

INSIDE



A note from Steve Guard against the flu.
| PAGE 2



A storm passes
Preparing for the worst brings out the best at BJC.
| PAGE 2



Gearing up for Heart Month
BJC Heart Fairs are coming soon.
| PAGE 4



Win Blues tickets!
Be proactive about prostate health for a chance to win.
| PAGE 10



Great grains
Warm up with a hot, hearty breakfast.
| PAGE 11

NEWS AROUND BJC
| PAGES 2-5

FOR YOUR BENEFITS
| PAGES 6-9

FOR YOUR HEALTH
| PAGES 10-11, 14

BJC PEOPLE
| PAGES 15-16

WHERE YOU WORK
| PAGES 17-22

ETC.
| PAGE 23

BJC HealthCare

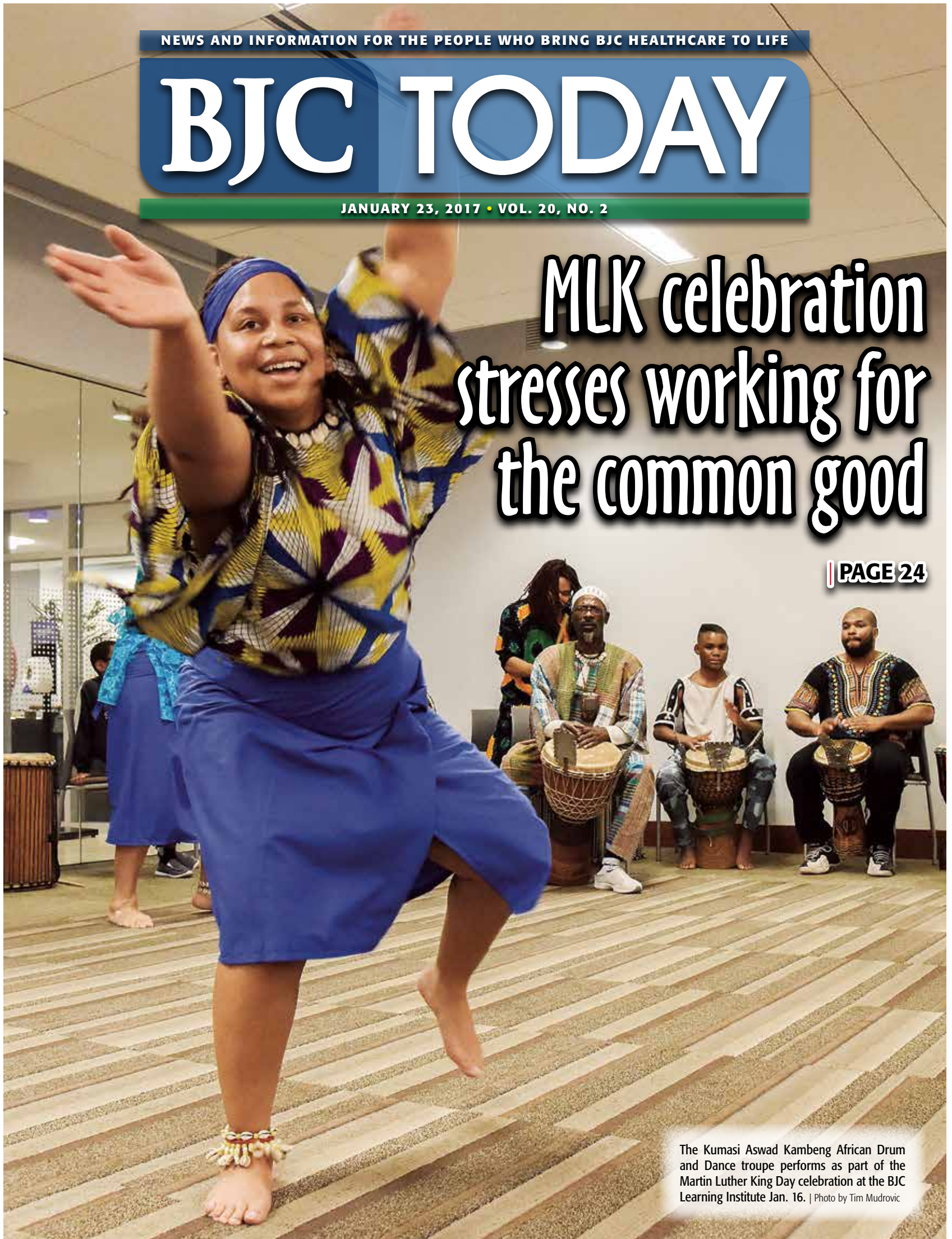
NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

BJC TODAY

JANUARY 23, 2017 • VOL. 20, NO. 2

MLK celebration stresses working for the common good

| PAGE 24



The Kumasi Aswad Kambeng African Drum and Dance troupe performs as part of the Martin Luther King Day celebration at the BJC Learning Institute Jan. 16. | Photo by Tim Mudrovic

Warm up with three unique breakfast cereals

by Kristin Cunningham, MHA, RD, LD, BJC School Outreach and Youth Development curriculum specialist

BJC | While we can't control the frigid temperatures winter brings, we can warm up our bodies with a tasty and nutrient-rich breakfast before braving the blustery weather. Classics like oatmeal and cream of wheat are excellent choices. But there are many other warm cereals to choose from. Explore these three unique warm breakfast cereal options.



