

Minuteman Nashoba Health Group



Fall 2014 Newsletter

Welcome to the MNHG Wellness Newsletter

I want to thank you for reading our newsletter, and encourage you to participate in the Minuteman Nashoba Health Group Wellness Program.

In the upcoming months, you will see numerous great fitness, nutrition, disease management, and stress management programs to name just a few. You will be able to participate in any of the wellness programs that you like. We hope that you will find the programs fun, non-intimidation, and educational. Our goal is to help you make healthy choices, so you and your families can live the healthiest life possible. If you visit our website, you will have the most updated information about the programs and specific campaigns that we will be offering each month.

You can click on the Minuteman icon at the top of this newsletter, or visit our website at www.minuteman-nashoba.org-wellness

Upcoming Events:

Yoga in Concord *We will be starting a 6 week yoga program in Concord at thebuilding on Wednesday, August 18 at 5:15. Employees and their dependents are invited to attend the program for free. Come out and join us for this gentle yoga class that is perfect for beginners, and those who have never tried yoga.*

Weight Loss Program:

If you missed our last weight loss/detox program, no need to fear, we are starting another one in January. This comprehensive program will be delivered via conference call on Mondays at 5:30. If you miss the call, not need to worry...the call will be available to replay at your convenience. For more information about the weight loss program, or to sign up click here.



Tobacco Cessation

Have you made the decision that you need to quit smoking, or using tobacco products? If you are planning to quit, or have tried before and failed, we will be offering a free tobacco cessation. The Quit to Win program will be free to all employees who want to quit for good. We will offer conference calls to help with strategies, coaching program quit coaches on-line or via telephone, and nicotine gum and nicotine patches are no cost through your primary care physician. For more information click here

Maintain Don't Gain

It's time for the holiday celebrations to begin. It starts with Halloween, and then the parties and celebrations continue. Fun, family, parties...and WEIGHT GAIN! This year, join us for our 6 week Maintain Don't Gain program. You will receive weekly emails and conference calls to help keep you on track.

To sign up send an email to Marcymohealth@verizon.net with the Maintain don't Gain in the subject line. This is going to be a great holiday season, and we can do this together!

For more information visit www.minuteman-nashoba.org/wellness





Move Across America

Activity Challenge

We are starting our Move Across America Activity Challenge on December 4, 2015. This program is open to all employees, and will be a great way to keep up with your exercise during our colder months, when we tend to lose momentum. To learn more about the challenge [click here](#). To create a team for the challenge [click here](#). To see the full brochure and a list of incentive prizes for highest weekly activity points, [click here](#).

Healthy Recipe of the month: Mexican Quinoa Casserole

Ingredients

Cooking spray

3 teaspoons olive oil

1 onion, diced

1 large green pepper, diced

2 cloves garlic, minced

2 cups quinoa

1 cup low-sodium, reduced-fat chicken broth

1 can black beans (rinsed)

2 ½ cups water

1 (15.5 ounce) can no-salt added, black beans (rinsed and drained)

1 (14.5 ounce) can diced tomatoes

1 tablespoon chili powder

1 teaspoon cumin

¼ teaspoon ground black pepper

1 ½ cups reduced-fat shredded, cheddar cheese

Cilantro for garnish



Instructions

Preheat the oven to 350 degrees F. Spray a 9x14-inch baking dish with cooking spray.

Heat the olive oil in a pot over medium-high heat. Add the onions and green pepper, and sauté until the onions turn clear. Add the garlic and sauté for another 30 seconds.

Add all remaining ingredients except the cheddar cheese. Bring to a boil. Reduce the heat and simmer 20 minutes.

Pour quinoa mixture into the baking dish and spread evenly. Top with

cheddar cheese and bake 10 minutes until the cheese is melted and slightly golden.

For more great Quinoa recipes, visit

<http://www.buzzfeed.com/sarahdigregorio/19-quinoa-lunch-bowls-youll-actually-want-to-eat#.yaowYkAA6>

Contact

Marcy Morrison
Marcymohealth@verizon.net

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Wellness Works
Prevention Pays
Participate in the MNHG
employee wellness program