Welcome back to *Making Lives Healthier*, the quarterly health and wellness e-bulletin of Texas Panhandle Centers. *Making Lives Healthier* will provide you with compelling, interesting and helpful information about ways to improve your health and the health of those around them.

**15 TRAINING TIPS FOR YOUR FIRST 5K**
By Zac Zellers, IDD Service Coordinator II

*Participants in the annual TPC How the West Was Run 5K*

A 5-kilometer run, more commonly known as a “5K,” is roughly the same distance as 3.1 miles. Training for and participating in a 5K is a great way to get in shape while supporting a good cause. One of these many good causes is Texas Panhandle Centers’ own *How the West Was Run 5K*. Stay tuned for more information on the date and registration of this event. Lone Star Runner’s Club is a great resource about area runs year round.

http://lonestarrunnersclub.net/

*With spring around the corner, here are some tips and suggestions for training for your first 5K.*

(Note: It is always recommended that you see a physician before starting an exercise program.)

1. **Commit to training two or three days-a-week.** Do not skip runs unless it is absolutely necessary.

2. **Buy running shoes, not cross-trainers.** Proper running shoes and socks are essential. Getting shoes at any sporting goods store will get you by, but getting custom fitted will help prevent injury. It is more expensive, but a good store for custom fittings is Get Fit.


3. **Always bring plenty of water, and be smart with eating and drinking.** Also, remember that hydration begins long before you take your first stride. Do not drink sugar-filled drinks like sports drinks or sodas before your run, and try to limit them during the day. Fruit, nuts, and whole grains are the best foods to eat before a run. Make sure you give yourself time to digest your food.

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Texas Panhandle Centers Employees

**Did you know?**

- For those Employees on the Texas Panhandle Centers Health Plan through Insurance Management Services, Care Today Urgent Health visits will cost you $10 (versus your Standard $30 or $40 Co-Pay).

- Care Today Urgent Health is open **8 am- 8 pm Monday through Saturday** at 34th & Bell and **8 am- 5 pm Monday through Friday** at I-40 & Grand.

- Care Today Urgent Health accepts Appointments (no more waiting in lines for hours to be seen).

- Care Today Urgent Health provides Routine Care (most of the same services at Family Practice Doc’s).

- Care Today Urgent Health provides Urgent Care (why go to the ER for minor injuries and wait?).


*Care Today Urgent Health can treat the following conditions (and many more):*

- Acid Reflux
- Back Pain
- Boils/Absscesses
- Bronchitis
- Burns
- Carpal Tunnel
- Colds
- Diabetes
- Diarrhea
- Dizziness
- Ear Infections
- Fevers
- Flu
- Fractures (Splinting)
- Fungal Infections
- Headaches
- High Cholesterol
- Ingrown Toenails
- Lacerations (Stitches)
- Muscle Strains
- Nausea/Vomiting
- Obesity
- Osteoporosis
- Pink Eye
- Rashes
- Sinus Infections
- Sore Throat
- Spider Bites
- Sprains
- Strep Throat
- Urinary Tract Infections
- Upper Respiratory Infections
- High Blood Pressure
- Wounds

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**Giving Yourself the Gift of Good Health**

- **Get a checkup from your doctor**
- **Join a gym**
- **Have a few sessions with a personal trainer.**
- **Now that the Holidays have passed, schedule a day or two off from work when you don’t have anything planned**
HEALTHY RECIPE

CAJUN BAKED SWEET POTATO

INGREDIENTS
• ½ tablespoon paprika
• 1 teaspoon brown sugar
• ¼ teaspoon black pepper
• ¼ teaspoon onion powder
• ¼ teaspoon thyme
• ¼ teaspoon rosemary
• ¼ teaspoon garlic powder
• ⅛ teaspoon cayenne pepper
• 2 large sweet potatoes
• ½ tablespoon olive oil

DIRECTIONS
“You just put them in the microwave or bake them and eat them” - Kay Annen

MORE SPECIFIC DIRECTIONS:
1. Preheat oven to 375 degrees.

2. Combine the paprika, brown sugar, black pepper, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.

3. Slice the sweet potatoes in half lengthwise; rub the halves with olive oil, then rub the seasoning mix over the open half of each potato.

4. Bake for 1 hour, or until the sweet potatoes are tender.
Accessing WorldDoc 24/7
Go to www.imstpa.com
Enter your User ID & password
Click the WorldDoc link under Inquiry
If you are a first time user please select the Register link.

10-Year Cardiac Risk Calculator:
1. Click the Health Helpers icon in the navigation menu.
2. Click the Calculators tab.
3. Scroll down to the calculator and click Take Assessment.

Cholesterol and Hypertension Focus Areas:
1. Click the Medical Library icon in the navigation menu.
2. Click the Focus Areas tab.
3. Click the Cholesterol link or the Hypertension link.

Protect Your Heart’s Health

Heart disease and stroke are the leading causes of preventable deaths in the U.S. Are you or is someone you know at risk?

This February marks the 64th annual American Heart Month and WorldDoc 24/7™ is making it easy for you to determine your risk for a heart attack or stroke with the 10-Year Cardiac Risk Calculator. Just enter your blood pressure, cholesterol levels, and answer a short questionnaire to learn your risk factors.

