

---

### Wellness Committee Mission Statement

*The ATS Wellness Committee is dedicated to promoting a culture of wellness that improves the quality of life and inspires optimal health for employees and their families.*

#### Inside This Issue

- 1 Results of Weight-Loss Challenges
- 1 \$50 for Health Assessment
- 2 Wellness Initiatives
- 3 Easy Weight-Loss Strategy
- 4 How Healthy is Your Lunch?
- 5 Recipe of the Month
- 5 Fun Facts
- 6 Upcoming Events

### Results of Weight-Loss Challenges

Round 2 results of the Biggest Loser challenge are in and we have a new team winner. Congratulations to the **Weight Warriors!** This team, consisting of Ana Sanchez, Lisa Campos, Michael Jackson, and Robbie Cooper lost more weight (20 lbs. and 2.7% collectively) than any other team participating in the Biggest Loser challenge. The team won a total prize of \$100.

There is one round remaining in the Biggest Loser challenge. Weigh-in for Round 3 is August 31st, and results will be posted on the UltraFit bulletin board, outside Marney Taylor's door, and in next month's newsletter. Remember, the individual who achieves the biggest percent of weight loss by August 31, 2007 wins the grand prize of \$500!

NOTE: Every team member must weigh in to qualify for the team prize.

-----  
The final weigh-in for the 10-in-10 weight-loss challenge was August 24<sup>th</sup>. Lisa Campos, Ana Sanchez, Robbie Cooper, Michelle Friesenhahn, Dolly Miller, Sandi Stordahl, Jeff Akpunonu, Greg Baker, Darren Weissner, Adam Gaither, Wayne Howser, and Mark John West all met the challenge and earned \$25. Tony Nguyen

### Determine Your Health Risks and Earn \$50

Do you consider yourself healthy and avoid regular checkups? You should know that some illnesses lay dormant for years. Regular checkups and knowing your risks are your best defense against developing a serious health condition. Anthem, the ATS health provider, offers a Health Assessment that can give you a general idea of your risks for certain serious health conditions. Your reward for discovering your risk? Knowledge that can save your life and \$50!

How to take the Anthem Health Assessment:

1. Open an Internet browser and go to [www.anthem.com](http://www.anthem.com)
2. Click the **Login** button located in the middle of the page and enter your username and password. (Contact Marney Taylor for initial login info).
3. From the Overview tab, select the Health Assessment link located under the Health Tools and Resources category.
4. A message displays explaining that you will be directed to the WebMD website for the health assessment. Click Continue.
5. Proceed through the questionnaire (takes about 20 minutes).

At the end of the assessment, the WebMD system will inform you of any health risks you should be aware of and provide recommendations to improve your score. Be sure to update your information regularly. Information about how to redeem your \$50 gift should arrive in the mail shortly after you take the assessment.

---

#### Writers Wanted

Have a great wellness-related story, recipe, or event you would like to share? Send an e-mail to the Wellness Committee.

---

## Wellness Activities at ATS

These wellness initiatives are currently available at ATS. NOTE: Time spent participating in these activities is considered personal time and must not be charged to the company or to any project.

### Yoga Class

Yoga, which is an Indian term for “bringing together mind, body, and spirit,” is a form of exercise that can help to tone and stretch your muscles, strengthen your cardiovascular system, and enhance your mental health.

**Details:** Meets every Monday from 11:00-12:00. Bring a towel and wear clothing that is loose fitting (elastic waist band, no zippers or buttons, and appropriate for the work environment). Each class is \$5 and payable at the time of the class, but the Wellness Committee will sponsor you with the promise to pay at a later date.

### Walking Club

One of the best forms of exercise is walking. You don't need any equipment. Just lace up a pair of sneakers with good support and start moving your feet. The Walking Club is planning an incentive-base walking challenge this year. You must be a Walking Club member and own a pedometer to participate in the challenge. While they don't meet at specific times, San Diego office employees take time from work to enjoy a walk and welcome visitors to the office to join them.

