

TEAM GREEN.....

Building blocks to a healthier lifestyle!

**Dec 1, 2011 – Nov 30, 2012
Wellness Program**

Go to <http://www.comstockconst.com/wellness>
for up-to-date information about the wellness program. We will be continually adding links, downloads, newsletters, and various information for current events as well as updated points status.

To qualify for a portion of the \$10,000 for 2012 you must accumulate at least 160 points to a maximum of 750 points for the wellness year. Please turn in your qualifying events information monthly.

A Year of Fruit & Veggies Event:

You can go to the above site and download each month's Fruit & Vegetable of the Month, plus access a link to the CDC Fruits & Veggies matter website. If you do not have access to a computer please contact the wellness committee @ 701-892-7271 to get the information.

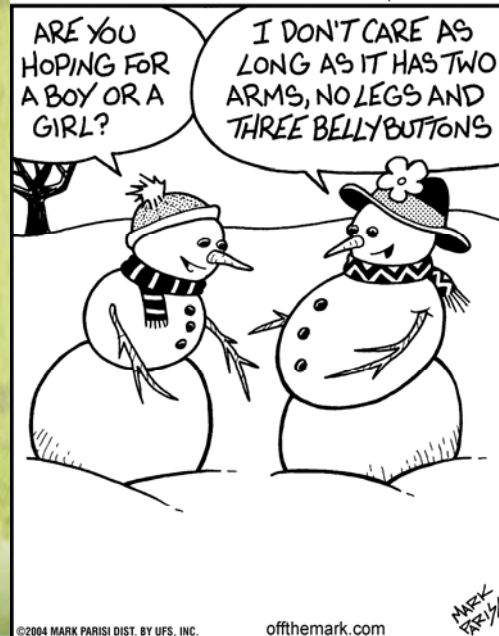
Don't forget you need to turn in a recipe incorporating the fruits or veggies from each month to earn 50 points. Recipes need to be turned in monthly – not all turned in at the end of the year.

January is National Birth Defects Prevention Month

(Sponsored by the National Birth Defects Prevention Network)

According to the Centers for Disease Control and Prevention (CDC), approximately one in every 33 babies born in the U.S. each year has birth defects. While not all birth defects are preventable, many are.....log onto www.livewellworklife.com for more information on preventing birth defects.

off the mark.com by Mark Parisi



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Comstock Construction Wellness Program
701-892-7271 or [wellness @comstockconst.com](mailto:wellness@comstockconst.com) or
www.comstockconst.com/wellness

May 17 – 19, 2012



Join "TEAM GREEN" for the Fargo Marathon weekend. Participate in any event and the wellness committee will reimburse you a portion of your registration fees plus you earn points towards the wellness money pool (reimbursement will be determined by the number of qualifying participants after the marathon weekend)

Thurs – 5/17 - 6:30pm ½ Mile Youth Run
 Thurs – 5/17 – 7:00pm 1 Mile Youth Run
 Fri – 5/18 – 6:30pm BCBS 5KRun/Walk
 Sat – 5/19 – 7:00am 10KRun/Walk
 Sat – 5/19 – 7:30am Half Marathon
 Sat – 5/19 – 8:10am Marathon Wheelchair
 Sat – 5/19 – 8:15am Marathon

Previous Newsletter

Trivia Question/Answer:

The American Heart Association says that 5,000 to 10,000 lives could be saved every year in the United States if people would do this? What is it?

Answer: Taking an aspirin at the first sign of a heart attack. This is to increase the amount of medication that enters the blood stream. The aspirin prevents propagation of a clot at the site of a ruptured plaque area. If a person has suffered one heart attack, taking 75 to 325 milligrams of aspirin a day can reduce the chances of having a second heart attack. A physician should be consulted before starting to take aspirin on a long-term basis.

Weight Loss Challenge February 1 – April 30, 2012

- Assess Your Weight:
 - calculate your BMI (BMI Calculators are available on numerous websites including www.cdc.gov/healthyweight)
 - Measure your waist size
- Normal or Healthy range(adults):
 - BMI is 18.5 to 24.9
 - Waist circumference:
 - Men less than 40"
 - Non-pregnant woman less than 35"
- Sign up for the challenge by contacting Jennifer or Susan at the Wahpeton office. **MUST TURN IN BEGINNING WEIGHT NO LATER THAN FEB 1.**

**children and teenagers BMI is different; refer to Child and Teen BMI Calculator at www.cdc.gov/healthyweight

**Anyone interested in doing the Employee Assistance Program 12-session "Living Lean" program as a group please contact Susan at the Wahpeton office.

New Trivia Question:

One part of your body can not feel pain.....what is it?

Email responses to wellness@comstockconst.com