Kristin Cunningham



Teff



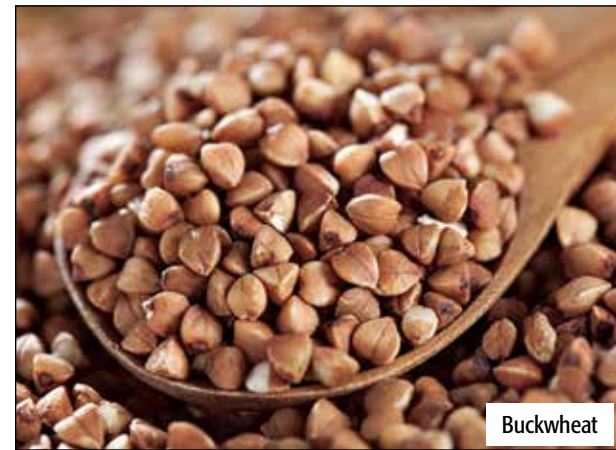
Millet

- 1. Teff** – These tiny grains are rich in nutrients and contain more calcium than any other grain. If you've ever eaten at an Ethiopian restaurant, you've probably had teff. Injera, the thin sourdough bread that acts as the edible serving surface for the meal, is made from teff. Teff makes a mildly sweet warm breakfast cereal. *Cook times: microwave — 4 minutes; stove top — 20 minutes.*
- 2. Millet** – These small yellowish grains are nutrient-rich and are an especially good source of magnesium. Although millet is found in many birdseed mixtures, it's quite a treat for humans, too. The amount of water used in cooking determines the texture; less water makes fluffy cereal, while more water produces a creamy cereal. *Cook times: microwave — 3 minutes; stove top — 15 minutes.*
- 3. Buckwheat** – This grain is available as cream of buckwheat or as buckwheat groats. Cream of buckwheat

cereal is rich in zinc and other nutrients. It's similar in texture to cream of wheat and easy to prepare. Buckwheat groats also make for a tasty breakfast cereal, but require overnight soaking and a longer cook time. You'll appreciate the ease of cooking the cream of buckwheat cereal on a rushed morning. *Cook times: microwave — 2 minutes; stove top — 10 minutes.*

The potential for tasty toppings on these warm cereals is limitless. Try adding one or two of the following: raisins, blueberries, cinnamon, nutmeg, pumpkin seeds, walnuts, chopped dates or yogurt. Enjoy, and stay warm out there!

To have a health educator from BJC School Outreach and Youth Development teach at your kids' school, or for more information about nutrition or physical activity education, call the program line, 314-286-0460, or visit bjcschooloutreach.org.



Buckwheat

Fitness Flash The No. 1 weight loss hack for 2017 – Part 2

by Jeremy Koerber, BJC WellAware fitness manager, ACSM exercise physiologist

BJC | If you read my last column, you learned that there is no magic weight loss hack.

You also read: "If you look at anyone who's lost a significant amount of weight, runs marathons, looks amazing in a bikini or appears to dominate in the gym, I promise you, they all have one thing in common that produces success. They have a personalized system of processes they implement — either daily or weekly."

In this column, we'll look at Christy Matteuzzi, executive coordinator for institutional research and support at Washington University School of Medicine, who has developed such a system.

Matteuzzi is a mother of three who has a few things going on, such as a full-time job, beating breast cancer and participating in fitness competitions — all in her spare time. While some of us see the exact systems and processes she's created to get in the kind of shape she's in, many may look at her and say, "Wow, she's lucky to look like that." I'm going to let you in on a little secret: Luck has absolutely nothing to do with her success.



Jeremy Koerber

For example:

- 1. She exercises with purpose.** Never does she walk into the gym without a plan for that specific workout session. Whether cardio or weights, she knows what she's going to do when she walks in the door. It's simple, efficient and productive.
 - 2. She "preps" her meals.** On Sunday Christy cooks a lot chicken, beef, pork or other lean protein, and she makes five lunches and stacks them in the fridge. She doesn't fret about lunch during the work week and is never forced to grab something from the cafeteria or vending machine. She simply grabs lunch as she walks out the door each morning on her way to work.
 - 3. She tracks things.** I see her writing down important stats, thoughts and other miscellaneous notes in a small journal. I suspect it helps her measure her success — and, as we all know from working here at BJC, if you can measure it, you can improve it. If it works in your department, I promise, it will work for you.
- How do you develop a system as detailed as Christy's process?
- First, you may never get to that stage. Christy's goals are probably very different than your goals, so clearly identifying your goal or "why" is numero uno. Second, pick a tiny strategy (for example, I'll drink 20 ounces of water five days a week) and implement it. Third, continue following that strategy until it's second nature and

then consider strategy number two. As you continue down this path, your plan will create itself.

Intended vs. realized result

How patient are you? I ask only because implementing two small lifestyle strategies most likely won't do much to change the way you look and feel in the beginning. This is about building the groundwork for a personalized program, developing base conditioning and building confidence. Once that happens, and the more strategies you can assimilate, you can assume you'll see greater results.

Here's the one thing I'll guarantee: If you employ a series of positive lifestyle strategies and are consistent over a four- to eight-week timeframe, you'll get a positive result. What will that result be? If the intended result is to lose body fat, increase muscle tone and feel better, chances are, that's going to happen — but at what rate? That depends on factors such as the volume of exercise you perform, how/when/what you eat, your age, gender, and genetics. But once you've deployed your strategies over a definable period of time, you'll be able to assess your actual or realized results.

If you got exactly what you wanted, awesome. If you need to add more of something, cool. However, you also need to understand that if work, life and other commitments only allow you to exercise



Every Sunday, Christy Matteuzzi prepares healthy meals for the work week. | Courtesy photo

three days a week for 30 minutes, you probably won't have the physique and fitness level of someone who works out 60 minutes five days a week. And you need to come to peace with that fact.

The good news is you don't have to do this alone. The exercise professionals, massage therapists and registered dietitians at the BJC WellAware Center are here to help you modify your lifestyle and help you develop your personal process. If we can be of assistance, we're just a phone call away. Call us at 314-286-0525.