**Details:** The Walking Club is scheduled to kick-off on Monday, September 17<sup>th</sup>. The meeting schedule will be determined before the kick-off date and communicated to club members. Contact Melissa Carter to join the Walking Club or to obtain additional information.

### Basketball Club

If you're interested in physical activity that can really give your body a workout, the Basketball Club may be the answer. The Basketball Club generally meets at Amherst/Duval Park or Mesa Verde Indoor Half Court twice each week for games of basketball. Regardless if you have time for a game every blue moon, you are welcome to join the Basketball Club.

**Details:** Meets in the Engineering open area at 6 PM on Thursdays and 2 PM on Fridays. Schedule updates and other information pertaining to basketball are available at <http://kamalz-dt-xp/wiki/doku.php?id=wiki:extraacts:basketball> Employees in the San Diego office meet to play basketball at various times and encourage anyone visiting the office to join them for a game.

### Football Club

The Football Club is another opportunity for moderate physical activity. The group typically meets to play flag football at 1 PM on Fridays and some Wednesdays. All ATS employees and their family members are welcome.

**Details:** Contact Bryan Jimenez for more information.

### Mountain Bike Club

Have a bike and want to see various parts of Austin and the surrounding area? The Mountain Bike Club has traveled to the Barton Creek Greenbelt, Walnut Creek, and Lake Pflugerville. Beginning bike riders are welcome.

**Details:** Meeting times and biking schedule varies. Contact Anthony “Tony” Nguyen for more information.

### Spiritual Wellness

In the quest for wellness, let us not forget our spirit. The Spiritual Wellness class discusses values, actions, and ethics that foster a healthy spirit.

**Details:** Meets Thursday mornings in the Main Conference Room from 6:30-7:30 AM. The topics and speakers vary. Contact Mike Blackwell for more information.

### Stress Reduction

Often viewed from a negative standpoint, stress can actually help you to become more efficient, improve your memory, and enhance your cardiovascular system. Stress becomes a bad word when it becomes unmanageable. ATS offers several avenues of stress reduction. The Employee Assistance Program (EAP) is a company-paid benefit that provides a confidential resource for discussing all types of personal matters 24 hours a day, seven days a week. ComPsych Guidance Resources provides this service and you can obtain more information by calling them at 877-327-4753 or by visiting their website at <https://www.guidanceresources.com/groWeb/portals/login.portal> (you will need to use the ATS company ID: ZB3042Q). ATS also provides ample personal time and on-site stress reduction chair massages.

**Details:** Stress reduction chair massages are available the first and second Wednesday's of each month. Each massage lasts 15 minutes and costs \$15 (due at time of service). The sign-up sheet is located under the UltraFit bulletin board in the main break room. If you need to cancel, get someone from the back up list to take your place. If you cannot find someone and the slot is not filled you will still have to pay for your appointment.

## 3-Step Weight-Loss Strategy

We all know that the only guaranteed way to lose weight is to consume fewer calories than you burn. However, theory seems much easier than practice in this case. The following 3-step program for weight loss from <http://www.intense-workout.com/> may be just what you need to realize your weight-loss goals.

### 1. Record Your Starting Point

This step is the easiest. The key to using this method of weight loss is that you need to know the number of calories you are consuming on average. You simply go about your day eating and drinking as you normally would, keeping track of what you consume. You can write this information on a sheet of paper or use a calorie counter. The website <http://fitday.com/> offers a free online diet and weigh-loss journal that enables you to track your calories and physical activity.

### 2. Eat Less

Now it's time to get to work. You must consume at least 500 calories less each day. Why 500? One pound is equal to 3500 calories. Therefore, to lose one pound of fat a week you need to burn 3500 calories ( $500 \times 7 = 3500$ ). That may sound like a lot, but it's really not. Do you often have afternoon snack attacks? If you appease your craving with a bag of plain chocolate M&M'S® Peanut Chocolate Candies you are eating 250 calories, half of what you need to give up. If you replace the chocolate candies with a medium-size banana, which contains energy-producing potassium, it will cost you only about 100 calories. Make healthy substitutions such as this and you will easily consume fewer calories.

