

Health & Wellness

APRIL 2016

Volunteer, You Can Make a Difference!

Support your community.

Buy Local.

Beginning the month of May many vegetables will be in season in Ohio.

Now is the time to do your research to find a farmers market in your area!

Vegetables in season in April:
Asparagus & Rhubarb

Have you ever considered volunteering some of your time to a local charity or community organization? If so, great! If not, what is stopping you?

There are several benefits to volunteering, not the kind you are thinking (health insurance or paid holidays) but both mental and physical. Volunteering also benefits your community and sets a great example for future generations.

Why should you volunteer? There are several reasons to volunteer, see the back of this leaflet for 10 of them!

Where should you volunteer? One of the hardest parts of volunteering can be finding a volunteer opportunity that fits you. Many people look for an opportunity to work with an organization supporting a cause they feel passionate about.

The following list will give you a few ideas of the different volunteer opportunities available:

- Become a greeter at your local library
- Be a friend to a hospice patient
- Serve at a 5K race
- Help with a food drive
- Make repairs to donated vehicles
- Coach a youth sports team or activity
- Drive a cancer patient to treatment
- Become a crisis line volunteer
- Perform grounds keeping, I.T. or clerical work
- Become a reading tutor for a child



These are only a few of the volunteer opportunities available in our area, several other needs exist.

Look in your local area or check out volunteermatch.org to find a volunteer position that works for you.

Don't be *that* guy.....



Goodbye **WINTER**, hello *Spring*.

Spring is a perfect time to spend some time outdoors. Below are few ideas to get your kids away from the video games and outside too!

- Go on a picnic.
- Fly a kite.
- Make mud pies or dance in the rain.
- Get some use out of your communities local trails or bike paths.
- Plant something.
- Search for animal tracks or prepare and complete a scavenger hunt at a local park.
- Go geocaching.
- Take advantage of a neighborhood playground.
- Volunteer your time at a 5K.



Get Creative. Get outside.

10 Reasons to Volunteer

#10: It's good for you.

Volunteering provides physical and mental rewards. It:

- Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
- Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

#9: It saves resources.

Volunteering provides valuable community services so more money can be spent on local improvements.

#8: Volunteers gain professional experience.

You can test out a career.

#7: It brings people together.

As a volunteer you assist in:

- Uniting people from diverse backgrounds to work toward a common goal
- Building camaraderie and teamwork

#6: It promotes personal growth and self-esteem.

Understanding community needs helps foster empathy and self-efficacy.

#5: Volunteering strengthens your community.

As a volunteer you help:

- Support families (daycare and eldercare)
- Improve schools (tutoring, literacy)
- Support youth (mentoring and after-school programs)
- Beautify the community (neighborhood and park cleanups)

#4: You learn a lot.

Volunteers learn things like these:

- Self: Volunteers discover hidden talents that may change your view on your self-worth.
- Government: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.
- Community: Volunteers gain knowledge of local resources available to solve community needs.

#3: You get a chance to give back.

People like to support community resources that they use themselves or that benefit people they care about.

#2: Volunteering encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

#1: You make a difference.

Every person, every hour, every little bit counts!



If you started being more active back in January you should be noticing results and breathing easier.....

If you didn't, but you start now, you should notice a significant change by early July.

It is not too late.

Start today. Don't wait.



DON'T FORGET TO REGISTER!



Check out the Health & Wellness page on ExploreXenia.com for information on training for your first 5K.

The Health & Wellness Committee appreciates the support of the employees that have been attending the Lunch & Learn presentations.

The committee would like to stress that not all information regarding a topic can be covered in the hour that is available. They encourage you to further research topics of interest for more details and/or information on steps toward a healthier you.

Thank You

DESKERSIZE

Calf Raises

Waiting in line at the copy machine? Don't just stand there — climb onto those tippy-toes. If nobody is looking, lower and lift in sets of 30 repetitions. If you're being watched, hold yourself up in the air. Shapely calves stabilize and empower — not to mention look great!

To get the most out of this exercise be sure to perform the calf raises with your toes in a neutral position, pointed out and pointed in.



HAPPY DESKERCISING!



Ridiculously Good Roasted Carrots

1 1/2 pounds carrots, peeled, halved crosswise, and cut lengthwise if necessary to create even pieces
2 tablespoons olive oil
Table salt and ground black pepper

Heat oven to 425° F. In a bowl, toss together carrots, olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Arrange carrots in an even layer on baking sheet, tightly cover the whole pan with aluminum foil. Bake for 15 minutes. Take pan out of oven, remove foil, and return pan to oven for another 30-35 minutes, or until the carrots are lightly browned. Stir twice during cooking time. Season with more salt and pepper if desired, and then serve.