From: Wayne, Kathleen A (HSS)
Sent: Sunday, September 21, 2014 11:53 AM
To: HSS DPA WIC Coordinators; Welch, Scooter (HSS Sponsored); O'Gara, Kathy (HSS Sponsored); Bennis, Don
Cc: HSS DPA WIC Anchorage; HSS DPA WIC Juneau; Olejasz, Aimee M (HSS); 'Danielle Rybicki' (afdrr@uaa.alaska.edu)
Subject: WIC Update September 19

Hi Everyone,
What a great meeting last week. Thanks again to Jennifer, Dana, Becky, Elaine, Sandy, Terry, and Amy for creating an excellent agenda and wellness activities. Attached are the handouts from the hula hoop instructors.

I will be on annual leave from September 24 to October 13. Please contact Becky Carrillo (465-8629) or Dana Kent (465-5322) if you need assistance during my absence.

Take care,
Kathleen

1. World Breastfeeding link for the Friday Update

   NWA has the "Strengthening Families' Health with WIC Breastfeeding Support" video highlighting all the great things WIC in breastfeeding support services.

   Go to view the video and infographic about breastmilk at:
   https://www.nwica.org/blog/strengthening-families-health-with-wic-breastfeeding-support

   Share your World Breastfeeding Week activities with us, are after you have celebrated! Pictures are welcomed-

2. **One Call Now Update:There have been a few changes to the One Call Now schedule. Please see the new due dates for upcoming deadlines.**

   Forms due: Monday, September 29
   Training: Friday, October 24, 9:30 am (webinar details to follow)
   New Go-Live date set at: Monday, October 27

   Contact Dana Kent at dana.kent@alaska.gov or 465-5322 with questions or comments.

   To access the training on October 27:
   1. Please join my meeting.
   https://global.gotomeeting.com/join/478715829

   2. Use your microphone and speakers (VoIP) - a headset is recommended. Or, call in using your telephone.

United States: +1 (213) 493-0619

Access Code: 478-715-829
Audio PIN: Shown after joining the meeting

Meeting ID: 478-715-829

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Nice To Know:

1. The article states there has been a dramatic drop in national participation since 2010 (sound familiar?) and sites SNAP participation as sky rocketing during the same time frame.

Most of the issue having to do with use of vouchers verses EBT cards; related to the social stigma of using a government program.

Other items mentioned was the requirement to attend nutrition education can be a challenge for low-income workers and last October's government shutdown.

The article mentions California opening a mobile neighborhood clinic.
To view the article:

Government Nutrition Program's Problems Driving Some Low-Income Women Away

Article: http://huff.to/1AUFHDT

2. Canadian Infant feeding guidelines now recommend starting infants on meats as their first food at 6 months. They also recommend parents start their babies with open cups rather than sippy cups. They say, "Today most women breastfeed their babies" (maybe Canadian rates are higher than US rates), and recommend breastfeeding for two years or more as mutually desired. Go Canada!

Infant nutrition 0-24 months

Infant nutrition 0-24 months

Government of Canada tips for providing the proper food and nutrition for babies, older infants and toddlers

View on **www.healthycanadia...** Preview by Yahoo

3.

AK Hoop Bliss ~ Warm Up

1. Stand inside your hoop. Pressing your arms out, lift the hoop up (inhaling) above your head, and back down (exhaling). (Repeat 3 sets of 3.)

2. Rest your hoop on your hamstrings, just below the buns. Stretch back, (inhaling) Bend at the waist, (exhaling) & touch your hoop to the floor. Shake out your head & neck. Inhale slowly as you roll up. Vertebrate by Vertebrate. Again, rest hoop on hamstrings & extend the arms back fully and open your chest as you inhale and look up to the sky. Bring the hoop over your head as you again bend at the waist (exhaling) and touch the hoop to the floor. Shake out the day.

3. Resting the hoop on your tailbone vertically, with your hands pressing out slowly roll to the right as you inhaling. Exhale up and inhale as you roll to the left. Exhale up. Repeat, this time dropping your lower arm for a deeper stretch on each side. Exhale up to center.

4. Rest the hoop vertically on your shoulders sliding your hands to the outside. Bend at the waist; drop your chest to the floor and lift your hoop to the sky. Breathe deep into your hamstrings & across your chest. Set your hoop on the floor.