### 3. Get Moving

You can't avoid it. You have to move your body. Physical activity should be an important part of your life, whether you want to lose weight or not. According to the American Heart Association, "all healthy adults ages 18–65 should be getting at least 30 minutes of moderate intensity activity five days of the week." Some typical moderate intensity activities include walking, swimming, dancing, jogging, aerobics, and dancing. Perform any of these for 30 minutes every day and you help your body to burn even more calories.

### Reaching Your Goal

Check your weight daily and chart your progress. If you are consuming 500 calories less each day and performing 30 minutes of exercise each day, you can expect to lose between 1-2 pounds a week. This is considered the maximum number of pounds to lose weight safely and for the long term.

## Tips to Increase Your Weight Loss

- Drink plenty of water every day
- Lower the amount of bad carbs you consume (say "no" to white bread, foods high in sugar, white rice, potatoes, pasta)
- Strength train (alternate with cardio to increase your calorie burn)
- Choose healthy options (grilled instead of fried foods, fruit instead of candy)
- Consume healthy fats (salmon, tuna fish, nuts, flaxseed oil)

## How Healthy is Your Lunch?

The spotlight fast food restaurant this month is probably the most popular—McDonald's®. It is common knowledge that many of the items on the McDonald's menu lack the nutritional value we require and contain an extra amount of what we don't need. For example, a Big Mac and a large order of French fries will cost you 1110 calories and 115 carbohydrates!

McDonald's isn't sneaky about the contents of their foods. If you've ever walked inside a McDonald's, you have probably noticed the large nutritional facts poster. Before it was considered the right thing to do, McDonald's posted the nutritional values of their foods in plain view. In addition to the poster, they now provide nutritional facts on food packages.

Think you're hard pressed to find a healthy option at McDonald's? You actually have several healthy options at McDonald's, if you stick with the salads. The McDonald's menu features 14 salads, most of which are low in calories and absent of any trans fat. Combined with one of their salad dressings, a McDonald's salad can provide the nutrients and energy you need to make it through the afternoon.

If you can't see yourself visiting a McDonald's without ordering a sandwich and fries, your best bet is a regular hamburger and a small order of fries.

**The “Best Bet” option is the spotlight fast food restaurant's item that most closely meets the U.S. Food and Drug Administration's recommended daily values (DVs): Total Fat: >65g, Saturated Fat: >20g, Carbohydrates: >300g Fiber: >25g, Cholesterol: >300mg, Protein: >50g, Sodium: >2400mg. (These figures are based on a 2000-calorie diet for an adult or child over 4 years old.)**



### McDonald's Best Bet

Southwest Salad, No Chicken  
140 calories, 4.5g saturated fat,  
0 trans fat, 20g carbohydrates,  
5g sugar, 6g protein  
+  
Newman's Own Low Fat  
Balsamic Vinaigrette  
40 calories, 3g total fat, 0  
saturated fat, 0 trans fat, 0  
cholesterol. 4g carbohydrates,  
3g sugar, 0 protein

Item	Serving size	Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs.	Dietary Fiber	Sugar	Protein
Hamburger	100g	250	9	3.5	.5	25	520	32	2	6	12
Cheeseburger	114g	300	12	6	.5	40	750	33	2	6	15
Quarter Pounder w/Cheese	198g	510	26	12	1.5	90	1190	40	3	9	29
Big Mac	214g	540	29	10	1.5	75	1040	45	3	9	25
Filet-O-Fish	143g	380	18	4	1	35	660	38	2	5	15
McChicken	147g	360	16	3.5	1	40	790	40	1	5	14
Large French Fries	170g	570	30	6	8	0	330	70	7	0	6
Chicken McNuggets (10 pc)	160g	420	24	5	2.5	60	1120	26	0	0	25
Chicken Selects Premium Breast Strips (5 pc)	221g	630	33	6	4.5	90	1550	46	0	0	39
Asian Salad w/Grilled Chicken	362g	300	10	1	0	65	890	23	5	12	8
Bacon Ranch Salad w/Grilled Chicken	321g	260	9	4	0	90	1010	12	3	5	33
Caesar Salad w/Grilled Chicken	311g	220	6	3	0	75	890	12	3	5	30
Newman's Own Creamy Southwest Dressing	44ml	100	6	1	0	20	340	11	0	3	1
Newman's Own Ranch Dressing	59ml	170	15	2.5	0	20	530	9	0	4	1
Fruit 'n Yogurt Parfait	149g	160	2	1	0	5	85	31	1	21	4

