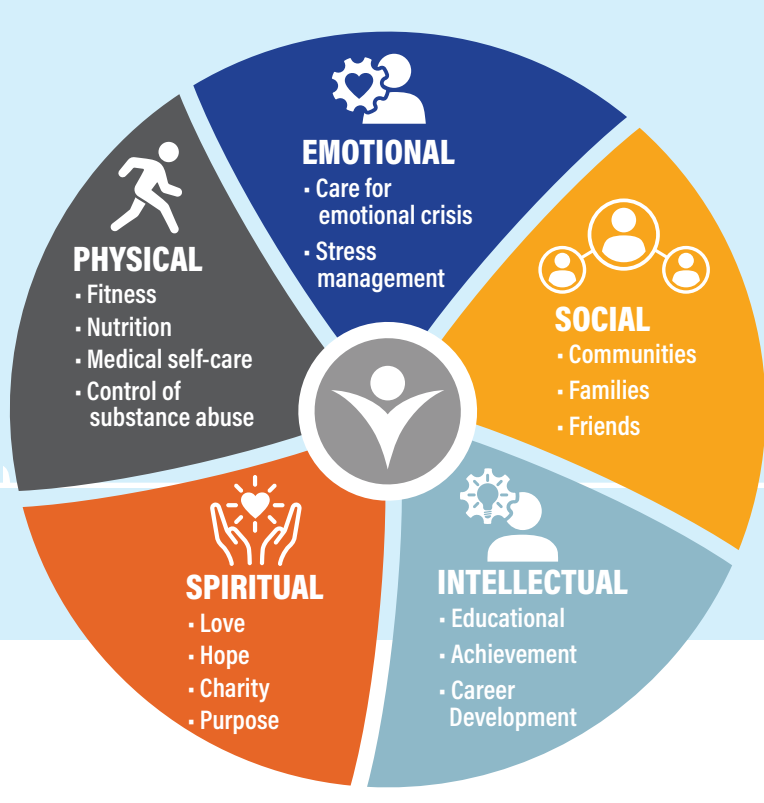




# Wellness Matters

Wellness Committee Quarterly Newsletter

WINTER 2023



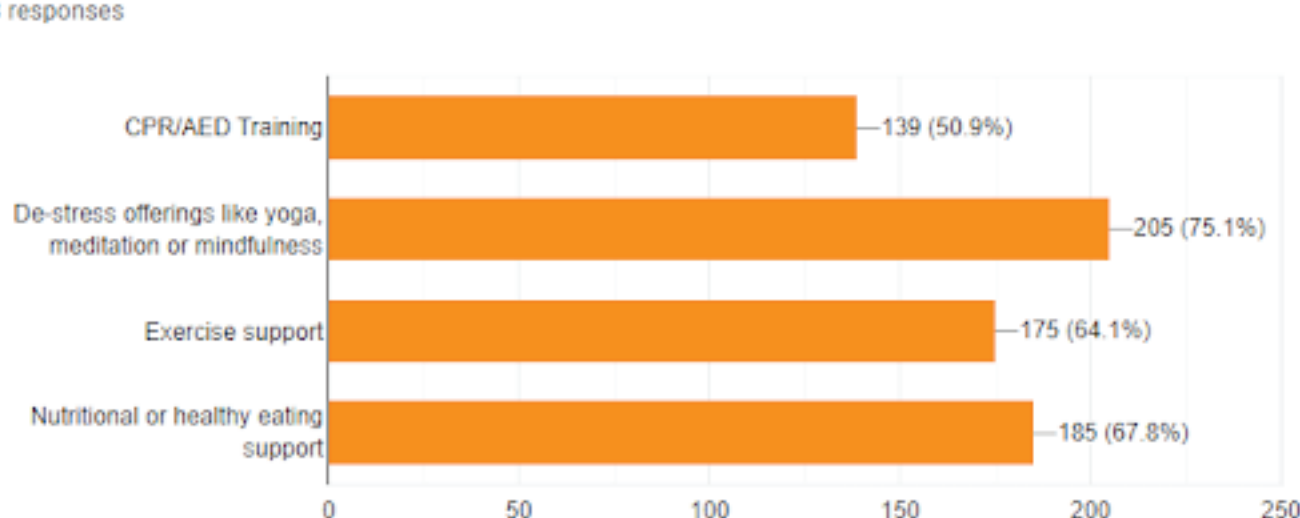
We hope your year has been off to a good start and wish you a 2023 full of health and wellness. A special thank you to all of our staff who completed our wellness survey. This data built the foundation for our Orange-Ulster BOCES Wellness Committee to plan upcoming activities and events that are focused on the needs of our staff as a whole.

