

CONNECTIFIT'S NATIONAL PARKS EXPLORATION FACTS

- There are 17 teams in the walking program
- Since October 10th we have visited 2 parks; Acadia National Park in Maine and The Erie Canalway National Park in New York
- 1,459,865 steps have been taken
- About 730 miles have been walked
- There are 106 participants in this walking program
- 1375 minutes (about 23 hours) have been walked outside
- We have 11,485 miles left in our exploration

Facts were taken from the Week 1 walking log data

Connecticut Department of Public Health Worksite Wellness Program Newsletter ~ November 2005

Commissioner's Corner

ConnectiFIT's National Parks Exploration" is off to a great start. I am extremely pleased with both the number of people from the first walking program that decided to join the second walking program, and the number of new people that we have participating. Your continued involvement in this program is essential to reaching our goal of the visiting National Parks located throughout the United States (about 12,000 miles). Also being offered for DPH employees

are Healthy Living Seminars. These seminars are offered once a month during your lunch break. Upcoming seminars include a presentation on stress management and a presentation about healthy eating. Both of these topics come just in time for the busy holiday season. I encourage everyone to visit the ConnectiFIT website for more information about the Healthy Living Seminars, and to see what other information ConnectiFIT has to offer you.

BMI and You!

Go to the following website to calculate your BMI:

<http://nhlbisupport.com/bmi/>

Have you ever wondered what BMI was?

BMI stands for body mass index and is a basic weight status. BMI correlates with body fat, but does not measure your body fat in anyway. There are other things that you have to consider when looking at your BMI. Men generally have higher BMIs than women, and older individuals normally have higher BMIs than younger people. Also, the BMI chart does not take into account the amount of lean tissue (muscle) and adipose tissue (fat) that you have. This means that people

that are muscular will have the same BMI as a person of the same height and weight, even if they are not as fit.

What do I do with my BMI score?

There are different ranges that your score will fall within. Having a score of 18.5 or lower is considered underweight. If your score falls between 18.5 and 24.9 you are considered having a normal weight. The overweight category is having a BMI score of 25 to 29.9, and the obese category is having a BMI score of over 30. Remember that the BMI score is basic weight status, and does not take into account many variables. This is used to give you an estimate of where you

are in terms of your weight.

Does my BMI score relate to my health?

Your BMI score is only one factor used to predict your health status. The higher your BMI the more likely you are at risk for certain diseases. Diseases that you are more at risk if you are overweight or obese are diabetes and musculoskeletal conditions.

Where do I find out more information about BMI?

Here are some websites where you can find more information about BMI:

<http://www.cdc.gov/nccdphp/dnpa/bmi/>

ConnectiFIT's Healthy Living Seminars

October 24, 12:00-1:00 PM	Christine Sisbarro " Office Ergonomics" 470 Conference Room C
November 10, 12:00-1:00 PM	Tami Hodges " Stress Management" 470 Conference Room C
December 15, 12:00-1:00 PM	Bridget Sullivan, RD "Healthy Eating during the Holidays" 470 Conference Room A/B

More Information About ConnectiFIT and it's Programs, go to www.ConnectiFIT.uconn.edu or email ConnectiFIT@po.state.ct.us

Sweet Potato Soufflé

Ingredients:

4 large sweet potatoes	4 tablespoons butter
1/2 cup skim milk	1/2 cup dry sherry
1/2 cup brown sugar	1 teaspoon nutmeg
1 teaspoon cloves	1 teaspoon cinnamon
1 pinch salt	4 large egg whites
2 tablespoons sugar	2 oranges cut in slices
1/2 cup frozen orange juice from concentrate	

Cooking Instructions:

1. Preheat oven to 350°F.
2. In a large pot, cover the sweet potatoes with water and bring to a boil. Boil until tender.
3. Drain and peel the potatoes and place in a large mixing bowl. Mash well.
4. Add the butter, milk, sherry, brown sugar, orange juice, nutmeg, cloves, cinnamon and salt. Beat well with a mixer.
5. Spoon mixture into a buttered, ovenproof gratin dish.
6. Bake until the potatoes are hot, about 25 minutes.
7. While the soufflé is cooking, make the meringue. In a clean bowl, whip egg whites until almost stiff. Gradually add the sugar and continue to beat until soft peaks form.
8. During the last five minutes of cooking the soufflé, top with the meringue mixture.
9. Return to oven and remove when the meringue is lightly browned. Garnish with the sliced oranges.

For nutritional information and other recipes, please go to: <http://www.foodfit.com/recipes>

Physical Activity in Unlikely Places

The weather is changing, and remaining to be physically active might be harder to do than normal. Take these suggestions of things to do to keep active in the cold months.

The Hartford Festival of Lights

This event runs from November 26th to January 6th in Constitution Plaza. Take a chance to walk around and look at the decorations during the holiday season. This is also a great way to be physically active while spending time with your family.

Enjoy the Green Houses at Elizabeth Park

The Park and green houses are open daily from 10 am to 3 pm. You can take a walk around the park and warm up in the green houses. They also offer many free programs throughout the year.

Connecticut State Capitol Tours

Free tours are offered on weekdays year round from starting at 9:15. Learn about the State of Connecticut by following a guided tour, or pick up a self guided tour booklet and walk around the Capitol anytime during business hours.

Local Events

There are local events in your area. Look in your local newspaper for weekly recreational events that can be found in your hometown.

Cold weather is no excuse, use these suggestions to get out there and BE ACTIVE!



Team ConnectiFIT at ConnectiFIT Goes to the Grand Canyon Wrap-Up

Congratulations to all of the teams that participated in ConnectiFIT's first Walking Program!

The Sisterhood of the Traveling Pedometers Roadsters
It's Better Over Here Kaibab Strides Fabulous Four
Ms. Fits Foot Loose Wacky Walkers
The Sole Survivors Totalee Fit Day Care Road Runners
Epi-Cureans The Mean Deviates Happy Campers
CTFIT1 TB Trackers Day Care Divas Faith Walkers
Legal Beagles Sole Train Capitol Go-Getters
Cool Walkers The Leaded Feet Fiscally Challenged
Hems & Haws Central Registry Walkers

ConnectiFIT Goes to the Grand Canyon Report

- **There were 121 participants in the walking program**
- **There were 26 teams in the walking program**
- **A total of 18,238,918 steps were taken during the program**
- **A total of 13,189 miles were walked during the program**

Thank you to all the walkers that participated in ConnectiFIT Goes to the Grand Canyon!

We appreciate your enthusiasm in the ConnectiFIT Worksite Wellness Program and encourage you to continue attending ConnectiFIT Programs.