



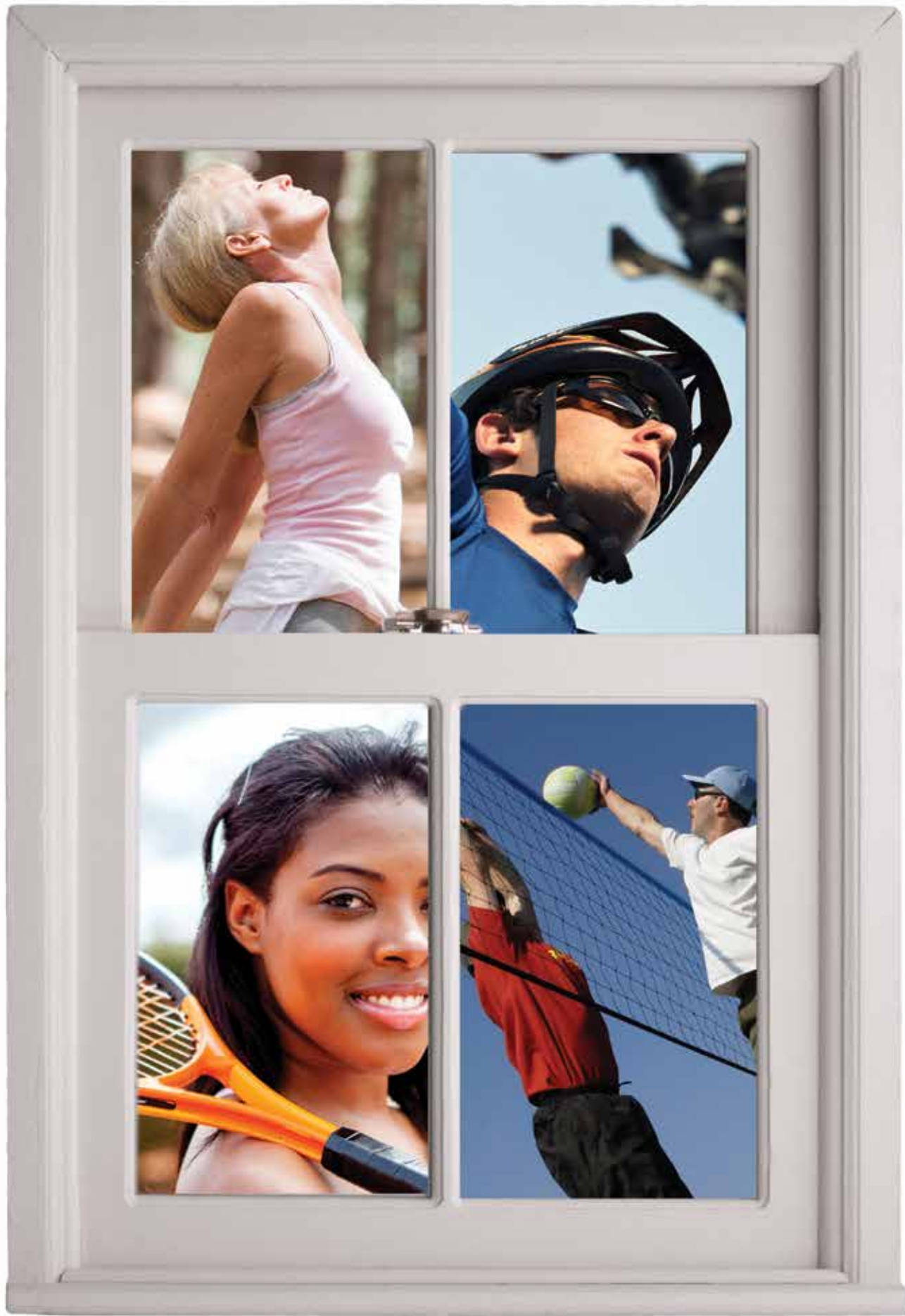
# FOR YOUR BENEFIT

OVERCOMING YOUR HEALTH CHALLENGES

A PUBLICATION OF THE LOCAL 1245 HEALTH FUND

APRIL 2014

## ARE YOU READY TO GO OUTSIDE?



IT'S TIME TO GET HEALTHIER  
**TOGETHER!**



# TAKE IT OUTSIDE!

**Y**ou're out of excuses, really! Cold temperatures and snow are gone. Your gym for the next 7 months could be open 24 hours a day with free membership. It's right outside your front door. What are you waiting for? Here's your plan:

## Monday and Wednesday: Hit the Track

Before or after work, go out to the local school or park for some track time. Set a goal. Walk around the whole track 2 times. Or, set your phone for 30 minutes. That's it. Maybe you'll want to run a little, skip, or make large arm circles while you're walking—whatever you do, you're not on the indoor treadmill and staring at a TV.



## Tuesday and Thursday: Park it

Parks are filled with fitness equipment—swings, benches, and monkey bars. Find a park and go. Walk for about 10 minutes just get your blood flowing. Next, look for a park bench. Do some tricep dips. This is a great exercise to get definition and strength in your triceps. Keep your elbows tight to your ribs, and push through your palms. Try for 20.



For pushups, use the same bench. Hold onto the edge of the bench and hold your body flat, supporting yourself with your arms, which are shoulder-width apart. Lower yourself down into



a pushup. Your chest should be right above the bench. Work up to 20.

