, identified what people and communities can do to increase longevity, health and happiness, including:

KUDOS KORNER

Klamath County

- create an environment that encourages **physical activity**
- **eat wisely** and with moderation
- cultivate a sense of **purpose**, and
- surround yourself with a **healthy network** of people.¹

WIC staff—and the greater Klamath Falls community—are participating in the [Blue Zone Project](#) to bring the changes identified in this research to life! Sue Schiess, WIC Coordinator for Klamath County WIC, reports that “our community has really embraced the Blue Zones and the changes for the better for everyone’s health and well-being.”



Raquel P. gets up early to garden and build natural movement into her day



Heather at an event for kids planting seeds

In the WIC clinic, they’ve seen a positive response and commitment to changes by staff. “**Natural movement is emphasized,**” Sue says, “adding activity back to where we’ve it cut out. For example, **gardening, cleaning, walking to the store, and parking further away.**” Staff have joined the Fitbit Challenge, and started walking 2 times a week for 30 minutes during the lunch hour. They are holding potlucks with healthy items, and are more aware of healthier choices for snacks, including a basket in the break room with nuts, string cheese and fruit.

Just a few examples of the numerous changes in their community include:

- Some grocery stores now offer free fruit for kids, or have checkout lanes stocked with only healthy foods (no candy or chips);
- The city has plans for more trails, bike lanes and sidewalks, and walk and bike to work days.



Raquel M.'s family adopted a dog as part of her personal pledge to become more active

Interested in learning more? Sue recommends watching [Dan Buettner’s TED talk](#), and visiting the Blue Zones Klamath Falls [Facebook page](#). You can also participate in Blue Zones quizzes and online support, no matter where you live, by visiting the [Blue Zones website!](#)



Dora performed at the Blue Zones Kickoff event with her Hispanic dancing group



Free fruit for kids at the store



The Mommy Walking Group is one of many, including a Plus Sized Walking Group and a Kids Bike Group

1. NPR, [Can ‘Blue Zones’ Help Turn Back the Biological Clock?](#)