**Note:** For a complete list of McDonald's nutritional facts, visit [http://www.mcdonalds.com/app\\_controller.nutrition.index1.html](http://www.mcdonalds.com/app_controller.nutrition.index1.html) (Acrobat Reader must be installed on your computer).



**Grilled Chicken Breasts**

Nutritional Information (one chicken breast):

Calories: 235	Saturated fat: 0.7g
Protein: 52.4g	Cholesterol: 131mg
Carbohydrate: 0g	Sodium: 147mg
Total Fat: <b>2.8g</b>	Fiber: 0g

## Recipe of the Month

September is right around the corner and a barbeque is a great shindig to say goodbye to summer and usher in the official start of football season. While you're celebrating, be sure to take precautions to reduce the risks associated with barbequing foods. Heterocyclic amines (HCA) and Polycyclic Aromatic Hydrocarbons (PAH) are two cancer-causing chemicals that occur when meat is heated to an extreme temperature. The best way to reduce the appearance of these chemicals is to clean your grill thoroughly, don't overcook the meat, avoid flare-ups, and use olive oil and citrus juice marinades.

This month's Grilled Chicken Breasts recipe from <http://www.atmosenergycooks.com/> is low in calories, saturated fat, and sodium. Once grilled, you have options with the chicken breasts—cut them into strips for fajitas, make sandwiches, or eat them with a salad.

**Your Grocery List:** Four boneless chicken breasts (about eight ounces each), ½ teaspoon salt, and ¼ teaspoon coarsely ground black pepper.

### Directions

1. Season the chicken with salt and pepper.
2. Get the grill hot.
3. Wipe the grate with oil to keep the breasts from sticking and then sear them for about two minutes on a side.
4. Move the chicken breasts to the side so they are not over the flames.
5. Grill for another seven to 15 minutes, turning once at mid-point with tongs or a spatula. Depending on the thickness of the breasts, a total of seven minutes (about three-and-a-half minutes per side) will give you a moist breast that should just barely register 165°F on your meat thermometer. At 15 minutes (about seven minutes per side), the breast will be thoroughly cooked, and starting to dry out. Choose the time according to what you like.

### HUMOR

A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted a well-known cardiologist in his shop. The cardiologist was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new. So how come I make \$39,675 a year and you get the really big bucks (\$1,695,759) when you and I are doing basically the same work?"

The cardiologist paused, smiled and leaned over, then whispered to the mechanic..."Try doing it with the engine running."

## Fun Facts

### How long after you quit smoking do you start realizing the benefits?

Your body starts to reap the benefits within 30 minutes. During this time your heart rate drops to an optimal level. 12 hours later: carbon monoxide level drops; 2-3 weeks after: heart attack risk drops and lung function improves; 1 year later: added risk of coronary heart disease is half than that of a smoker's.

### How can you achieve a "300" physique?

For 10 weeks, the actors in the Spartan film "300" performed a grilling exercise routine that consisted of 25 pull-ups, 50 deadlifts at 135 pounds, 50 push-ups, 50 box jumps with a 24-inch box, 50 "floor-wipers" (a core and shoulders exercise at 135 pounds), 50 "clean and press" at 36 pounds (a weight-lifting exercise), and 25 more pull-ups—a total of 300 repetitions! Hmm...the recommended 30 minutes of daily exercise doesn't sound so tough.

