



Wellness Committee Mission Statement

The ATS Wellness Committee is dedicated to promoting a culture of wellness that improves the quality of life and inspires optimal health for employees and their families.

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Preparing for Flu Season

Every year about this time many people ask themselves the same question—should I get vaccinated for influenza? A flu vaccine helps to prevent influenza, a highly infectious respiratory condition that can result in mild to severe symptoms (even death). It makes sense that anyone interested in lowering their risk should be vaccinated. The 15 immunization experts that make up the Advisory Committee on Immunization Practices (ACIP) recommend that people who are likely to develop serious complications from the flu get vaccinated. These individuals include children six months to five years, pregnant women, those over the age of 50, sufferers of chronic medical conditions, and nursing home residents. It is also recommended that people who are in direct contact with individuals in these high-risks group also get vaccinated for the flu. If you are undecided about receiving the flu vaccination, you might find the WebMD Flu Guide (<http://www.webmd.com/cold-and-flu/flu-guide/fact-sheet-vaccines>) useful.

Types of Vaccines

The flu vaccine is available in traditional “shot” form and a nasal spray, which was approved by the Food and Drug Administration (FDA) in 2003 for healthy individuals between the ages of 2 and 49. The flu shot is an inactivated vaccine while the nasal spray consists of a live, but weakened vaccine. Each type of flu vaccine works differently to prevent the flu. Of course, if you have a natural aversion to needles and are generally healthy, the nasal spray may work better for you.

Paying for the Vaccine

Due to low interest, ATS will not provide on-site flu vaccinations. If you are planning to receive the flu vaccination this year, your health benefit varies according to your ATS health plan. Enrollees in the HDHP health plan are 100% covered only if the flu vaccination is provided by an in-network health provider. The PPO health plan requires a \$20 co-pay if an in-network provider administers the vaccination. Contact Marney Taylor in Human Resources for details. If convenience is your goal and you are willing to pay the market rate (which is estimated at \$25), many local merchants provide on-site flu vaccinations.

Getting vaccinated for the flu does not guarantee that you won't get the flu. Getting vaccinated, practicing good hygiene habits, and taking an extra measure of care to prevent the spread of and contact with germs is your best level of prevention. According to Women's Health magazine, the following products are effective germ busters:

- [Unotron SpillSeal Washable Wireless Keyboard and Scroll Sea Mouse](#)
- [Lysol Disinfectant Spray to Go](#)
- [VIOlight Toothbrush Sanitizer Bathroom Unit](#)
- [Lysol Food Surface Sanitizer](#)

Writers Wanted

Have a great wellness-related story, recipe, or event you would like to share? Send an e-mail to the Wellness Committee.

Get Ready, Set...Walk!

The ATS Walking Club had its official kick-off meeting on the 27th of September and is already sponsoring two events: Race for the Cure and a walking challenge. The Race for the Cure is an event that is held all over the nation throughout the year to raise money for the Susan G. Komen Breast Cancer Foundation. On Sunday, November 4th the event will be held in Austin at Auditorium Shores. For every employee and their family member(s) (spouse or child) that participate, Ultra ATS will pay the entry fee. Registration is required by October 15th and can be done from the Wellness Committee Race for the Cure home page (<http://atsweb2.ultra-ats.com/wellnesscommittee/fhp/default.aspx>). Select the Add new item link located in the bottom-right of the Race for the Cure page to register.

The Walking Club is also sponsoring a 10K walking challenge. The challenge is to walk 10,000 steps for 30 days or 60 days between now and December 31st. Why 10,000 steps? The U.S. Surgeon General recommends that adults obtain at least 30 minutes of exercise every day. In walking terms this amount is equal to 10,000 steps (about 5 miles). This is a big challenge that deserves big rewards. Those who meet the 30-day challenge receive \$50. If they can walk another 10,000 for another 30 days before the end of the year they will receive \$100! Contact Melissa Carter for more information about the walking challenge.



According to Prevention magazine (www.prevention.com), Austin and San Diego are in the top 10 list of best places for walking (Austin #2, San Diego #7). We should take advantage of our good fortune and get to walking. Walking is one of the easiest forms of exercise. You simply lace up a comfortable pair of sneakers with adequate support and start walking. How much should you walk? The U.S. Centers for Disease Control and Prevention recommends that adults either perform moderate-intensity physical exercise for 30 minutes five times or more a week or perform vigorous physical activity 20 minutes for three or more days each week. If you choose to meet the recommended requirements by walking you should walk 3-4.5 mph to meet the moderate-intensity level or 5 or more mph for vigorous physical activity.

