



the CommonHealth Compass



Mouth-Watering Oven-Fried Fish

Yield: 6 servings

Ingredients

- 2 pounds fish fillets
- 1 tablespoon lemon juice (fresh)
- ¼ cup buttermilk (fat-free or low-fat)
- 1 teaspoon garlic (fresh, minced)
- ⅛ teaspoon hot sauce
- ¼ teaspoon white pepper (ground)
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- ½ cup corn flakes (crumbled or regular bread crumbs)
- 1 tablespoon vegetable oil
- 1 lemon (fresh, cut in wedges)

Instructions

- Preheat oven to 475 F.
- Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
- Combine milk, hot sauce, and garlic.
- Combine pepper, salt, and onion powder with crumbs and place on plate.
- Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
- Arrange on lightly oiled shallow baking dish.
- Bake for 20 minutes on middle rack without turning.
- Cut into 6 pieces. Serve with fresh lemon.

Notes

- May substitute black pepper for white pepper.
- May use cayenne pepper in place of hot sauce.
- May use dry bread crumbs, cracker crumbs, or other unsweetened cereal crumbs in place of corn flakes.
- May use fat-free or low-fat milk with vinegar in place of buttermilk (1 tsp vinegar and 1/4 cup of milk; stir and let stand a few minutes).

Source: US Department of Health and Human Services, National Institutes of Health, National Heart, Lung and Blood Institute, Heart Healthy Home <http://www.choosemyplate.gov/budget/downloads/2WeekMenuCookbook.pdf>

Move It Virginia Program Offered

We are living an excessively sedentary lifestyle in our modern and efficient world. Most people spend an average of eight hours a day sitting. Between hours at your desk, long commutes, and relaxing at home, that is more time than many of us spend asleep in bed!



The latest research shows that even if you are a dedicated exerciser, the benefits you get from one bout of activity a day can't make up for the negative effects of sitting for long periods...and standing all day isn't the answer either. Our inactivity is literally killing us (not to mention expanding our waistlines and draining our energy), so we need to get a better balance between time on our feet and time on our rears.

CommonHealth wants you to MOVE IT VIRGINIA! Don't just sit, get fit any way you can and we are here to help. Join us for a six month campaign designed to get you moving at work or at home. Whether you have a stand up job or are tied to your desk, we've got the practical tips to help you live your best.

Ask your agency CommonHealth coordinator to schedule an on-site training.

Summer 2015 – Family Corner

Parents, Guardians, and Caregivers: Looking for a great way to start your day with children this summer? Look no further than the Library of Virginia's Family Literacy Calendar at <http://www.daybydayva.org/>. Here you will find ideas for stimulating your child's mind and imagination using materials found in your home, as well as lists of books, music, and other educational resources that you can obtain through your local public library. The Library of Virginia works closely with Virginia's public libraries and other state and federal partners to assist and support you as your family navigates through the early learning years. Read a poem, draw a picture, or read an e-book together to learn something new each day.



CommonHealth Wellness Champions Motivate Others

Congratulations to the CommonHealth Wellness Champions! These four individuals have gone above and beyond the expected in their workplaces to inspire others to lead healthier lives through their everyday actions. The recipients are shown with Governor Terry McAuliffe, Secretary of Administration Nancy Rodrigues and Secretary of Health and Human Resources Dr. William Hazel, Jr.

Visit the CommonHealth website to let us know about those special people who make your workplace a better place to be and submit your nomination today.



◀ Roshonda Baines Department of Social Services, Division of Child Support Enforcement

Roshonda changed her life through exercise and better eating and now inspires others to do the same. She made herself available to co-workers to provide support for their efforts and has been seen as an example of healthy living. She continued to inspire coworkers to participate in a fitness activity on a regular basis. She demonstrated that, for her, healthy eating and regular exercise allowed her to discontinue many of her medications as she improved her fitness.

Rusty Eddins ▶ Virginia Department for Aging and Rehabilitative Services Woodrow Wilson Rehabilitation Center

Rusty has inspired many staff members to exercise, eat healthy, and participate in team fitness opportunities by creating an after work exercise program and organizing community fitness activities. His efforts have given the staff at Woodrow Wilson Rehabilitation Center an outlet for stress. He serves as an excellent example of a positive lifestyle, and he continues to lead fitness classes and help coworkers discover the importance of “moving.”



◀ Kathy Tomlin Virginia Military Institute

Kathy has reached beyond her role as VMI CommonHealth agency coordinator by creating a full schedule of fitness classes that support staff health as well as organizing large health fair events to bring other wellness opportunities to the post. Her efforts have transformed VMI into a vibrant workplace that focuses on employee health and wellness as part of the culture for staff, showing that fitness is not just for the cadets. She increased coworker participation by an astounding 356 percent in wellness presentations and fitness challenges.



Dianne Young ▶ Department of Behavioral Health and Developmental Services Central Virginia Training Center

Dianne pioneered the Weight Watchers program at Central Virginia Training Center and she leads by example – losing 72 pounds this past year! She created the Festival of the Foot, which was a facility wide walking event that brought people together in the spirit of wellness. She continued to be a shining star and created opportunities for coworkers to make a change toward a healthy lifestyle.





Recognizing Wellness Excellence in the Workplace

Since employees of the Commonwealth spend a major portion of their waking hours on the job, the workplace culture has a big impact on employee wellbeing. Grafting wellness practices onto the work culture and infrastructure can help improve the health and wellbeing of employees and boost productivity, creativity, and retention.

Commonwealth of Virginia Workplace Certification recognizes excellence in workplace wellness. To qualify for this certification, agency locations optimize the use of all health and wellness resources including CommonHealth programs and challenges, Weight Watchers at Work, and other activities in their community.

Does your workplace make wellness a top priority? Visit the CommonHealth website to apply for this honor at www.commonhealth.virginia.gov/worksitcertified.htm.

Posing with Governor McAuliffe, Secretary of Administration Rodrigues and Secretary of Health and Human Resources Hazel are representatives from nine agencies who were awarded this designation in the spring.



*Department of Forensic Science,
Richmond*



Fort Monroe Authority, Hampton



*Department of General Services, Division
of Consolidated Laboratories, Richmond*



*Patrick Henry Community College,
Martinsville*



*Southwest Virginia Community College,
John H. Daniel Campus, Keysville*



*Southside Virginia Community College,
Richlands*



*Virginia Commonwealth University,
Richmond*



Virginia Military Institute, Lexington



Museum of Natural History, Martinsville



Make Physical Activity a Regular Part of Your Day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.



At Home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.

At Play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racquetball, tennis, or squash.
- Ski cross-country or downhill.

At Work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.



Source: <http://www.choosemyplate.gov/physical-activity/increase-physical-activity.html>



Visit CommonHealth Online!

www.commonhealth.virginia.gov

Questions? E-mail us at wellness@dhrm.virginia.gov.