Here are some results from our surveyed staff.

70% of our staff reported that they regularly participate in wellness activities. The following was selected as wellness offerings of interest:

### Select all of the wellness programs would you find most useful?

273 responses



After synthesizing this information and the suggested topics from the wellness survey, our Wellness Committee has been actively meeting as a group and developed sub-committees which are planning wellness experiences for all staff throughout the course of the year.

Below are some examples of other activities we are working on.

## A. The Exercise Support/CPR/AED Subcommittee

- Daily or Weekly Workout Programs
- Strava App - OUBOCES Community Group
- CPR Training - February 27, 3:15 PM-4:15 PM Carl B/C
- AED Training - March 29, 3:15 PM-4:15 PM Carl A



Join the Strava BOCES Club:  
[www.strava.com/clubs/ouboces](http://www.strava.com/clubs/ouboces)

### Sample Workout 1

For 2 Rounds, Work:90 Rest:30

- Straight leg sit up
- Row
- Alligator hold
- Deadball shoulder over
- Bike
- Dual HB death march
- Jump rope
- Banded Axe Chop - switch at :45
- Body weight burpee
- Tank push/pull

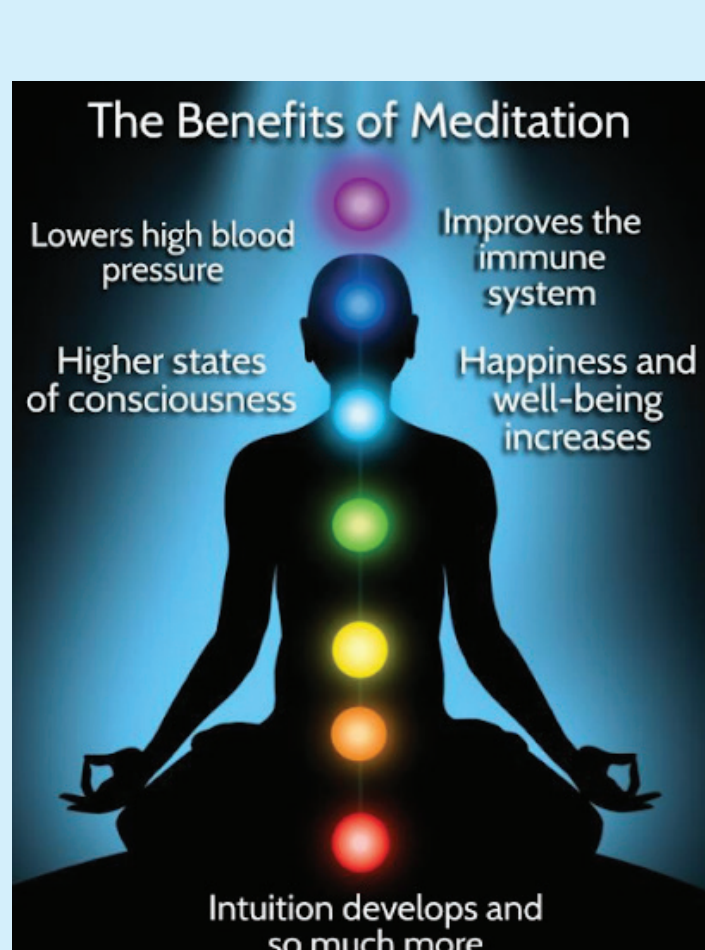
### Sample Workout 2

For 4 Rounds, Work:30 Rest:30

- Tuck jump
- Pike push up
- Deadball shoulder over
- Farmer carry step up
- Jackknife
- Ram burpee
- Alt windmill slam
- Plated overhead lunge
- Ski
- Z press

## B. The De-stress Subcommittee

- Wellness Wednesdays - monthly offerings focused on yoga or meditation
- Planning a staff Dodgeball Tournament prior to spring break
- Planning a staff Kickball Tournament post spring break



## C. The Healthy Eating Subcommittee

The healthy eating subcommittee has committed to providing healthy eating options to our staff in an effort to help people make health conscious choices regarding their diet. Below is our monthly healthy eating recipe and some healthy alternatives to traditional foods found in our diets. In addition to what is being offered below, we plan on exploring the reopening of, "Grab and Go," where we can provide healthy eating options to our staff.