## UPCOMING EVENTS

### In the Community:

#### Tuesdays

Smoking Cessation/ Treatments/Info Sessions  
Tuesdays 7-8:30 PM  
1700 S. Lamar #203, Austin, TX  
More info: Visit <http://www.plumblossom.us/>

#### Wednesdays

Lago Vista Two-Person Scrambles  
Every Wednesday 5:30 PM  
Enjoy nine holes of golf with a cart for \$20  
Register by noon  
Lago Vista Golf Club  
4616 Rimrock Dr., Lago Vista  
More info: Call (512) 267-1170 or visit [www.thegolfcourses.net](http://www.thegolfcourses.net)

#### Saturdays

Austin's Farmer's Market  
Saturday's 9-1  
4th Street & Guadalupe Street, Austin, TX  
More info: Visit <http://www.austinfarmersmarket.org/>

Wild Basin Preserve Nature Walks  
Saturdays 9-11 AM (weather permitting)  
Nature walk at Wild Basin Preserve  
More info: Call (512) 327-7622 or e-mail your reservation to [hike@wildbasin.org](mailto:hike@wildbasin.org)

#### Sundays

Austin Ridge Riders Mountain Bike Club  
Beginner Riders at Walnut Creek  
Sunday's (time varies)  
More info: Contact Mike McMurtray via e-mail [m.mcmurtray@gmail.com](mailto:m.mcmurtray@gmail.com) or by phone at (512) 554-7149

#### **August 30**

Learn the ballroom dances of Scotland-lively jigs and reels and elegant strathspeys; no partner needed but couples welcome. First class is free!  
07:00 PM - 08:30 PM  
Quicksilver Dance Center  
8711 Burnet Rd # H-100  
Austin, TX 78757  
More info: Contact Sarah Harriman by phone at (512) 327-2869 or via e-mail at [sarah@austinscd.org](mailto:sarah@austinscd.org); also visit <http://austinscd.org/>

### AUGUST 2007

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### **Free Outdoor Activities for Adults 50+**

Every day of the week  
Kayaking, mountain biking, rock hounding, fly fishing, and hiking  
Hosted by the City of Austin Parks and Recreation Department.  
Lorraine "Grandma" Camacho Activity Center  
More info: Call (512) 391-1863 or visit [www.ci.austin.tx.us](http://www.ci.austin.tx.us)

#### **Austin Junior Tennis**

This Yahoo! group is set up to help kids find tennis buddies in the Austin area. They reserve a block of courts on weekends for kids to get together and play some tennis. All the kids need to bring is the court fee (usually \$3.50) and a new can of balls. They also provide info on other junior tennis events and opportunities.  
More info: Visit [sports.groups.yahoo.com](http://sports.groups.yahoo.com)

#### Events in San Diego

#### **Hike Bike Kayak**

Various hiking, biking, and kayaking events  
2246 Av. de la Playa  
La Jolla, CA 92037 US  
More info: Call 866 HB KAYAK or 866.425.2925 (toll free) or visit <http://www.hikebikekayak.com/index.php>

#### **43rd Annual Balboa Park 4-Mile Cross Country Run**

4-mile cross country run  
September 1, 2007  
7:30-8:30 AM  
Balboa Park (6<sup>th</sup> Avenue and Quince)  
Cost: \$10.00 - \$20.00  
More info: Call Stephen Burch 619-562-8061 or visit <http://www.sdtc.com>

#### **Yoga**

Tuesdays 5-6:15 PM  
Sharp Conference Center  
7947 Birmingham Dr.  
Cost: \$72  
Pre-requisites: 6 week introductory yoga class offered through Sharp, or previous experience in Iyengar yoga  
More info: Call 1-800-827-4277 or visit <https://www.82sharp.sharp.com/Sections.asp?dblink=1&ServLink=11&ClassLink=1994&Survey=>



#### **Wellness Committee Mission Statement**

The ATS Wellness Committee is dedicated to promoting a culture of wellness that improves the quality of life and inspires optimal health for employees and their families.