

Whiter teeth....

- are associated with a healthier lifestyle.
- can minimize the appearance of facial wrinkles.
- can increase self confidence meaning more smiling.
- can range in cost from \$15 to over \$1000.
- achieved by dental office treatment is the most effective means of whitening, but also the most expensive.
- achieved through at home treatment is more affordable, but may be less effective at stain removal.

- treatments can cause discomfort and hypersensitivity of the teeth, gums and lips; these side-effects are usually temporary.
- treatments are not for everyone; it does not work for those with artificial supports or enhancements like crowns and veneers, and is unsafe for pregnant and lactating women and those with untreated cavities or gum diseases.

Bottom Line:

If you're considering teeth whitening, do your research before beginning any treatment and talk to your dentist to see what options are right for your health and budget.

Source: www.dentalhealthsite.com



Don't Let The Bedbugs Bite!

Bedbugs were largely eradicated in the 1940's but with the increase in travel within and outside of the U.S., these tiny creatures have been launching a comeback over the past few years. Read on for information on the signs, treatment, and prevention of bedbug infestation.

Signs

Bedbugs like to hide in mattress seams, under peeling wallpaper, under switch and socket covers, inside box springs, and in many other small, dark spaces. The bugs themselves are roughly the size of an apple seed and reddish brown in color. You'll likely see their droppings or dead bugs, they hide during the day so it's rare to see the live bugs themselves. They spread by attaching to luggage and clothing, the females lay eggs, and presto, you've brought home your very own bedbug colony. They can also crawl from room to room in hotels and apartment buildings.

Treatment

Treatment for infestations should be done by a professional and usually will require a few visits to completely get rid of the little critters. Bedbug bites can be itchy and may leave small red welts. These can be treated with an anti-itch cream or antihistamine and symptoms are likely to go away on their own. However, in some instances, people may have allergies to bedbugs so if the bite area shows signs of allergic reaction, see a physician immediately.

Prevention

These bugs prefer small spaces to hide, so the more clutter, the better the hiding spaces; try and keep your home clutter-free. When returning from travel, place luggage on the dresser rather than the floor or bed, in case a bug or two hitched a ride. If you share walls with your neighbor and they have an infestation it is likely you will too, so it's best to contact an exterminator right away. Bedbugs tend to bite exposed skin, so the more clothing you wear to bed, the less likely you are to be bitten.

For more information, visit: www.MayoClinic.com.



The Wellness NEWS

A Publication of the WellPoint Wellness Centers

Lite Bites:

Chipotle Spice Shrimp

Source: www.MayoClinic.com

INGREDIENTS

- 1/2 lb. uncooked shrimp, peeled and deveined (about 32 shrimp)
- 2 T. tomato paste
- 1 1/2 t. water
- 1/2 t. extra-virgin olive oil
- 1/2 t. minced garlic
- 1/2 t. chipotle chili powder
- 1/2 t. fresh oregano, chopped



DIRECTIONS

1. Rinse shrimp in cold water. Pat dry with a paper towel and set aside.
2. For marinade, whisk together tomato paste, water and oil. Add garlic, chili powder and oregano. Mix well.
3. Using a brush, spread the marinade (it will be thick) on both sides of the shrimp. Refrigerate.
4. Prepare a hot fire in a charcoal grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
5. Put shrimp in a grill basket or on skewers and place on the grill. Turn the shrimp after 3 to 4 minutes. Cooking time varies. Serve immediately.

NUTRITION FACTS

Serving Size = 8 shrimp; Calories per Serving = 73; Protein = 12g; CHO = 3g; Fat = 2g; Fiber = 1g; Chol = 85mg; Sodium = 151mg; WW Points Plus® = 2.



January 2012 Member Recognition

MEMBERS WHO VISITED THE WELLNESS CENTER 8+ DAYS PER MONTH

Carol Brass

Jeannine Masiello

Laurie Bruggemann

Rob Chatfield

Tamaiya Ramsey

Corinne Baxter

Courtney Russell

Melanie Gardiner

Joe Buono

Stephen Warshaw

Daniel Knowles

Patti Drivanos

Doreen Burton

Lori DeGroodt

Jean Nestman

Julia

Schoeneberger

JP Sybrandy

Janis Franz

Sarah Faurot

Denise Wiggins

Jennifer Parliman

Karen DeMartino

Joyce Coppola

Christina Clabby

Erica Varga

Denise Pennings

Rosie Nieves

**Heather
Nedwetzky**

Scott Gore

Regina Leone

Wendy Darrow

Bruni Colon

Deirdre Carey

Krista Cappiella

Bill Breil

Leticia Silva

Derrick Nelson

Tishma McPherson

Christina Jessee

Theresa Worden

Karen Schlessel

Dana Cummings

Chelsea Pierson

Bernadette Paul

Lynette Hammonds

Alice Halstead

**Barbara
Houghtaling**

KEY

NAME = Members of the FIT 15 (visited 15+ days/month) for the month of January.



