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Recess Newsletter August 2010

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Dangers of Getting Waisted.

But it used to be so much fun in college!

NPR and the New York Times report on a recent study from the American Cancer Society.

The news? If you're looking for long term health, it helps to watch your waist along with your weight. Researchers found that those with larger waistlines had twice the risk of death than those with smaller waists, even if both participants were normal weights for their heights.

According to some research, *a big waistline is a better indicator of health risks than body mass index (BMI), the usual measure for obesity.*

The extra inches around the belly come from fat tissue deep in the abdomen. This is the kind of fat that ups your risk for cancer, stroke, and heart disease.

What's the best way to win the battle of the bulge? We were thinking liposuction too, but the procedure does not extract this particular type of fat.

Ah well. Healthy eating and exercising it is.

[Find more fun and less waist>>](#)

[How Do You Know When Your Wellness Program Sucks?](#)



Does this tutu make my waist look big?

In The News

Super Secret Fitness on Kink.fm (.mp3)

LiveWire on OPB (.mp3)

No Place Like Work. Recess Client Rose City Mortgage in Oregon Business.

Fun Wellness: Recess Client Bullivant Houser Bailey in Oregon Business Magazine

Portland Business Journal: Smoking Cessation

Recess' Blog: You'll Laugh. You'll Cry. You'll Lose Weight Just Reading It.

Take this quiz and find out.



This month, the Workforce section of [SmartBrief](#) suggested a way to answer the age-old question: How do you know how effective your wellness program really is? Or isn't?

"...Take a look at a new video from [WhenWellnessSucks.com](#) that highlights how silly some wellness efforts in the workplace can become, from the overly enthusiastic health nut to the CEO who mentions the company doesn't want any heart attacks -- or rashes."

Because as they say back in the old country (and the new country too), no one wins when workers die.

Want a Wellness Program that Doesn't Suck?>>

Anyone got a beef with this?

How now, brown, cloned and recalled cow.

Ah, August. The official month of the hamburger and a glass of cold beer. When you're hot and hungry, nothing else quite competes. What, you don't celebrate Hamburger and Cold Beer Month (HACBM) in your house? Maybe you're smarter than us.

We know that egg recalls are all the rage right now, but this month has seen several beef recalls that also pose serious health risks but have not received as much attention in the press.

Across the Atlantic, people celebrating HACBM maybe have gotten a feeling of deja vu when biting into their burgers, thinking, "Have I eaten this cow before?" Actually, they probably didn't notice anything, but that's the scary part about eating cloned cows that accidentally slipped into the food supply.

As the UK's Food Standards Agency explains, "While there is no evidence that consuming products from healthy clones, or their offspring, poses a food safety risk, meat and products from clones and their offspring are considered novel foods and would



therefore need to be authorised before being placed on the market."

By novel food, they mean that widespread consumption of cloned meat has never happened before or been studied on a large scale, so it seems suspicious to say for sure that there are no health risks. And the fact that the FSA allowed cloned meat into the system tells you they're probably not keeping a super close eye on the farms these livestock are coming from.

Or, in the more colorful language of a columnist from the *Telegraph*, the government "is unconcerned whether the hamburger your child is eating contains meat from Freddie Frankenstein II out of Daisy Five Legs."



But that's all the way across the ocean, right? It's not like we're recalling tons and tons of beef here, right? Oh, we are? Whoops.

Valley Meat Co. in Modesto, Calif., just recalled **1 MILLION POUNDS** of beef patties and ground beef that caused seven people (so far) to come down with infections from E. coli O157:H7.

You read that right: 1 million pounds. That's the equivalent of more than 2,300 animals.

The suspect meat was sold in California, Texas, Oregon, Arizona and overseas. Most of it was frozen. To identify products from Valley Meat, look for "EST. 8268" in the USDA inspection mark.

Anyone else raise an eyebrow when you read that you have to check the inspection mark to see if the beef has been recalled? Isn't that kinda the whole point of an inspection?

If you don't feel like memorizing numbers of meat you shouldn't buy, what can you do? Well, one option to reduce risk is to simply cut back on beef consumption.

The Meatless Monday campaign is spreading from schools to home kitchens to high end restaurants. In addition to being a way to expose diners to other types and styles of food, cutting out meat just one day a week can make a huge difference on the demands we place on Mother Nature.

"One of the biggest advantages of cutting back on meat consumption is the reduction in the water demand," says environmentalist Peter Gleick of the Pacific Institute.

Gleick says people are shocked when they realize how much water it takes to grow the grain needed to feed cows to produce 1 ton of beef.

"It takes 140,000 bathtubs full of water - that's millions and millions of gallons," Gleick says. And it's not something people consider when they try to imagine their "water footprint."

And building awareness around all the resources and energy that go into that tasty burger brings us to the other option when it comes to keeping your health intact--read up!

The meat section of your grocery store can be a confusing place when it comes to deciphering grain-fed vs. grass-fed vs. organic vs. natural. Here's one quick tip: the label "natural" does not require a certification process, so unless the provider can really lay out what makes their food so natural, you're better off with certified organic.

Finally, we know it's kinda old-timey, but did you know it's possible to buy your meat directly from grass-fed farms? Check out EatWild.com for options near you. And enjoy the final days of HACBM.



[Click until the cows come home. >>](#)

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