Also available on WorldDoc 24/7™ are Focus Areas with in-depth information on two common health problems that contribute to heart disease: cholesterol and hypertension.

The sooner you begin to protect your heart’s health, the longer and stronger your heart will beat for you and the ones you love.

*American Heart Association
americanheart.org

Heart Health Quiz

Do you know fact from fiction? Take this short heart health quiz to find out.

1. To lower your blood pressure you should?
   A) Exercise a little every day
   B) Keep the salt shaker off the table
   C) Both A & B

2. True or False: Food cholesterol only comes from fruits and vegetables.

3. True or False: You can stop taking your high blood pressure medication whenever you feel like you don’t need it.

4. To lower your cholesterol level you can:
   A) Eat less fat
   B) Exercise a little each day
   C) Both A & B

5. Cholesterol comes from:
   A) The food you eat
   B) Your body
   C) Both A & B

6. True or False: You must take cholesterol lowering medications to keep your heart healthy.

7. Cholesterol in your body can be:
   A) Good (HDL) keeps your arteries clean
   B) Bad (LDL) clogs up your arteries
   C) Both A & B

8. True or False: Tobacco smoke, high blood pressure, high cholesterol, physical inactivity, obesity, diabetes, and stress increase your risk for heart disease.
Additional Information on this training will be coming soon; watch for it!
Into a healthy lifestyle!

Make your lifestyle changes successful by encouraging healthy habits for the whole family! **Encourage your spouse to take the Health Risk Assessment (HRA) and find out how you can help each other accomplish your goals.**

If you or your spouse have not previously completed your HRA, just follow these simple steps:

- Log into the [www.imstpa.com](http://www.imstpa.com) website
- Enter Group# S015580 and register account
- Choose WorldDoc in the left hand menu
- Click on the words “Health Risk Assessment” in the third blue box

Please remember *Participation* in the TPC Wellness program is defined by completing all the questions in the HRA and contacting the Care Management Nurse at IMS Wellness Works. 373-6666 ext 348.

*IMS Wellness Works and WorldDoc are concerned about your privacy. This information will only be used by IMS to provide you with the support you need to improve your health.*
Millions, if not billions, of people across the world are stressed-out. If you are one of them, there's good news. People can learn to manage stress. You can start with these stress management tips:

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don't rely on alcohol or drugs to reduce stress.
- Seek out social support. Learn to manage your time more effectively.
5. **Find your niche.** Where do you like to run? Do you prefer morning or evening? Do you like to run alone or in a group? Different things work for different people. It is important to try different things to find out what makes you comfortable.

6. **Treadmills?** My thought is that treadmills should only be used if you cannot get outside for a run. Treadmills cannot simulate an actual run.

7. **If you only have 10 minutes to run, run 10 minutes.** If you do not have time to do a full workout, it is better to do something than nothing. If you cannot get out of your house or office, jumping jacks, squats, lunges, high knees, and other calisthenics are great ways to get your heart rate up.

8. **Always warm up and stretch before you run.** The best way to prevent injury is to warm up and stretch. There are multiple good ways to warm up including light jogging, brisk walking, and calisthenics. After warming up, stretch. Here is a good stretching guide [http://www.coolrunning.com/engine/2/2_1/126.shtml](http://www.coolrunning.com/engine/2/2_1/126.shtml).

9. **Cool down and stretch after you run.** Also, make sure you cool down after your run by walking, adding additional light movements such as arm circles if you like. Stretch again after you cool down.

10. **Warm up and stretch your upper body too.** In addition to using to working their “core” muscles (abs and lower back), it is common for runners to get tense in their shoulders necks. To prevent this tightness, do not clench your fists while running.

11. **Time your rests. Interval training is how you get better.** You probably won’t be able to run the full 5 kilometers on your first run. The best way to get better is to follow a run/walk/run/walk pattern. Limiting the time of your rests will make sure you are still getting a good workout. Decreasing resting time and increase running time as you get better. Here is a more detailed plan for beginners [http://www.coolrunning.com/engine/2/2_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml).

12. **Stretch every day, even on days you do not run.** You will be sore the day after your first run. In fact, you will be sore for the next few days. This is normal, and it will get better as you run more-and-more. Do not skip a run because your muscles are still sore.

13. **Learn to push past the “quit feeling.”** Runners will tell you about the feeling in their run that makes them want to quit, usually early on in the run. If you can learn push past this, you will catch a second wind and experience what some call a “runner’s high.”

14. **Do not let yourself get discouraged!** Rather, embrace the fact that you are trying something new and getting out of your comfort zone. Hang your hat on your ability to persevere!

15. **It is not about how you finish. It is about getting to the starting line.** Many people are apprehensive about running 5K’s because they are afraid they won’t finish or they will look/feel out of place. The hardest part of a 5K or any athletic competition is getting yourself to actually participate. There will be many other rookies all around you. Relax; your adrenaline will help you push through during the race.

Read the next Making Lives Healthier bulletin for tips about what to expect during your first 5K.

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If you have information you would like to contribute or ideas for articles, please email jim.womack@txpan.org or call 351-3326.