

# Wellness News *for the*



## HEALTHY PENGUIN NATION

### October is "American Heart Walk" Month!

For information and resources for living a healthier life visit [The Healthy Penguin Nation Website!](#)



**Join your fellow Penguins and walk your way to better health and a Clark College victory!**

Walktober is a walking challenge between Clark College, Lower Columbia College and Washington State University Vancouver. Track your steps (on and off campus) during the month of October and help Clark earn the title, "Walktober College Champion!" You are sure to have fun, relieve stress and find more energy!

*Individual prizes awarded to the top three*

*Clark employees.*

#### **How do I track my steps?**

Pedometers are available through the Clark College Thompson Fitness Center on a first come, first served basis. You can also use a fitness tracker if you have one, or an app on your smartphone. Indicate how many steps you take each day on the [Walktober log](#) and turn into [kferguson@clark.edu](mailto:kferguson@clark.edu) by **November 6.**

Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more.

The [American Heart Association](#) recommends that adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week. **Even short 10 minute activity sessions can be added up over the week to reach this goal.**

If you would benefit from lowering your blood pressure or cholesterol, aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week. You could do this by walking 2 miles briskly (about 4 miles/hr). If that's too fast, choose a more comfortable pace.

#### **Why Walking?**

#### **Walking 101**

#### **Stretches for Walking**

#### **American Heart Walk Events Near You**

## Find a Local Hike, Walking Trail or Park

Visit these websites to find walking and hiking trails, campgrounds, state parks and other recreational activities in Washington and Oregon.

[Clark County, WA](#)

[Portland Metro Area](#)

[Skamania County](#)

[Cowlitz County](#)

[Gifford Pinchot National Forest](#)

[Washington Trail Association](#)

[Washington State Parks](#)

[Oregon State Parks](#)



## FALL FUN!

### Ideas for adding fun into your fall season!

- ◆ Take your family on a hayride
- ◆ Go apple picking and bake an apple pie
  - ◆ Explore a corn (maize) maze
  - ◆ Make a pine cone birdfeeder
    - ◆ Take an autumn hike
- ◆ Schedule a backyard football game with friends

## HEALTHY RECIPE OF THE MONTH

The featured recipe for October is [Southwestern Stuffed Acorn Squash](#).

Cumin and chili powder season a filling of turkey sausage, tomatoes, black beans and Swiss cheese for a creamy stuffed acorn squash.

Check out a list of [Recipes](#) on the Healthy Penguin Nation webpage .

*Send your favorite healthy recipes to [kferguson@clark.edu](mailto:kferguson@clark.edu)*

## Employee Assistance Program

All staff and benefits-eligible faculty have access to a variety of health and wellness services through MHN, our Employee Assistance Program provider. For more information on the types of services available to you and your household members visit [Clark College EAP](#).

To read helpful articles and blog updates for living a healthy, happy, and well-balanced life, visit [MHN Member Pulse](#)



*The Healthy Penguin Nation Wellness Program is a college-wide initiative to create a culture of wellness that promotes and supports healthy lifestyle practices across the college community. The program strives to engage, educate and empower the Clark College Community in healthy behaviors through developing, implementing and supporting a wide range of wellness activities based on solid research and best practices.*