FEBRUARY GROUP FITNESS

Classes will be held February 2 through 29

JUMP START YOUR HEART!

Ab Lab

We'll use mats, stability balls, and other props to help strengthen and tighten your whole midsection.

Instructor: Kimm

Monday, Wednesday, Friday, 12:00—12:20 pm

Free

Final Cut

A progressive strength training program designed to help improve your muscular strength and endurance. It's personal training in a class setting!

Instructor: Kimm

Alternating Tuesdays, 5:15—5:45 pm

Free

Boot Camp

Just like it sounds... Boot Camp will entail a little bit of everything including drills, obstacle courses, and circuits. Your body will thank you.

Instructor: Kimm

Alternating Tuesdays, 5:15—5:45 pm

Free

Sweat Shop

From hi-lo to kickboxing, and everything cardio in between. You'll work up a sweat in this class!

Instructor: Kimm

Alternating Thursdays, 5:15—5:45 pm

Free

Tight End Zone

This strength training class can help you sculpt your muscles from head to toe into lean mean calorie-burning machines.

Instructor: Kimm

Alternating Thursdays, 5:15—5:45 pm

Free

Focused Yoga

These Yoga classes have a different focus each month to help you relax and ease the tension and stress from your everyday routine.

Instructor: Maria

Monday, January 23, 5:15—6:15 pm

\$8 per class

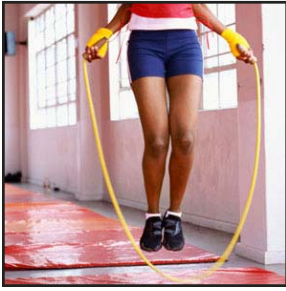
You must be a Wellness Center LiveWell member to participate in group fitness classes.

Please contact the Wellness Center if you are unsure of your member status

OR if you need to upgrade your membership from FitWell to LiveWell.

FITT Tips: Jump Rope For Your Heart

Try the following quick 15-minute jump roping interval workout to get your heart pumping!



Begin with a 5-minute warm up, such as a brisk walk or easy pedaling on stationary bike, to prepare your muscles and joints for more intense activity. Then complete the following jump roping and resistance training exercise intervals:

- 30 seconds jumping rope
- 1 minute jumping rope
- 30 seconds jumping rope
- 1 minute body row
- 1 minute walking lunge
- 1 minute shoulder press

After completing one round of intervals, finish by cooling down with an easy walk and 5 minutes of static stretching. As your fitness and stamina improves with time, you may add 1-2 extra rounds of intervals to your workout. For tips and variations in jump roping technique and additional workouts, see your NIFS staff.

February 2012

Contact the Wellness Center at 845-695-3520 for more information about the programs highlighted below.

Mon	Tue	Wed	Thu	Fri	Sat/Sun
		1	2  <i>Tight End Zone 5:15p</i>	3 <i>Ab Lab 12:00p</i>	4 5
6 <i>Ab Lab 12:00p</i>	7 <i>Final Cut 5:15p</i>	8 CHAIR MASSAGE 11:30A - 2P	9 <i>Sweat Shop 5:15p</i>	10 <i>Ab Lab 12:00p</i>	11 12
13 <i>Ab Lab 12:00p</i>	14  <i>Boot Camp 5:15p</i>	15 <i>Ab Lab 12:00p</i>	16 <i>Tight End Zone 5:15p</i>	17 <i>Ab Lab 12:00p</i>	18 19
20 <i>Ab Lab 12:00p</i>	21 <i>Final Cut 5:15p</i>	22 CHAIR MASSAGE 11:30A - 2P	23  <i>Sweat Shop 5:15p</i>	24 <i>Ab Lab 12:00p</i>	25 26
27 <i>Ab Lab 12:00p</i>	28 <i>Boot Camp 5:15p</i>	29 <i>Ab Lab 12:00p</i>	<p>~Winter Carnival Feb 23~ Come one, come all for games & prizes, snacks, hourly raffles, and more! Event open to all WellPoint associates.</p>		