5. Place your hands on your knees, pelvis turned out, head looking forward. Inhale as you tuck your pelvis in and drop your head to your chest. Exhale & drop back down. Repeat 4 times, feeling the curve in your spine with each movement.

6. Step one foot outside the hoop for a wider stance. Place your hands inside your knees & gently press out. Opening up your hip joints and breathe. Lean your right shoulder forward and feel the stretch across your back. Lean in your left shoulder and back to center.

7. Stand centered in your hoop. Lift your right foot behind you and grasp with your right hand. Pressing your hips forward for a better stretch along your thigh into your hips. Bring that leg forward and up, perpendicular to the floor. Holding under your knee & foot for support. If you have any trouble finding balance for these movements, use a wall to help you. Repeat on your left leg, making sure you are centered over both hips. Bend forward at the waist, pick up your hoop & slowly roll up.

8. Standing center in your hoop, start to twist, opening up your spine, looking completely behind you with each turn. Inhale as you slide the hoop to your upper back, exhaling as you slide it back down. Repeat 2 times.

Enjoy your hoopdance!

AK Hoop Bliss ~ Helpful Tips

1. Always warm up! Breathe deeply as you stretch. Take a moment to center yourself in the present. Warm up in the hoop with some basic hooping before increasing difficulty. Make sure you have water!

2. Make sure that you take some time to hoop in the opposite direction during every practice session-this will keep your body balanced.

3. Don't get ahead of yourself. Work at getting the move you are working on before trying to master another.

4. Remember, everyone learns at their own pace. You will learn some things faster and some things slower than someone else.

5. Be aware of your inner dialogue & spoken words. Let go of self judgment. Learning hoopdance takes patience. Make sure you are being positive and encouraging yourself to grow.

6. People learn hoopdance at a much faster rate when dancing with others, so share and play with other hoopers!

7. Play with listening to the music and dancing while simply waist hooping. You can be a beautiful hoopdancer without knowing every trick in the book!

8. Most of all, HAVE FUN! And remember, Yes, you can!!

Muscles & Benefits: Beginning Level Moves

Here is a basic guide to the major muscles used in the moves taught within our Beginning Curriculum. Many other muscles are used beyond those mentioned, but these are the main muscles that you'll want to become familiar with.

Beginning Level 1:

Waist Hooping

1. Basic Forward Stance: core (all abdominal & lower back muscles), glutes, upper and lower legs
2. Basic Side Stance: core (esp. obliques), glutes, upper and lower legs
3. 360 Spin: core, lower body (esp. calves)
4. Movin' around - all directions: core, glutes, upper and lower legs, cardio

Hip Hooping

1. Hips: glutes, core (esp. lower abs & lower back), hip flexors
2. Hip/Waist Transitions: glutes, core (esp. lower abs & lower back), hip flexors
3. Movin' Around (hips): same as Hips, add lower body, cardio

Halos

1. Halo: hands, arms (esp. triceps), upper back, chest
2. Hand Off Halo: hands, arms, upper back, chest

Passing

1. Passing: hands, arms, upper back, chest
2. Movin' Around (Passing): hands, arms, upper back, chest, glutes, upper and lower legs, cardio

Floating

1. Arms (especially lower), shoulders, chest, upper back, lower body, balance & coordination

Corkscrews

1. Arms, shoulders, chest and upper back, core, lower body, balance & coordination

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Muscles & Benefits: Continued

Beginning Level 2

Additional Corkscrews

1. The Swoop - Arms, shoulders, chest and upper back, core, lower body
2. Hand off - hands, arms (esp. forearms), lower body, coordination
3. Hand off Corkscrew - Arms, shoulders, chest and upper back, lower body

Chest Hooping

1. Core (esp. obliques), upper back, chest, and latissimus dorsi ("lats")
2. Movin Around-Upper Torso: same as above, including lower body, high cardio

Neck & Shoulder Hooping

1. Neck/Shoulders Transitions: same as shoulders, esp. upper back
2. Shoulders: core (esp. obliques), upper back, arms/shoulders
3. Movin' Around (shoulders): same as shoulders, lower body, high cardio
4. Waist/Shoulders transition using arms: same as Waist Hooping and Shoulders

Thigh Hooping

1. One or Two Leg Method - calves, thighs, hamstrings and glutes

Angles (Waist & Hips)

1. Waist & Hip Angles & 180 Turn - core (esp. lower abs & lower back), hip flexors, lower body (esp. glutes & thighs), high cardio

The Dance in Hoopdance

1. Full body toning workout plus cardio. You'll work all the muscles in every move mentioned above, and you'll be constantly moving, so you get a great cardio workout.

