



## ELLIS FITNESS UPDATES



Ellis Fitness Registration  
QR Code

### **NEW** Ellis Fitness Hours Starting December 1!

**Monday through Friday | 6:00 AM – 8:00 PM**

**Saturday | 8:00 AM – 7:00 PM**

**Sunday | 8:00 AM – 5:00 PM**

Located in the McClellan Campus, Ellis Fitness offers employees the opportunity to continue or kick-start all their health goals in one convenient location. Stop by to visit the fresh new space lined with rows of treadmills, ellipticals, stationary bikes, free weights, and over 10 exercise machines; Ellis Fitness has something for everyone!

### Ellis Fitness Anyone Can Tri Triathlon January 16-March 5

#### Are you-

- looking for a new, exciting exercise challenge in 2023?
- curious about trying multi-sport events but don't know where to start?
- liking the idea of someone else planning your workouts for 5 weeks?

**If you answered "yes" to any of the above questions, the Anyone Can Tri Triathlon is for you!**

#### The Ellis Fitness Anyone Can Tri Triathlon consists of 3 indoor events:

1. A 500-meter row on the Concept 2 Rower
2. Dragon Fire 5-mile ride on the Espresso Bike
3. 1.5-mile walk, jog or run on a Precor treadmill

**You must be a member of Ellis Fitness to participate in the Anyone Can Tri Triathlon! Members will be receiving all the information and FAQs in their Ellis Fitness e-mail in the coming weeks. You can also find information on our Ellis Fitness white board.**

## Follow Healthy ME Online & Win!

**This month's winner: Phylicia Shoemaker**

**Following Us is Easy!!**

**Two Steps:** Go to [ellishealthyme.org](http://ellishealthyme.org), enter your email where it says "Follow" then "confirm follow" from the email confirmation that is sent to you. You will be entered to win prizes and receive Healthy ME related communications. And, it's mobile friendly!

## Overdose Prevention & Narcan Training

Free training for Ellis Medicine employees.



### Tuesday, December 13 | 12 PM

Schenectady County Public Health Services (SCPHS) was granted a Certificate of Approval to operate an Opioid Overdose Prevention Program. The purpose of this program is to educate individuals on opioid overdose prevention by teaching attendees how to recognize an overdose, how to respond to a suspected overdose, how to administer Narcan, to provide a Narcan kit and/or N-CAP information, and related resources. This program does *not* constitute medical education for providers in terms of a clinical certification. We are offering this **free** program to all Ellis Hospital employees.

#### What is Narcan?

Narcan is a medicine that stops the effects of opioids: pills, injectable or intranasal. Narcan pushes opioids off the receptors and blocks them for 30-90 minutes.

#### Why is Narcan important?

Narcan saves lives!

**Please note that there is no registration! Copy and paste the Join Zoom Meeting link to your calendar!**

<https://us02web.zoom.us/j/83715160979?pwd=ZUJvQzhxWUpxZmRkenY5dUhhQzVWUT09>

Meeting ID: 837 1516 0979 Passcode: 060145

One tap mobile +19292056099,,83715160979#,,,,\*060145# US (New York)

## Capital EAP and AIG Webinars:

Webinar format workshops for employees and families.



### Understanding Stress and Stress Less

December 7 | 12-1 PM

This class, facilitated by a professional therapist, introduces participants to the psychology and physiology of stress as a means for understanding and mitigating negative stress reactions. This session will demonstrate how variable levels of stress affect performance – positively and negatively. The class will discuss factors contributing to stress and how to minimize them and offer insight into practical ways to manage stress when unavoidable. The session will also help participants gain an understanding of how our perception of an experience as “stressful” affects our reactions and ultimately, how to use that same process to alter our perceptions to reduce stress.

#### Register at:

[https://us02web.zoom.us/webinar/register/WN\\_Y8ZwWYMVQUg8mU9tcUNbHQ](https://us02web.zoom.us/webinar/register/WN_Y8ZwWYMVQUg8mU9tcUNbHQ)

### Dealing with Difficult People

December 22 | 12-1 PM

This training offers the insight needed to understand the difficult people in our lives. It includes an introduction to the behavioral dynamics and essential communication strategies designed to diffuse difficult encounters and move beyond conflict to problem resolution. **Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_KmT2LvHtT0anSqk35UbAcA](https://us02web.zoom.us/webinar/register/WN_KmT2LvHtT0anSqk35UbAcA)