The following are excellent ways to boost your walks:



- Count Your Steps (most pedometers cost less than \$15)
- Team Up for a Walk (two are better than one)
- Walk to a Video
- Make Walking Fun (walk to music, etc.)
- Enter a Walking Race
- Join the ATS Walking Club

Depending on your goals, you may need to walk more than the recommended 10,000 steps. If you are at your ideal weight, walking at a moderate speed 60 minutes, several times each day can help you sustain your current weight. If you want to lose weight, you should aim at 60 minutes of moderate-vigorous walking at least five times or more each week. This assumes you are not consuming more calories than the recommended amount for your age and size.

An easy way to measure your walking is to use a pedometer. Basic pedometers that count your steps and miles walked typically cost less than \$15. You can expect to pay more for pedometers with additional features (for example, calorie counting).

Robbie Cooper found an online tool (<http://www.gmap-pedometer.com/>) that can assist with planning your walks. Basically, the Gmap Pedometer takes start and end points that you specify, draws a map of the area, and calculates your mileage. Here's an example that Robbie created (view the results at <http://www.gmap-pedometer.com/?r=1365193>):

1. Start walking from the Ultra ATS office to Duval and make a right.
2. Walk to Amherst and make a right.
3. Walk until you get to the corner of Tarragona Ln (which is across the street).
4. Now, turn around and come back.

Congratulations, you just walked a mile!

Taking Care of You: Options for Caregivers

According to the U.S. Department of Health and Human Services Administration on Aging, caregivers are more likely than others to neglect their own well being. The stress that is often associated with providing care for a loved one can become overwhelming and take its toll on one's health. It's never an easy undertaking, but there are avenues for the caregiver to take to ensure that they don't neglect to take care of themselves.

As a result of outcries from caregivers for support, the Older American Act Amendments of 2000 was enacted. From this legislation, the National Family Caregiver Support Program (NFCSP) was eventually created to provide assistance to caregivers. Every year, states are given money to provide information, assistance, counseling and support groups, respite care, and supplemental services to caregivers.

If you are a caregiver, it is a good idea to discover what information and support services are available to you. The NFCSP website (<http://www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp>) is a great place to start. There you will find a plethora of information and recommendations to help you take care of yourself.

Respite care is one of the options for caregivers. The Area Agency on Aging of The Capital Area (<http://www.aacap.org/adultdaycare.html>) provides information for caregivers and a list of local adult daycare facilities in the Austin area.

Sometimes, all you need is a good laugh. The ComedyCures LaughLine (1-888-HaHaHaHa) accepts and offers jokes—free of charge.

Weight Loss Tips for Long-Term Success

- Check with your health practitioner before starting a new diet
- Choose a diet that you can live with long term
- Make changes to your diet slowly
- Focus on living healthy, not “looking” thin
- Drink plenty of water every day
- Eat foods that are low in calories and rich in nutrients
- Set a goal to eat 5 servings of fruits and vegetables daily
- Engage in physical activity at least 30 minutes every day
- Chew your food slowly and enjoy every morsel
- Solicit the support of family and friends



Oral Wellness 101

A regular oral check up is just as important as your annual physical. This is an opportunity for your dentist to evaluate your whole mouth. If the dentist discovers anything questionable, they may request further diagnostic procedures, such as a brush or scalpel biopsy. The brush biopsy is the easier of the two procedures and is best for detecting early stages of oral cancer. A scalpel biopsy is typically ordered when the questionable tissue condition looks potentially dangerous. To perform a scalpel biopsy, the dentist or other medical professional must administer local anesthesia to remove a sample of the suspect tissue for further evaluation.

Don't let the word “cancer” prevent you from having an oral exam. According to the American Dental Association (ADA), only about 10% of patients who have dental exams are discovered to exhibit cancerous or pre-cancerous mouth sores.

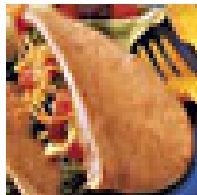
Delta Dental, the ATS dental provider, has a new tool that can assist you with determining your level of risk of developing a dental disease. You can download the tool by visiting their website (www.deltadentalnj.com) and clicking the **risk assessment form** option located under **What's new**. There is also a selection of articles available on the website.

How to Keep Your Mouth Healthy

Despite the different types of brushes that are available, the technique you use to brush your teeth is more important. You should angle the brush so that the bristles rest against your gum line. Gently, using short round strokes, scrub both your upper and lower teeth (individually) from the gum line. Then, use the same motion to brush the inside teeth area. Finish up by brushing your tongue.

Other ways to keep your mouth healthy include following a balanced diet, eating snacks that don't promote tooth decay (popcorn, fruit, pretzels), and flossing between meals. If you can't avoid beverages and snacks with high sugar content, try to not consume them for an extended period of time. Studies show that doing so can prevent acid from building up on the teeth.

