



DID YOU KNOW...

KALE IS RANKED AMONG THE TOP 10 OF THE WORLD'S HEALTHIEST FOODS WHEN IT COMES TO PROVIDING THE MOST NUTRITIONAL VALUE FOR THE LEAST NUMBER OF CALORIES.

INSIDE THIS ISSUE:

It Pays to Get Healthy 1

Health Benefits of Kale 1

Carbon Monoxide 2

2015 Wellness Incentives 3

Here's What's Cooking 3

Work it Out 4

LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

It Pays to Get Healthy

A big congratulations goes out to all who participated in the Wellness Program in 2014!

All 167 entries received \$50 in their Value Bank and a chance to win \$7,500!

The 2014 drawing was held at the December Union Meeting. Congratulations to our 2014 winner, Dennis Stevens!

The Board of Trustees has approved the drawing again for 2015.

Getting your regular check-ups will not only help you to become healthier but could also put some cash in your pocket!



See page three for details on how you can earn Wellness Incentives for 2015!

If you have recently lost weight, quit smoking or found a way to de-stress your life, we'd love to hear from you!

You can email your story or tips for success to Jamey@ironben.com or call the Plan Office and ask for Jamey.

Your story may inspire a fellow member.

The Health Benefits of Kale

Studies suggest that people who eat more vegetables and fruits which are rich in antioxidants, may have a lower risk of some types of cancer. The body uses certain nutrients in vegetables and fruits to protect against damage to tissues that happens constantly as a result of normal metabolism (oxidation).

Kale is a vegetable that you can count on for some unsurpassed health benefits. It is exceptional in nutrient richness. The cancer preventive benefits have been linked to its unusual concentration of two types of antioxidants, carotenoids and flavonoids. Within the carotenoids, lutein and beta-carotene are standout antioxidants in kale. Researchers have followed the passage of these two carotenoids in kale from the human digestive tract up into the blood stream. They have demonstrated the ability of kale to raise blood levels of these carotenoid nutrients. This is an important finding, because lutein and beta-carotene are key nutrients in the protection of our body from oxidative stress and health problems related to oxidative stress. Three problems related to oxidative stress are the increased risk of cataracts, atherosclerosis and COPD. Also among these three chronic health problems is



cancer, since our overall risk of cells becoming cancerous is partly related to oxidative stress.

Recent research has made it clear that at least 45 different antioxidant flavonoids are provided in measurable amounts of kale. This broad spectrum of flavonoid antioxidants is likely to be a key to kale's cancer preventive benefits.

Colon and breast cancer are at the top of the cancer related research for kale, but risk of bladder cancer, prostate cancer and ovarian cancer have all been found to decrease in relationship to routine intake of kale.

You can find more information about the health benefits of kale and antioxidants in relation to cancer prevention at www.whfoods.com and www.cancer.org.

Carbon Monoxide

Here are some tips about carbon monoxide. You can find this full article, Winter Storms and Extreme Cold : Before, During and After—Part 1 at www.lytleap.com.

•Never use a generator, grill, camp

stove, or other gasoline, propane, natural gas, or charcoal burning device inside a home, garage, basement, crawlspace, or any partially enclosed area.

•Locate the unit away from doors,

Carbon Monoxide *(continued)*

windows, and vents that could allow carbon monoxide to come indoors.

- The primary hazards to avoid when using alternate sources for electricity, heating, or cooking are carbon monoxide poisoning, electric shock, and fire.

- Install carbon monoxide alarms in central locations on every level of your home and

outside sleeping areas to provide early warning of accumulating carbon monoxide.

- If the carbon monoxide alarm sounds, move quickly to a fresh-air location outdoors or by an open window or door.

- Call for help from the fresh-air location and remain there until emergency personnel arrive to assist you.

2015 Wellness Incentives

When you complete one of the approved Wellness Incentives listed, not only will you earn \$50 in your Value Bank, but the Trustees have approved the \$7,500 give away for the third year! For each Incentive you or your eligible spouse complete, your name will be entered into the drawing. All Incentive requests must be received at the Plan Office within three months of the date of service. The deadline to be entered in this year's drawing is December 1st. As in years past, the drawing will be held at the December Union Meeting.

Wellness Incentives for 2015 include:

Member or spouse has a prostate exam.

Member or spouse has colorectal cancer screening.

Member or spouse has a gynecological exam.

Member or spouse has a mammogram.

Member or spouse completes a program with a personal health coach through Highmark.

You can print the Incentive Request form from our website, www.ironben.com. The forms are under the Welfare tab. You can also call the Plan Office, and a form can be sent to you. The request form must be sent with the appropriate supporting documentation, with the exception of the personal health coach. Highmark notifies us directly for all participants who complete the program.

Get control of your health, and earn some money while doing it!

Here's What's Cooking...

Instead of grabbing a bag of potato chips, try making **Kale Chips**. They are quick and simple and packed with vitamins!

All you need is:

- 1 bunch of kale
- 1 tablespoon of olive oil

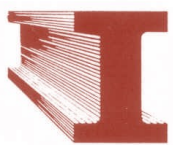
-1 teaspoon of seasoned salt

Preheat oven to 350° and line a non insulated cookie sheet with parchment paper. With a knife or kitchen shears, carefully remove the leaves from the

thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Next, drizzle olive oil and sprinkle with seasoning salt. Bake until the edges are brown but are not burnt, 10-15 minutes.



This recipe can be found at allrecipes.com.



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LIVE WELL

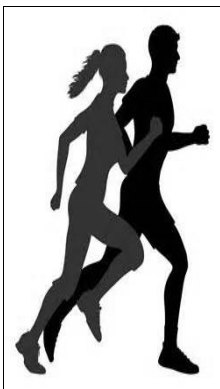
Better Health, Greater Opportunity

Work it Out

We all know it is impossible to completely eliminate stress from our lives. It is a part of life that no one can *completely* escape from. Each person handles stress differently. Not finding a release for stress can be quite harmful to your health. Everything from tension headaches to high blood pressure and heart disease are side effects of stress. These symptoms are the body's way of signaling that something needs to change.

Exercise is a great way to release the physical and mental tensions that stress produces. There is no other outlet for stress that produces results so quickly. Being physically fit enhances your overall health and sense of well being, which are major assets in coping with the stressful events of everyday life. There are many ways you can incorporate exercise into your life. Going to the gym is not the only option. There are so many options when it comes to

exercise and it does not have to cost a fortune. Find something you love to do, swimming, playing basketball or volleyball or simply walking—all of which can be done for free.



Log on to www.lytleap.com or call your MAP for additional help in coping with stress.