Spring has Sprung!
Finish the School Year Out Strong

It is finally beginning to feel less like winter and more like spring time! This means that the school year is quickly coming to an end. Even though things may be getting hectic, remember to take time to take care of yourself! Take a moment to get some fresh air, grab lunch with a coworker, or spend a little extra time doing something fun with your family. The key is doing something you enjoy to relax and take care of yourself!

Race into Summer

We are less than a month away from our 1st annual “Couch to 5k” walk/run! I’m sure all of you have been working hard with your Captain and team preparing for the big day.

This is a great event for all DelCom Employees to come together, be healthy, and have fun. What better way to reach a wellness goal than with a little friendly competition between coworkers?

Remember, prizes will be awarded for participation and not race times. So pace yourself and have fun! Maybe you’ll even win the Fit Bit or iPod Nano. Both of which are great prizes that will help you reach your future wellness goals!

Save the Date!

Couch to 5K
05/10/2014
Can’t wait see you all at our 1st annual 5k run/walk!

Students’ Last Day
06/04/2014
Let’s end the school year on a healthful note and prepare for a relaxing summer!
Spring Into Action

Get rid of those Winter Time Blues by going outside to enjoy the beautiful spring weather or giving back to your community!

Get Involved

Giving back to your community is a great way to improve your mood and connect with your community. Look for volunteer opportunities in your surrounding community that involve your interests! Already a volunteer? Try something new!

If you would rather volunteer with a group, talk with your coworkers! Volunteering with colleagues improves relationships and enhances collaboration within the workplace. Make suggestions about volunteer projects you all could do together. Raise money for awareness or donate to Toys for Tots. Work together to improve your community! Email Cindy Vaughn with a suggestion for a group volunteer event for a chance to win a summer-fun prize. Visit the following websites for ideas:

http://teamworkql.org  http://www.volunteermatch.org

Need a Breath of Fresh Air?

It’s safe to say everyone has been stuck inside for the last couple of months. It’s spring so it’s time to finally get a breath of fresh air! Stay on top of getting your recommended amount of physical activity each week by switching up your routine. Try walking with a coworker during breaks in the day, go for a bike ride with the family, garden for an afternoon, or a walk a 5k.

It’s still a great idea to enjoy the fresh air even if you aren’t doing formal exercise. Try some new things! Take a family hiking trip, go on a picnic with a friend, walk around at the zoo, or play Frisbee at the park. Spending time doing new things with friends and family is a great way to relax and enjoy the time off from school.
Staying Safe this Summer

Summer is right around the corner. I know we all can’t wait for those fun summertime activities. Remember to stay safe this summer! Part of being healthy and well is taking the right precautions for you and your family.

Thirst isn’t always a reliable gauge when your body needs water. So drink plenty of water before, during, and after being active outdoors to avoid getting dehydrated. A sports drink such as a Gatorade is recommend if exercising longer than an hour out in the heat. If you feel dizzy, confused, have sunken eyes, shiveled skin, rapid heartbeat, or have extreme thirst, get medical care immediately.

Don’t forget to put that sunscreen on if you are enjoying a sunny day outside. Most sunscreens with an SPF of 15 or higher do an excellent job of protecting against UVB rays.

When grilling out make sure to prepare food correctly, and be aware of how long food has been sitting out in the heat. Have lots of fluids available and have foods that are high in water content such as watermelon.

Take the necessary precautions this summer to truly enjoy and relax during the break!

Poppy Seed – Chicken Pitas

**Total Time:** 40 min  **Prep:** 20 min  **Cook:** 20 min  **Yield:** 4 servings

**Ingredients:**
- 2 lbs. of chicken breast
- 1 tsp. kosher salt
- 1 lg. orange
- 1/2 cup mayonnaise
- 1/3 cup low-fat Greek yogurt
- 1 tbsp Dijon mustard
- 1 stalk celery, chopped
- 1/2 cup chopped pecans, almonds or walnuts, toasted
- 1/4 cup chopped fresh chives
- 1 1/2 tablespoons poppy seeds
- Freshly ground pepper
- Torn lettuce leaves, for serving
- 4 whole-wheat pitas, halved

**Directions:**
1. Cover the chicken with cold water in a saucepan and add salt. Remove strips of zest from half of the orange. Add the zest to the water. Cover and bring to a boil. Then reduce the heat and simmer, uncovered, until the chicken is cooked through (18 min). Remove the chicken and let cool.
2. Grate the remaining orange zest into a lg. bowl; juice the orange into the bowl. Stir in the mayo, yogurt, mustard, celery, nuts, chives, poppy seeds, salt & pepper to taste.
3. Shred the chicken and toss with the dressing. Stuff a few lettuce leaves and some of the chicken salad into each pita.