

Wellness Inspired

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What's on Your New York State Winter Bucket List?



Are you looking for outside adventure in this beautiful New York State winter wonderland? You've likely already seen the I ♥ NY commercials filled with bucket list adventures...many of which you just won't want to miss out on! Some would make for a nice day trip, while others may require an overnight or weekend stay.

How about a ride, or maybe even a race, down the second-longest zipline in the world?! The 4.2-mile-long zipline is located at [Hunter Mountain](#), in Hunter, about a 3-hour drive from Verona, and yes...you can do this over the snowy slopes!

Perhaps you're into [downhill skiing](#), or cozying up by a fire at a ski lodge. Did you know that New York State has more ski resorts than any other state?? You can find resorts all across the state, many of which are right here in Central New York.

One of the most unique and exciting ways to celebrate winter in New York State is a dog sled tour! This opportunity is located about 3 1/2 hours away, at [Thunder Mountain](#). There are two types of tours, one that takes you around the Loop at Mirror Lake, and another that takes you through the wooded wilderness.

If you're into fairy tales...the [Mohonk Mountain House](#) in New Paltz has horse-drawn carriage rides, an ice skating pavilion, cross-country skiing, and snowshoeing, all located at a castle-like lodge with amenities fit for royalty.

An approximate 3 1/2-hour trip to Ellicottville, NY will bring you to [Holiday Valley](#) where you can "fly" down the mountain on their unique Sky Flyer Mountain Coaster. In this adventure, you are strapped into a car, pulled up 283 feet, then you're off on a wild ride of waves, curves, a jump, and a large spiral, all while controlling your own speed.

You may either drive solo or have a passenger along for the ride. All passengers must be over the age of 3 and all drivers must be 16 or older.

Whatever adventure(s) you'd like to embark upon, there are so many ways to have fun and stay healthy in New York State during the winter!

For more information about these adventures, or for ideas of additional winter adventures, visit <https://www.iloveny.com/blog/post/your-new-york-winter-bucket-list/>.

If you'd rather stay closer to home, there's also plenty of winter fun right in our own back yards! Some of the adventures awaiting us locally are: snowmobiling at Tug Hill, tubing or skiing at either Woods Valley in Westernville or Four Seasons in Fayetteville, ice fishing on Oneida Lake, snowshoeing at Green Lakes State Park in Fayetteville, cross country skiing at the Osceola Tug Hill XC Ski Center, and at Highland Forest in Fabius, you can partake in cross country skiing, snowshoeing, sledding, and riding in a horsedrawn sleigh or wagon.

If you prefer to be active indoors during the winter, there are plenty of options for fun indoor activities too. Among these are: ice skating at SUNY Morrisville Iceplex, bowling at one of the many local alleys, riding the waves at Cascades Indoor Waterpark in Cortland, or partaking in one of the many adventures at Destiny USA, such as rope climbing, laser tag, mini golf, or go-kart racing.

Whatever you choose to do, there's a lot of fun to be had in New York State during these cold and snowy winter months!



It's Time to Rock That Instant Pot!



How many of you received an Instant Pot for Christmas? How many of you are terrified of your new IP? Ok, it's time for some serious talk because this is NOT your Grandma's stovetop pressure cooker.

Are you paying attention? Look at me! Well, I know you can't see me, but go with it. You can seriously make anything in this magical appliance.

I love mine so much that I have two of them. One for home and one for travel. Yes, I seriously travel with my IPs. I'm weird, what can I say? Now you are thinking, did she say, magical? Yes, yes I did. It's magic because you put your food in, set the timer, walk away and *poof* dinner is ready in no time. How is that not magic? I don't know about you but I'm awful at planning what's for dinner. The idea usually starts forming at 3:30 because I know the minute I walk in the door the first thing out of the family is, what's for dinner? Of course, I play it off as though I've planned the menu in my head for days, when in reality the idea formed as I was driving home taking mental inventory of the freezer and cupboards.

Frozen chicken? Yes! Brown rice? Yes! Instant Pot, 22 minutes!!! Ohhh yeah!! I'm serious, 22 minutes to have dinner from the freezer to the table. Side note, the IP does have to come to temperature first, which does, in fact, take a few minutes BUT it's still way faster than defrosting and then cooking over the stove. The theory is that the IP takes 70% less time than "normal" cooking.

I've cooked meatloaf, countless soups, macaroni and cheese, a tur-

key breast, ham, pulled pork, hard-boiled eggs, squashes (uncut, unpeeled), potatoes, refried beans, baked beans, oatmeal (3min), quinoa (1min) and many more dishes. You can also make cakes, cheesecakes, yogurt etc. I'm not as fancy as that, but I know folks who have done this successfully.

In my mind, you can pretty much convert any traditional recipe to the Instant Pot. Keep in mind food won't be "crispy" so if you are making barbecue ribs in the IP, for example, you will want to throw them under the broiler in the oven for a few minutes to crisp.

