



# Wellness@WIC

April ❖ 2014



## Awareness Through Movement

This winter, John Crawford reminded State WIC staff of how the way we move our bodies relates to the qualities of our thoughts and feelings. In his presentation entitled *Embodied Learning*, John highlighted how our body experience can be a rich source of information about ourselves, since thinking, feeling and sensing are all rooted in movement. John suggested that through mindful movement, we can reveal habits related to our thoughts and feelings.

In our fast paced society, taking the time to slow down is often

**Movement is life.  
Life is a process.  
Improve the quality of the process and you improve the quality of life itself.**  
-Moshe Feldenkrais

challenging. Fortunately for those of us working for the WIC program, we are surrounded by babies who can remind us of new beginnings. Click the image (at right) to watch a video montage of a little baby named Liv, who is learning about awareness through movement. It is these first beginnings that form the initial pieces that someone would learn while doing a Feldenkrais Awareness Through Movement Lesson.

We are creatures of habit and almost everything we do is learned. Once learned there is an automatic/fast/"right" response. Only when we take the time to explore these responses, can we create possibilities for new experiences...in our minds or our bodies.

There are many different types of slow movements to explore:

- Tai Chi
- Qi Gong
- Yoga
- Awareness Through Movement
- Alexander Technique
- Meditation

Movement itself can change the brain and influence our thoughts and feelings. This year, consider practicing one of these easy, attentive mindful movements and see what you learn.



## KUDOS KORNER Klamath County



A group of Klamath County WIC staff have started getting more activity during their lunch break. They began by alternating Zumba and walking at a local, outdoor trail, 5 days a week. They even mixed in a Hip Hop Abs program, for added fun! When weather got in the way of walking outdoors, and they were ready to intensify their workout, they decided to follow the Insanity Program: a 60 day challenge that involves higher resistance training and a modified healthy meal plan. They've tracked their measurements and nutrition intake, and 2 months in, they are feeling great and seeing results! They credit the support and motivation of their co-workers with their success. Go ladies!

**FOOD SERVING SIZES GET A REALITY CHECK**

**Serving Size Changes**  
 What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

**CURRENT SERVING SIZE**  
 4 SERVINGS (1 PINT) = 200 CALORIES

**PROPOSED SERVING SIZE**  
 2 SERVINGS (1 PINT) = 400 CALORIES

**Packaging Affects Servings**  
 Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

12 OUNCES (360 CALORIES) | 20 OUNCES (400 CALORIES)  
 1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

## Food Servings Get a Reality Check!

In case you hadn't noticed, how people eat and drink today has changed since serving sizes were first established 20 years ago. By law, the label information on serving sizes must be based on what people actually eat, not on what they "should" be eating.

The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. To read more about the proposed update click on the image (left).

**Did you know that March 20th was the second ever International Day of Happiness? There are many actions each of us can take to be happier and create happier communities. Small things can make big positive changes! Click here to explore 12 actions for greater happiness.**

## Astoria Wellness Challenge Takes Off

Content repurposed from an article written for *The Daily Astorian* by TED SHORACK

This winter, seventeen people took part in the Astoria Wellness Challenge: Nine weeks of tracking healthy food choices, weight training, and fitness activities--including yoga, Zumba, and spin classes. Prizes were given based on participation and random drawings. The challenge focused less on weight loss, and more on finding different ways to exercise and eat better.

Julia Mabry, a certified personal trainer, developed and coordinated the Challenge. Seeing firsthand the effects of poor diet and an inactive lifestyle prompted her to start the program.

Heart disease and stroke are still the leading cause of death in Oregon. Clatsop County, with a population of 37,301, has a higher rate of heart attacks and stroke than the state average. Motivated by the amount of people unnecessarily suffering from preventable chronic diseases in her county, Mabry approached the Astoria Parks

and Recreation Department last fall with the idea to do the Challenge.

At the beginning of the program, participants had their cholesterol and blood pressure checked. Their weight was taken as well, but there wasn't a major focus on taking off pounds throughout the two months. The focus was more on what people are able to do with their bodies and how they feel, rather than weight lost.



Tory Sutherland strengthens her back with a bent-over row exercise and 3-pound weights

Photo courtesy of Josefine Mabry

Clatsop County WIC's Tory Sutherland did the challenge with her daughter-in-law. "I knew that working out with a friend would motivate me more." she said "Our motivation was to encourage each other."

### It Takes a Village!

A lot of organizations and individuals came together to make this happen:

- A \$5,000 grant from the Columbia Pacific Coordinated Care Organization got the program under way.
- Danny Manning, an exercise physiologist with Columbia Memorial Hospital presented information on the positive effects exercise can have on blood pressure and the heart.
- A registered dietitian facilitated a cooking class with food provided by the Astoria Co-Op.
- Gimre's Shoes and Coastal Family Health Clinic supported the program.
- RiverZen Yoga Studio in Astoria donated a free class to participants and a free week to come back and try more.
- Clatsop Community College nursing students did weight, height, body circumference and blood pressure checks for everyone at the beginning of the program.

**How could you make this happen in your county?**