How Healthy is Your Lunch?



Jack in the Box's Best Bet 1 Chicken Fajita Pita

280 calories, 9g total fat, 3g saturated fat, 60 mg cholesterol, 0 trans fat, 30g carbohydrates, 3g sugar, 21g protein, 2g fiber

Remember when fast food restaurants specialized? Nowadays, you can visit a Jack in the Box® restaurant, which is known for its hamburgers, and order a chicken sandwich, salad, fruit cup, pita, or a selection of breakfast foods. Jack in the Box has always been in the top ten list of popular fast food restaurants, but made a comeback in the last few years. Like other burger restaurants in its class, its most popular items tend to contain a significant amount of calories and fat. However, it is possible to enjoy a complete meal that is under 1000 calories and 100 grams of fat.

The Best Bet option at Jack in the Box is the Chicken Fajita Pita. Made with pita bread, green leaf lettuce, a chicken fajita patty, tomato, grilled onions, and shredded cheddar cheese; the pita is a balanced meal choice. The pita contains a whopping 380 mg of potassium, which also makes it a great option for boosting your energy. If you must consume the less healthy Jack in the Box menu options, we recommend the following:

- Skip cheese, bacon, mayo, and sauce
- Request “bunless” burgers
- Choose items from the kids’ menu
- Opt for side salad instead of fries

In addition to nutritional values, you can also find ingredients for food items on the Jack in the Box website (<http://www.jackinthebox.com>). Just select the **Our Food** tab.

The “Best Bet” option is the spotlight fast food restaurant’s item that most closely fits in the U.S. Food and Drug Administration’s recommended daily values (DVs): Total Fat: >65g, Saturated Fat: >20g, Carbohydrates: >300g Fiber: >25g, Cholesterol: >300mg, Protein: >50g, Sodium: >2400mg. (These figures are based on a 2000-calorie diet for an adult or child over 4 years old.)

	Weight (grams)	Calories (per serving)	Calories from fat (per serving)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Potassium (milligrams)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)
Bacon Ultimate Cheeseburger	338	1090	700	77	30	3	140	2040	540	53	2	12	46
Bacon 'n' Cheese Ciabatta Burger	395	1120	690	76	28	3	135	1670	660	66	4	9	45
Hamburger	118	310	130	14	6	1	40	600	250	30	1	6	16
Hamburger with Cheese	131	350	160	17	8	1	50	790	270	31	1	7	18
Hamburger deluxe	169	370	190	21	7	1	45	560	330	31	2	6	17
Hamburger deluxe with Cheese	194	460	250	28	11	1	70	930	360	33	2	7	21
Jumbo Jack®	261	600	310	35	12	1.5	45	940	380	51	3	11	21
Jumbo Jack® with Cheese	286	690	370	42	16	1.5	70	1310	410	54	3	12	25
Junior Bacon Cheeseburger	131	430	230	25	9	1	60	820	270	30	1	6	20
Single Bacon 'n' Cheese Ciabatta Burger	308	870	490	54	18	1.5	90	1550	490	66	4	8	31
Sirloin Cheese Burger (Real Swiss & Grilled Onions)	421	1070	630	71	25	1.5	180	1850	680	61	4	10	53
Sirloin Bacon 'n' Cheese Burger (American Cheese & Red Onions)	422	1120	660	73	24	2.5	190	2620	790	63	4	11	54
Sourdough Jack®	245	710	460	51	18	3	75	1230	430	36	3	7	27
Sourdough Ultimate Cheeseburger	291	950	660	73	29	4.5	125	1360	490	36	2	7	38
Ultimate Cheeseburger	323	1010	640	71	28	3	125	1580	480	53	2	12	40

Note: For a complete list of Jack in the Box nutritional facts, visit <http://www.jackinthebox.com/ourfood/dynamic/nutrition.php?b>

Recipe of the Month

The holiday season is upon us! 'Tis the season to spend time with those who mean the most. Unfortunately, this time of year can cause some people a significant amount of stress. It is very common for people to get the blues from the month of November to mid January. Some tips for avoiding the blues include: make time for yourself; eat, shop, and drink in moderation; delegate duties to others, and get plenty of rest. Spending less time working in the kitchen can also lessen your stress level during the holidays. This month's recipe from <http://www.kraftfoods.com/recipes> is an example of the type of food that is perfect for the holidays: simple and delicious!

Grocery List: 2 pkg. (8 oz. each) fat-free cream cheese, softened, ½ cup sugar, ½ tsp. Vanilla, 2 eggs, ½ cup canned pumpkin, ¼ tsp. ground cinnamon, dash ground nutmeg, 1/3 cup graham cracker crumbs, ½ cup thawed Cool Whip Free whipped topping.