Thanks to the World Wide Web, there are seriously a gazillion (is that even a word?) recipes out there. My favorite site when I started was www.instantloss.com. Author Brittany Williams lost 125 pounds using her IP to cook healthy and nutritious food, and she shares her wonderful recipes online.

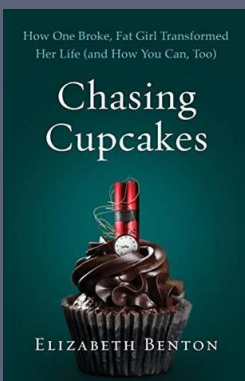
If you've read this far and don't have an IP you may be thinking, what's the big deal. This baby is a game changer. Seriously, what are you waiting for?

*Keep in mind there are many various options out there now for pressure cookers which is what an Instant Pot is. So, no matter what brand you may have, they all have the same basic features/functionality.

You can find recipes, tips, links and more about healthy IP cooking at our [Health & Wellness webpage](#).

~ Submitted by Brenda Egelston

Book Suggestion



Chasing Cupcakes: How One Broke, Fat Girl Transformed Her Life (and How You Can, Too)

By [Elizabeth Benton](#)

I'm missing out on my life. What's wrong with me?

If that's ever crossed your mind, and if you know there's more to life than what you've been living, this book is for you.

It's a tough realization to acknowledge that you are what's keeping you from the life you want. You sacrifice what you want most for what you want in the moment. You know everything you're supposed to do, and yet you feel stuck--limited by your past, overwhelmed by your future--in a purgatory of your own behavior.

After decades of feeling trapped by this mindset, Elizabeth Benton shifted her whole life by proving her own stories wrong. In this book, Elizabeth will help you live a new story, in which you can, you will, and you already have everything you need to make it happen.

If you would like to hear from this author, check out her podcast: **Primal Potential**.

February-American Heart Month



Every year, 1 in 4 deaths are caused by heart disease. It is the leading cause of death for both men and women in the

United States. Heart disease can be prevented by making healthy choices and managing health conditions.

Symptoms to watch for:

Requires a medical diagnosis

Symptoms include tightness or pain in the chest, neck, back, or arms, as well as fatigue, lightheadedness, abnormal heartbeat, and anxiety. Women are more likely to have atypical symptoms than men.

People may experience:

Pain areas: in the area between shoulder blades, arm, chest, jaw, left arm, or upper abdomen

Pain circumstances: can occur during rest

Pain types: can be like a clenched fist in the chest

Whole body: dizziness, fatigue, lightheadedness, clammy skin, cold sweat, or sweating

Gastrointestinal: heartburn, indigestion, nausea, or vomiting

Neck: discomfort or tightness

Arm: discomfort or tightness

Also common: anxiety, chest pressure, feeling of impending doom, palpitations, shortness of breath, or shoulder discomfort

March-Colorectal Cancer Awareness Month



If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal cancer could be prevented. Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women.

Symptoms to watch for:

Requires a medical diagnosis

Colorectal cancer symptoms depend on the size and location of the cancer. Some commonly experienced symptoms include changes in bowel habits, changes in stool consistency, blood in the stool, and abdominal discomfort.

People may experience:

Pain areas: in the abdomen

Gastrointestinal: blood in stool, change in bowel habits, constipation, narrow stools, or passing excessive amounts of gas

Whole body: anemia or fatigue

Also common: abdominal discomfort or weight loss

Featured Health & Wellness Apps

The Sean Vigue Fitness App is perfect for men and women of all ages and fitness levels looking to get in the best shape of their lives. This App features the most effective and fun yoga, Pilates, power yoga, core, HIIT, cardio, wellness, fat burning, weight loss, boot camp, stretching and flexibility workouts that you can stream or download into your Android device. The app contains several free workouts, with additional workouts available to be purchased for \$1-\$2. Find out more about it here: <http://www.seanviguefitness.com/my-fitness-app/>

The Betty Rocker App is a health and fitness community that will empower you to Rock your BODY and your LIFE with anywhere workouts, healthy recipes and motivational coaching. #stopdropandbettyrock Check it out at: <https://thebettyrocker.com/>

**WE
WOULD
LOVE TO
HEAR
FROM
YOU!**



If you would like to leave us feedback about our newsletter or webpage, please visit our [webpage](#) and click on Feedback in the menu.

Recipe For: GOOD HEALTH

Ingredients:

If you would like to submit healthy recipes for us to post on our webpage, please email your recipe(s) to Cheri Schmalz at cschmalz@moboces.org.



If you would like to submit photos of you, your family, coworkers, etc. taking part in healthy activities, for us to post on our webpage, please email your photos to Brenda Egelston at begeleston@morice.org. Please just make sure the individuals photographed approve of posting their picture(s).

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Celebrating 50 years
1968-2018

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MOBACES
Lead • Partner • Innovate • Excel

The purpose of the Madison-Oneida BOCES Health & Wellness Committee is to improve the health, well-being and quality of life of Madison-Oneida BOCES employees by encouraging, inspiring, and providing resources to help them achieve a lifelong commitment to wellness.

We're on the Web! Visit us at https://www.moboces.org/for_staff/health_wellness