### Introduction to Mindfulness

December 14 | 5:30-6:30 PM

This workshop will equip participants with mindfulness tools such as progressive muscle relaxation, grounding exercises, mindful eating, deep breathing, meditation, guided imagery, gratitude and much more. There are many benefits to practicing Mindfulness such as improving reasoning and memory, maintaining balance with work, school, relationships and responsibilities as well as increasing happiness and a sense of purpose while developing a healthier lifestyle. **Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_YtifVBIHRw-VXbyQOd9xsw](https://us02web.zoom.us/webinar/register/WN_YtifVBIHRw-VXbyQOd9xsw)

### AIG Retirement Strategies

December 21 | 1-2 PM

This Retirement Pathfinder from AIG Retirement Services is an interactive retirement income planning tool that can help you see your retirement plan like you've never seen it before. By attending this presentation, learn how to dynamically illustrate numerous retirement scenarios and identify potential pitfalls in retirement planning. **Register at:**

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlT5PAW8bHNOWR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

## OUR 2022 THE GREAT OUTDOORS: TRACK YOUR TREKS WALKING CHALLENGE WINNERS!

The results are in! 37 teams of 4 completed the Healthy ME Great Outdoors: Track Your Treks Challenge. The total steps logged was **27,294,317 steps!** That is **approximately 13761 miles!** This is equivalent to **5504 laps of Daytona International Speedway** and over **1,000 trips around the earth!**

### Top Three Teams | Step Total | Prizes



#### **Walkaholics | 2,333,546 Steps | Prize: Fit Bit<sup>®</sup> Charge**

Maimoon Abdool  
Yevonne Ashram  
Jessica Couillard  
Krishna Teekadharry



#### **Top Chefs | 1,353,262 Steps | LL Bean Day Pack**

Carol Gaggi  
Dhancomaree Khan  
Aditya Prashad  
Patrick Scarlett



#### **MCCP Trekkies | 1,282,207 | Camp Hammock**

Leelamma Cheeran  
Lisa Cramer  
Tracy Price  
Deborah Purcell

### Best Team Name (voted)



#### **Lost in Pace | Yeti<sup>®</sup> Lunch Bag**

Ashley Daniels  
Milagros David  
Tracy DeLuke  
Katarzyna Grzywacz

**Thank you to all challenge participants!**

QUALIFYING  
HEALTHY ME  
ACTIVITY



PHYSICAL

# Make Your Own Sparkling Water Bar this Holiday Season!

Lower-calorie, alcohol-free options for the whole family!

Love the idea of making small health changes that deliver lasting results, but don't know where to begin? Start with these simple tips for healthy hydration, inspired by the latest Dietary Guidelines for Americans, then put them into practice with your own DIY Sparkling Water Bar!



## Small beverage changes to decrease your sugar intake:

Try swapping one sugar-sweetened beverage per day with a similar unsweetened beverage for 1 month. **For example:**

- swap soda for sparkling water.
- swap sweetened iced tea for unsweetened iced tea.
- swap coffee with milk and sugar for coffee with plain milk.
- swap tea with honey for an unsweetened fruity/spiced herbal tea.

If the idea of drinking a beverage 100% unsweetened seems too challenging, try cutting the sweetener back in half to start. **Ideas include:**

- replace 2 teaspoons of sugar in your coffee or tea with one.
- replace 12 ounces of soda for 6 ounces of soda + 6 ounces of sparkling water.
- mix 4 ounces of fruit juice w/ 4 ounces of sparkling water in place of a standard 8-ounce glass of juice.

## Ingredient and Prop Ideas for an Awesome DIY Sparkling Water Bar

- San Pellegrino, Perrier, or your favorite chilled sparkling water or seltzer.
- Fresh fruit: oranges, lemons, limes, grapefruit, blueberries, raspberries, strawberries, pineapple, melon
- Fresh herbs: mint, basil, rosemary.
- Fresh squeezed juice: for a hint of sweetness add 1-2 tablespoons orange/grapefruit/pomegranate/or other juice.
- Flavor extracts: such as 1 teaspoon pure vanilla/peppermint/coconut or another pure flavor extract.
- Glassware: use your favorite glassware or mason jars.
- Straws, Swizzle Sticks, & other bling: vanilla beans, cinnamon sticks, and lemongrass are fun and festive swizzle stick ideas!

## Sparkling Water Combinations to Try

- Sparkling Water + Fresh Raspberries + Lime Wedges + Pure Vanilla Extract + 1 Vanilla Bean "swizzle stick"
- Sparkling Water + Fresh Blueberries + Blood Orange Wedges + Fresh Basil
- Sparkling Water + Fresh Mint + Grapefruit Slices + Peppermint Extract
- Sparkling Water + Fresh Pineapple + Lemon Wedges + 1 Lemon Grass 'Swizzle Stick'



Idea found at: <https://www.eastewart.com/recipes-and-nutrition/healthy-hydration-tips-sparkling-water-bar/>