### FEBRUARY'S HEALTHY EATING RECIPE:

#### Overnight Oats

**What:** Overnight oats are a 'no-cook method of making oatmeal.'

**Why:** Here is your answer to a healthy on-the-go breakfast option. Overnight oats contain on average of 5g of protein per serving, they are a rich source of fiber and they are a nutrient dense food.

#### Tips:

- To preserve freshness, make it inside of a mason jar.
- Use old fashioned rolled oats.
- Eat it cold or warm it up. Your choice!
- Meal prep! Overnight oats, if refrigerated it can stay fresh for up to 5 days.
- There are many variations. Gather your favorite breakfast treats to mix and match!

#### Apple Pie Overnight Oats

##### INGREDIENTS:

##### Base

- 1/2 cup old fashioned rolled oats
- 1/2 cup milk of choice
- 1/4 cup non-fat Greek yogurt
- 1 tablespoon chia seeds
- 1 tablespoon sweetener honey or maple syrup
- 1/4 teaspoon vanilla extract

##### Apple Pie Ingredients

- 1/4 cup diced apples
- 1 tablespoon pecans chopped
- 2 teaspoons maple syrup
- 1/4 teaspoon cinnamon



##### Instructions:

- Place all ingredients into a large glass container and mix until combined.
- Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
- Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

More Information can be found at: <https://feelgoodfoodie.net/recipe/overnight-oats/#wprm-recipe-container-8144>

Adapted from: Jawad, Y. (2018, December 31). Easy Overnight Oats. Feel Good Foodie. <https://feelgoodfoodie.net/recipe/overnight-oats/#wprm-recipe-container-8144>.

Retrieved on January 9, 2023.

## TIPS FOR HEALTHY EATING SUBSTITUTES

To make recipes healthier for you and your family, try these ten simple substitutes:

- Use applesauce instead of oil when baking. Try substituting applesauce for half the oil requested in cake and brownie recipes. You'll cut down on calories without losing fiber or texture.
- Eat brown rice instead of white rice. Brown rice has more fiber and nutrients than white rice. The fiber also makes it more filling.
- Use egg whites instead of whole eggs. Swap 1/4 cup of egg substitute or two egg whites for each egg in a recipe to cut calories and cholesterol.
- Choose multigrain or whole wheat pasta instead of white pasta. Some pastas also have Omega-3 fatty acids, an added benefit.
- Select low-fat cheese over full-fat cheese. There are many delicious reduced-fat cheeses that reduce calories and saturated fat without compromising flavor.
- Use fat-free yogurt instead of sour cream to cut calories and saturated fat and leave you feeling better about your meal.
- Try fresh herbs and spices instead of salt and salt-based herbs. You'll leave behind the sodium and add new flavor to your meals. If you can't use fresh herbs, dried herbs and spices are great alternatives.
- Choose skim or low-fat milk over cream for cream-based soup recipes or when baking to reduce calories and fat.
- Select whole wheat flour over all-purpose flour to increase fiber in your recipes.
- Use ground turkey, ground chicken, or extra-lean ground beef in chili, burgers, meatballs, meatloaf, and lasagna to save on calories and fat.

Taken from: McManus, K. 10 Simple Substitutes for Healthy Eating. Brigham Health Hub.

<https://brighamhealthhub.org/ten-simple-substitutes-for-healthy-eating/>. Retrieved on 1/9/2023

## D. Other Items

Please keep an eye out for these upcoming Wellness events which all staff can register for through My Learning Plan. The Orange-Ulster BOCES Wellness Committee looks forward to continuing to provide health and wellness opportunities to our organization.

### With Great Appreciation,

The Orange-Ulster BOCES Wellness Committee

Diane Bailey, William Boss, Lisa Funicella, Stephen Gamma, Melinda Gormley, Dan Morse, Renee Mulligan, Jennifer Peterson, Sara Puccio, Joe Russo, Keith Sullivan, Tiffany Toromanides, Susan White, Amanda York and Jennifer Zupetz

Ongoing ideas? Feel free to let us know by making a suggestion on our [Wellness Form here](#).