## Friday: Pick your opponent and kick butt



Fridays should be fun. Find a basketball, tennis or volleyball court nearby and PLAY. What about a soccer or softball field? PLAY! Or try "Speed Call", a popular game that builds up your aerobic ability with fun. Find an easy run with your family or friends—a path in the park somewhere. Someone starts the game by calling out commands like, "from that next light pole to the green bench!" That's your signal to sprint between the two markers. Take turns calling out the next distance to race. Make it interesting and force the other to skip, side shuffle, or jump. You choose the game!

## Saturday: Go for a ride

People ride bikes for a variety of reasons. Environmental concerns, exercise, practical transportation, to save money, or just to have fun. It's also

one of the most effective workouts you'll ever do, and puts less stress on the knees, ankles, and spine than walking or running. New Jersey and New York have great trails. Check them out: [www.trailink.com/stateactivity/nj-bike-trails.aspx](http://www.trailink.com/stateactivity/nj-bike-trails.aspx)



## Sunday: Take a hike

Hiking uses a lot of up-and-down movement, so you get a killer leg, ab, and butt workout along with great cardio benefits. Not only that, but hiking can be a relaxing workout that doesn't seem like a workout at all. A 150-pound woman can burn 200-plus calories hiking for just 30 minutes. Where to hike in New Jersey? Ask the folks that plan fun, beautiful hikes every week, all year around. It's a great way for beginners to learn how to hike and where the trails are.

[www.nynjtc.org/content/member-clubs](http://www.nynjtc.org/content/member-clubs)