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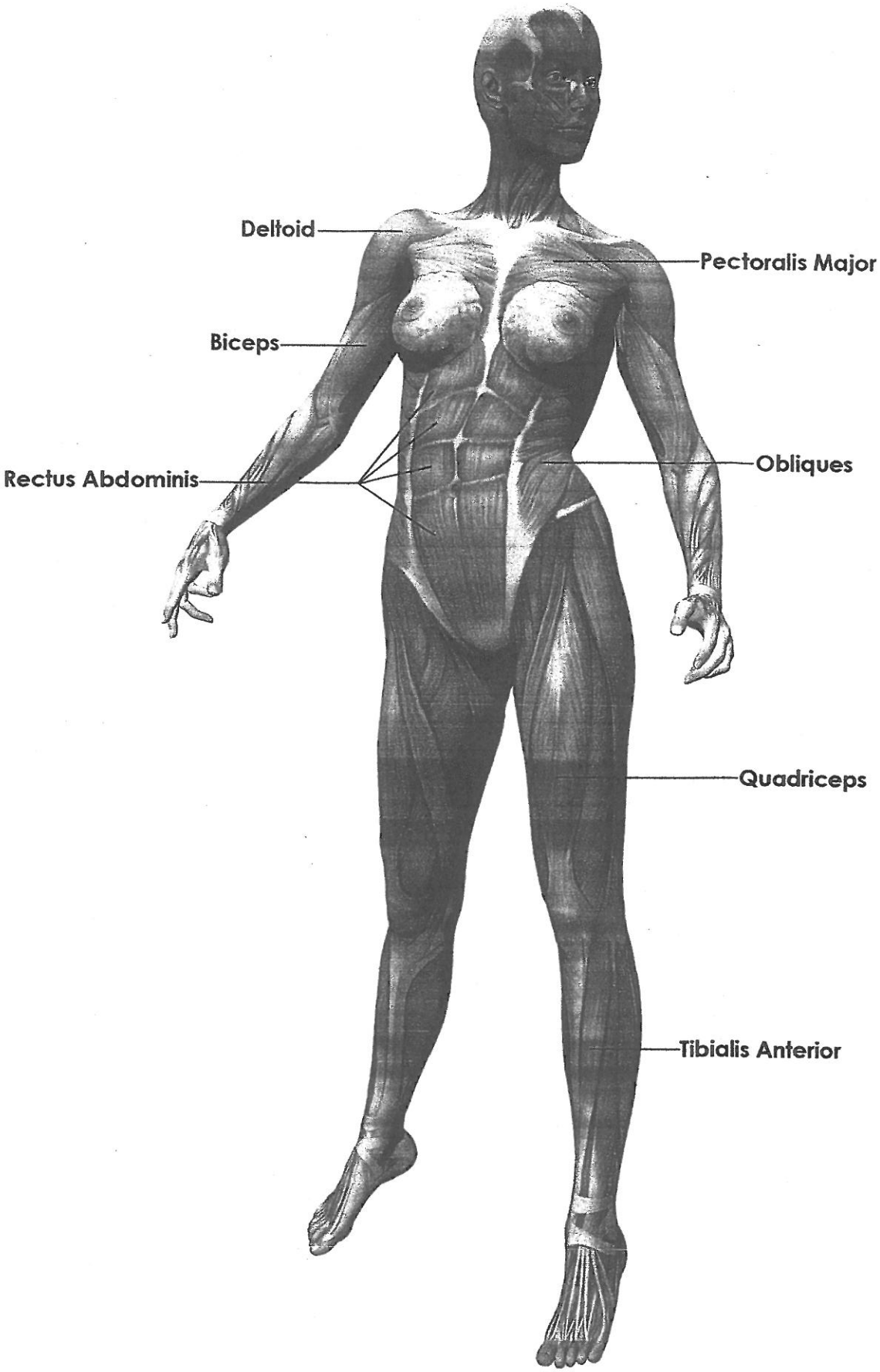
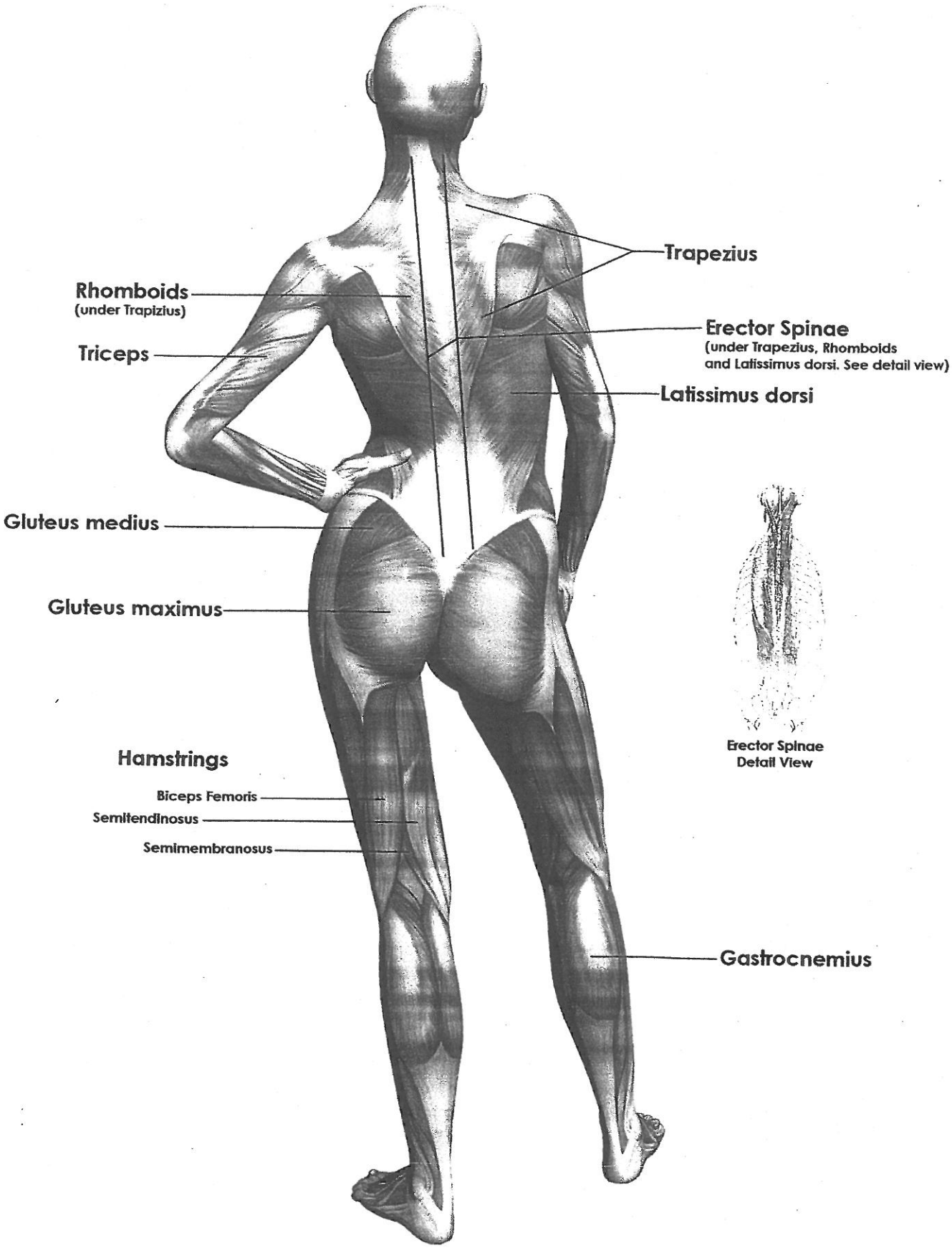

Deltoid
Pectoralis Major
Biceps
Rectus Abdominis
Obliques
Quadriceps
Tibialis Anterior


Trapezius
Rhomboids
(under Trapizius)
Erector Spinae
(under Trapezius, Rhomboids
and Latissimus dorsi. See detail view)
Triceps
Latissimus dorsi
Gluteus medius
Gluteus maximus
Erector Spinae
Detail View
Hamstrings
Biceps Femoris
Semitendinosus
Semimembranosus
Gastrocnemius