Directions

1. Mix cream cheese, sugar, and vanilla with an electric mixer on medium speed until well blended. Add eggs; mix until blended. Note: Do not overbeat after adding eggs.
2. Remove 1 cup of batter and stir in pumpkin and spices.
3. Spray 9-inch pie plate with cooking spray and sprinkle bottom with crumbs.
4. Pour remaining plain batter into crust.
5. Top with pumpkin batter
6. Bake at 325 degrees for 40 minutes or until center is almost set.
7. Cool.
8. Refrigerate 3 hours or overnight.
9. Top each serving with 1 tsp. of the whipped topping.



Double Layer Pumpkin Cheesecake

Nutritional Information (per serving):

Calories: 150	Saturated fat: 1g
Protein: 9g	Cholesterol: 65mg
Fiber: .08g	Sodium: 340mg
Total Fat: 2.5	Carbohydrates: 23g

Fun Facts

Can the brain grow new cells?

A report by Princeton Psychology faculty members Elizabeth Gould and Charles Gross in October of this year stated that "several regions of the cerebral cortex that are crucial for cognitive and perceptual functions" are capable of forming new nerve cells. The report cites the discovery as significant in exploring new ways of treating brain diseases, such as Alzheimer's. However, it could take many years of further study before these new ideas can be put to use. In the meantime, there are simple ways that you can improve your mental function. Psychology Today magazine lists adequate sleep, a balance of omega-3 and omega-6 fatty acids, and Choline supplementation as excellent mental boosters. Of course, discuss any changes you want to make to your diet with your medical doctor.

Can you catch a cold by walking outside with wet hair?

No. The only way to catch the common cold is to come in contact with its virus. According to the Centers for Disease Control and Prevention (CDC) at least one million people in the U.S. will experience symptoms associated with the common cold every year. While there is no cure for the common cold, washing your hands is an effective method of preventing the spread of the virus.

HUMOR

Things You Don't Want to Hear During Surgery:

- Isn't this the one with the really lousy insurance?
- Could you stop that thing from beating? It's throwing my concentration off.
- Oops! Hey, has anyone ever survived 500 ml of this stuff before?
- Hand me that... uh... that uh... thingie

UPCOMING EVENTS

At ATS:

Spiritual Club	Thursdays 6:30-7:30 a.m. (Main Conference Room)
Stress Reduction Massage	Every 1st and 2nd Wednesday (sign-up at the front desk)
Walking club	Schedule pending; contact Melissa Carter for details
Yoga	Mondays @ 11 a.m. (Multi-Purpose Room) Note: November 26th class will be held on November 29th
Football Club	Schedule varies each week; contact Bryan Jimenez for details
Mountain Bike Club	Schedule varies each week; contact Tony Nguyen for details
Basket Ball Club	Thursdays @ 6 p.m. and Fridays @ 2 p.m. (meets in Engineering open area); more information available at http://kamalz-dt-xp/wiki/doku.php?id=wiki:extraacts:basketball

NOVEMBER 2007

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Community Events in Austin:

November 15

Free Diabetes Education Program
More info: St. David's South Austin Hospital

November 17

Step Out to Fight Diabetes Walk
Fiesta Gardens (2101 Bergman Ave)
More info: <http://www.diabetes.org/stepout>

National Men's Lacrosse Team - Fall 2007 Clinic

More info:
<http://www.uslacrosse.org/news/2007/fallclinicsmen.phtml>

November 18

The Annual Lake Travis Crisis Ministry Thanksgiving
Concert
Lakeway Church

November 19 -21

What Color Do You Bleed?
(Blood donation challenge)
More info: <http://www.inyourhands.org>

Ongoing

Chaparral Ice - Ice Skating Lessons for children age 6 and
older (first lesson is free)
More info: <http://www.chaparralice.com/>

Community Events in San Diego:

November 17

Walk on the Wild Side
More info: www.inmotionevents.com

Canyoneer's Walk (Lake Murray)

More info: www.sdnhm.org

November 18

"Save a Life San Diego" Community Walk
More info: www.mhasd.org/

November 22

6th Annual Thanksgiving Morning Run for the Hungry
More info: www.sandiegofoodbank.org/

5th Annual Father Joe's Thanksgiving Day 5K
More info: www.thanksgivingrun.org

Sundays

Third Avenue Certified Farmer's Market & Bazaar
More info: www.asianpacificdistrict.org

Ongoing

Del Mar Walking Club

More info:
<http://www.scripps.org/ClassDetails.asp?ID=12560913&sType=EVENT>

Running Coach

http://www.active.com/page/Event_Details.htm?event_id=1461569



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