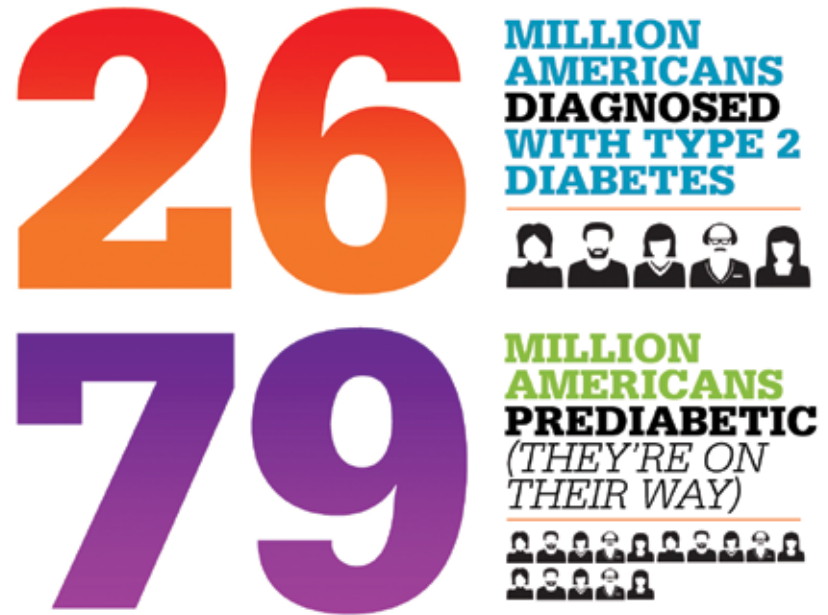


**\*Don't forget! Look into the exploding popularity of boot camps and always remember to zip up your personal ID in your pocket.**

# WHO CARES ABOUT THE TYPE 2 DIABETES EPIDEMIC? YOU SHOULD.

**R**ight now, 1 out of every 4 people in your grocery store is living with type 2 diabetes. It's true. 1 out of every 4. Your coworkers and customers. The elderly. The young. 1 out of every 4.

To be fair, that one person may not be diagnosed yet. If they are, they might be managing their condition with just medication, ignoring the importance of eating right and exercising. Or, they may be ignoring it and hoping it will just disappear, like a bad headache. But type 2 diabetes will not disappear. Without treatment, it will result in damage to your nervous system; pain, loss of sensation, or loss of motor control of a limb. Next could be a sudden change, like vision loss and eventual blindness. Heart disease, stroke, or the need for an amputation of a foot or leg is also very common, and not unusual. Type 2 diabetes is often called the "silent killer." In fact, it has long been known that the number of deaths related to diabetes is considerably underestimated.



**“One of the reasons why people often deny having type 2 diabetes is because their symptoms are so minor,” says Richard R. Rubin, PhD, professor of medicine and pediatrics at the Johns Hopkins University. “Maybe they don’t have a lot of energy, or they get up frequently in the middle of the night to urinate ... they feel like they can live with these symptoms and get away with it.”**

For others, type 2-diabetes denial sets in because they have a family history with the disease that can stir up difficult memories. “A lot of people carry a lot of emotional baggage related to diabetes and their families,” says Tracy L. Breen, MD, clinical director of the Mount Sinai diabetes program. “They had a parent or sibling who had the disease, and so they know even the early symptoms, yet ignore them because they don’t want to go through the same thing.”

Point is, even if it’s not you with Type 2 diabetes, it could be you in the next 6 months or 6 years. Our genetics and family history play a big part in developing the disease, but our eating habits are also partially responsible. Everyone needs to take action right now.



## YOUR SPRING PLAN OF ACTION

Today: Limit your intake of sugar-sweetened beverages, like:

- regular soda
- fruit punch
- fruit drinks
- energy/sports drinks
- sweet tea

These drinks will raise your blood glucose and can put several hundred calories in your body in just one serving! A drink with 40 grams of carbohydrates is like eating 10 teaspoons of sugar!

Tomorrow: Call your doctor and ask for an A1C test and a fasting plasma glucose (FPG) test. They are simple blood tests that will tell your doctor a lot. Do it now, and you may be ahead of the disease, and that’s a good thing.



## DID YOU KNOW?

Symptoms of diabetes can include:

- Increased urinary frequency
- Feeling very thirsty
- Fatigue
- Unusual weight loss
- Feeling very hungry
- Blurry vision

## CONGRATULATIONS TO THE EMPLOYEES OF ACME!

As of January 1, 2014, nearly 100% of all eligible employees have enrolled in the Local 1245 Health Fund’s Wellness Program, **For Your Benefit**. These folks demonstrated they want to stay healthier and avoid future payroll deductions.



