



wellnews

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ASK THE EXPERT and FITNESS **What's Your Move?**

by Tara Canada, BS, ACSM Certified Exercise Physiologist, Intrinsic Coach®

The Newest Physical Activity Guidelines for Americans relay a simple message– **move more and sit less**. The *Move Your Way* campaign promotes increasing physical activity throughout the day. Every minute and every activity counts when it comes to improving your health.



The guideline for adults hasn't changed. You should still aim for 150 minutes of aerobic activity per week. What has changed is the advice about how to make it happen: Do what you love!

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Noblesville Schools Employee Health Center

Hours:

- Monday: 8am-1pm
- Tuesday: 12-5pm
- Wednesday: 1-7pm
- Friday: 1-7pm
- Saturday: 8-9am (Labs only)
- 9am-12pm (Appointments)

2025 Cherry Street
Noblesville, IN 46060
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www.mywebahead.com/noblesville

MOVE
YOUR WAY™

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least
150
minutes
a week



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

AND

at least
2
days
a week



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**.
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**.

You know you need physical activity to stay healthy long-term but did you know it can help you feel better right away? Some of those daily benefits are:

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

So get more active — and start feeling better today.

For more information on exercise guidelines and benefits visit www.health.gov



MARINARA SAUCE

INGREDIENTS:

- ¼ cup olive oil
- 2 cloves garlic, fresh, chopped fine
- 1 (16oz) can crushed tomatoes, preferably San Marzano brand
- 8 (oz) can tomato sauce, preferably Muir Glen brand
- 1 bay leaf
- 1 tbsp fresh Basil, chopped
- Salt and pepper to taste
- 2 tsp oregano

DIRECTIONS:

1. Pour olive oil into a large skillet on medium heat. Add garlic, sauté until just turning very light brown. Do not let it burn.
2. Stir in crushed tomatoes, tomato sauce, bay leaf, basil, salt and pepper. Bring to slight boil, reduce to simmer uncovered for about 10 minutes.
3. Add oregano and continue simmering for another 10 minutes.
4. The sauce is ready to add to pasta, spaghetti squash, spiralized or roasted vegetables. Try adding as a topping on chicken or use as a pizza sauce.
5. Remember to remove the bay leaf before serving.

Nutritional Information — Serves 6

Serving Size: ½ cup
 Calories: 104 Carbohydrate: 4g
 Protein: 1g Fat: 10g
 Sodium: 100mg Fiber: 1g

Recipe adapted by Jackie Morice from Grandma Bertucci's authentic recipe, abridged by Robin Stahl, RD

NUTRITION

Gardening Your Way to Lower Cancer Risk

by Robin Stahl, RD, CD



A back yard or patio vegetable garden is more than just a fun hobby; it is an outdoor project that may decrease your risk for some types of cancer. Vegetables are teeming with anticancer phytochemicals, so the assumption here is that if you grow them, you will eat more of them. Having fresh vegetables right outside your door at home is convenience at its best!

Deciding what to grow is just the first decision you will make, if decreasing cancer risk is your goal. May we suggest growing tomatoes? They are easy to grow in Indiana and contain anticancer carotenoids.

Ongoing research by Steven Schwartz, PhD at Ohio State University shows that lycopene, an antioxidant that gives tomatoes their red color, may prevent prostate cancer and other tumors. According to research at Ohio State, adding full-fat salad dressing (instead of low-fat or fat-free) to a salad containing tomatoes improves lycopene absorption up to five to seven times more than if fat-free salad dressing was used.

Research is clear that lycopene is more easily absorbed by the body when tomatoes are cooked. Adding fat to the meal containing cooked tomatoes further enhances the absorption of lycopene. The marinara sauce recipe, shown to the left, containing olive oil is a great example of how to marry lycopene with fat in a delicious way.

There is plenty of help available if you are new to gardening. From soil preparation to plant selection to insect control, you will find answers at the websites below.

National Gardening Association — <https://garden.org/>

National Agricultural Library — <https://www.nal.usda.gov/home-gardening>

Questions about insects — <https://extension.entm.purdue.edu/publications/E-21/E-21.html>

Demonstration gardens at the IN fairgrounds — <https://extension.purdue.edu/marion/article/4498>

Foods that fight cancer — American Institute for Cancer Research www.AICR.org



STRESS AND MINDFULNESS

Unplug for the Summer

by Cara Harris, BS, Wellness Program Coordinator

Nowadays it seems like we can't live without our electronics – cell phones, tablets, television, video games, etc. These devices, along with social media, make us feel more connected than ever, but they can also create stress when they start to take over our lives. This summer, why not disconnect and step away from all these distractions. A technology detox relieves stress and refreshes the mind, leaving one feeling relaxed and rejuvenated. Listed below are several tips for how to limit technology use and live unplugged.

- **Don't "quit" technology cold turkey.** Evaluate the device you use the most and set realistic parameters for yourself.
- **Set time limits for technology use.** Limit use before bedtime and after waking in the morning. Experts suggest turning off screens 2 hours before bedtime for better sleep. In addition, don't allow cell phones at the dinner table.
- **Check your email and/or social media only once a day.** If you find yourself struggling, turn your phone on airplane mode or use time limiting apps, such as Flipd, Moment, Offtime, or BreakFree.
- **Make your weekend tech free.** Plan fun activities that keep the whole family involved.
- **Find a fun hobby to replace electronic use.** Examples include crafting, gardening, playing sports, or completing crossword puzzles.
- **Focus on face-to-face relationships.** Sit down and chat with your spouse, child, friend, or strike up a conversation with a stranger.



You can now get information from your health coach through social media!

Click the links below:



FUN TIP: What is there to do without using electronics? Have each person in your family write five different activities down on small slips of paper and draw one out of a hat when it comes time to choose!