**APRIL 2014**

April is Stress Awareness Month

**Buy this in April**

Artichokes, Chives, Spring Baby Lettuce (leaf and head), Asparagus, Fava Beans

**Do this in April**

- April 12 **Walk With Me New Jersey 2014**, MetLife Stadium, East Rutherford, NJ
- April 12 **Detoxifying Mind, Body & Emotions with Yoga**, Princeton Center for Yoga & Health, Princeton NJ
- April 26 **Run2Health: Montclair 5k Run/Walk**, Brookdale Park, Montclair/Bloomfield, NJ

**Try this in April**

Looking for workout buddies? So is everyone else! Go to: [www.meetup.com](http://www.meetup.com) and enter your zip code. Then, select a fitness activity you like. Walking, hiking, biking, dancing, bowling, there's a group of folks doing it near you. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities. Join a MEETUP today.



**MAY 2014**

May is National Blood Pressure Month

**Buy this in May**

Asparagus, Strawberries, Carrots, Radishes, Lettuce and Mustard Greens

**Do this in May**

- May 2 **Zumba® Fitness Black & White Party with Live Music**, Jersey City, NJ
- May 3 **"Farmlands Ride" w/Central Jersey Bicycle Club**, Brookdale Community College, Lincroft, NJ
- May 18 **Running on Love 5K, Run/Walk**, Bloomfield Ave, Montclair, NJ
- May 20 **Mudderella, NY/NJ**, Raceway Park, Englishtown, NJ
- May 3 **Run for Respect 5K, Run/Walk**, Seaside Park, NJ (on the Boardwalk at Stockton Ave)

**Try this in May**

**Zumba®** exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. Find a Zumba Class near you [www.zumba.com](http://www.zumba.com)

**The Bicycle Touring Club of North Jersey (BTCNJ)**

has over 1,500 members and is one of the largest cycling clubs in the Northeast. Learn about their year-round schedule of club rides, tours and social events! Join just one of more than 1,000 weekday/weekend club rides. [www.btcnj.com](http://www.btcnj.com)

**Mudderella** events are world class, 5-7 mile long obstacle courses designed by women, for women. Mudderella is about people coming together to overcome obstacles and have fun at the same time. Grab some friends for the [www.mudderella.com](http://www.mudderella.com)



**JUNE 2014**

June is National Fresh Fruit and Vegetables Month

**Buy this in June**

Broccoli, Sugar Snap Peas, Blueberries, Spinach, Cherries, Collard Greens

**Do this in June**

- June 7 **The Tri-State Dirty Girl Mud Run**, NJ (location TBD)
- June 27 **5K, Summer Rat Race**, Toms River, N.J.
- June 27 **Unique Yoga event at Cream Ridge Winery**, Cream Ridge, NJ

**Try this in June**

**The Dirty Girl** women-only 5k isn't about who finishes first. It's about embracing life's messes, celebrating its obstacles and helping our mothers, daughters, sisters, and friends do the same. Go to [www.godirtygirl.com/events/mud-run-tri-state-ny-jersey/](http://www.godirtygirl.com/events/mud-run-tri-state-ny-jersey/) and learn more about the 5k where you're not timed or competitive, just go entirely at your own pace.

**Unique Yoga Events** is offering a series of Yoga Wine Trails touring 6 different wineries in New Jersey starting April 26, 2014. Classes with a certified yoga instructor will be held outdoors and are designed to suit all experience levels, beginner to advanced.

Face it, no one is perfect. All of us have damaged ourselves through food or lifestyle. But now, things have to change. We have to change. So we're all going to do it together, through the For Your Benefit Wellness Program. Get started today!

Reach out to your Personal Wellness Coach whenever you're ready, whenever you need to. 24/7. 365-days a year. [www.fyb1245.com](http://www.fyb1245.com)

The For Your Benefit Wellness Program was created by your Health Fund Trustees.

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