ASK THE EXPERT

The Truth About Vaping

by Samantha Douglas, MS, Wellness Coordinator

With so much in the news, it is important to understand what vaping is and the possible health effects. Vaping is any handheld tube or tank with a mouthpiece that has heated liquid chemical juice. A battery heats up a liquid and makes a vapor you breathe in. These include vape pens, e-cigarettes, hookah, and mod.

At this time all of the risks are unknown although several people have died, and hundreds have lung injuries. With vaping you don’t get carbon monoxide, tar, and many other harmful substances one would get with regular cigarettes. However, you will typically still get nicotine.

Nicotine in e-liquid goes quickly from the lungs to your bloodstream. The body releases adrenaline that raises your pulse, blood pressure, and breathing rate. Many current and ex-smokers use e-cigarettes as a nicotine replacement therapy (NRT) to help quit or reduce smoking. Others use e-cigarettes as a less harmful alternative to smoking. Some studies suggest that vaping can be used as a possible “harm reduction” tool and e-cigarettes have quickly become a “new tobacco” industry. However, there is minimal evidence that suggests e-cigarettes are effective in recovery from nicotine dependence.

If you don’t vape, then don’t start, especially young people. Nicotine affects the developing brain in ways that might impair learning and behavior. There is not enough evidence one way or the other that vaping is safe or that e-cigarettes help in the smoking cessation process.

If you are looking for help to quit smoking, visit: https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm.
FITNESS

The Facts About HITT

by Tyler Garretson, ACSM PT, MD Anderson CTTP, Intrinsic Coach

High Intensity Interval training or (HIIT) training has grown in popularity especially of late, due to increasingly busy schedules and the desire for greater results in shorter periods of time. Schedules are indeed tighter as we start 2020 and it is probably safe to say the trend will continue. This often causes fitness to get pushed down the “to do” list, if making the cut at all. HIIT training could be an effective style of exercise for you in the never ending battle to making and seeing improvements fast.

The concept is not a complicated one and just about any type of space and activity will work. The goal is to work for 30-90 seconds at around 80-90% of your maximum heart rate, rest for 1-3 minutes, and then repeat 5 to 10 times. Three days per week would be sufficient to begin with and one more day could be added as improvements are made. A normal HIIT session might last about 15-30 minutes depending on your fitness level and your available time. The great thing about this method of exercise is that large amounts of calories and fat can be burned in short periods of time. This means that continuous and repetitive treadmill or elliptical sessions that some people dread can be replaced with HITT.

Before beginning a new form of exercise, obtain medical clearance from your physician. Also remember that starting at a realistic pace for your fitness level is important. Below is a sample routine or you can visit www.acefitness.org for more ideas.

Example Routine:

- High knee/jogging in place: 20 seconds
- Bodyweight squats: As many repetitions as possible: 20 seconds
- Wall or floor pushups: As many repetitions as possible: 20 seconds
  - Active rest for 2 minutes: Light walk
  - Repeat routine for 20 minutes
NUTRITION

Simplify Meal Planning
by Jessica Robertson M.A., RD, LD

Meal planning is the foundation for healthy eating all week long. Spending just a short time in the kitchen every Sunday or any day you have free can help make cooking so much easier throughout the week – especially when you are tired and so tempted to order take out. Here are some tips to get started:

Keep a list of recipes. Whether this is a handwritten list, screenshots on your phone, or a Pinterest board – keeping track of healthy recipes simplifies future planning. Collect all the recipes in one place, making them easy to navigate. When it comes time to sit down and plan out your meals, you’ll have preselected recipes to choose from.

Map out your meals. Taking a few minutes to figure out what the week ahead looks like is crucial to successful meal planning. You’ll find out exactly what the week looks like, how many meals you need to prepare ahead of time, and what meals can be prepared that day.

Create a shopping list. If you are going to the store, ordering online for pick up or scheduling delivery, take note of sales or specials for the week. Write your list in order of where you’ll find things in the grocery store: produce, meat, dairy, frozen, etc. This can make your trip fast and efficient.

Invest in cooking gadgets. For example, slow cookers, instant-pots, air fryers, etc. Using various cooking devices can help prepare a variety of meals. For example, while your instant pot is making rice, your slow cooker can roast a whole chicken while you roast a sheet pan of veggies in the oven!

Meal planning can give you a newfound freedom! After preparing for the week ahead, you’re left with more free time, less decision making. And healthier meals.

Please visit https://www.skinnytaste.com/meal-plans/ for recipe inspiration. Or check out The Healthy Meal Prep Cookbook by Toby Amidor MS, RD, CDN.

SHEET PAN ROSEMARY CHICKEN AND FALL VEGETABLES

INGREDIENTS:
2 tbsp. olive oil, divided
1½ tsp. dried rosemary, divided
½ tsp. salt, divided
4 boneless, skinless chicken breasts
1 lb. Brussels sprouts, trimmed and halved
1 large sweet potato, cut into ¾ in. pieces
1 medium red onion, cut into large chunks

DIRECTIONS:
1. Preheat oven to 400 degrees F.
2. Stir together 1 tbsp. olive oil, ½ tsp. rosemary, ¼ tsp. salt, and ¼ tsp. pepper in a small bowl. Rub oil mixture over the chicken. Place on a large rimmed baking sheet.
3. Toss together the Brussels sprouts, sweet potato, onion, 1 tbsp. olive oil, 1 tsp. rosemary, ¼ tsp. salt, and ¼ tsp. pepper in a large bowl. Spread the vegetable mixture around the chicken on baking sheet.
4. Bake 20 minutes or until chicken registers 165 degrees F and vegetables are tender and browned.

Nutritional Information — 4 servings
Serving Size: ¼ of dish
Calories: 300 Carbohydrate: 24g
Protein: 29g Fat: 10g
Fiber: 6g
STRESS AND MINDFULNESS

What Motivates Us?

by Kathleen Connelly B.A. Certified Personal Trainer, Certified Health Coach

Motivation: (Noun), the reason or reasons one has for acting or behaving in a particular way.

But where can we find it? Podcasts, YouTube and certain websites can be positive forces for your personal motivation. Yes, internal motivation goes a long way but sometimes we all need some outside resources of positive energy, positive thoughts, and new ways to think about life. Even health professionals like to find ways to motivate ourselves and our clients. From the CHNw Health Promotion Services staff, here are some we use to motivate ourselves and ones we recommend to try in 2020!

Fredna Homlgren, Health Coach: I use the Mindful Movement website https://themindfulmovement.com, podcast and YouTube videos. I love the guided meditations by Sarah Raymond and they are free!

Kathleen Connelly, Fitness Specialist: I recently found and am loving the podcast Optimal Living Daily. This podcast narrates, with the authors’ permission, the best blogs and books on personal development, minimalism, finance, health, relationships and more.

Dani Lundgaard, Health Coach: I'm a big fan of the podcast Don’t Salt My Game by Laura Thomas, PHD. The podcast focusses on discussing health and wellness with a variety of expert guests, promoting body positivity and teaching that one's health is not just about your food and movement.

Tara Canada, Health Coach: I recommended Dr. Stuart McGill’s website and YouTube videos to clients. He is a world leader for core functional training that will help preserve or improve back health. Search YouTube for his videos or visit https://www.backfitpro.com/.

Carla Ficorilli, Health Coach: I love the Happiness Podcast. Happiness does not happen by chance, we have to take specific actions in our lives to create it. Dr. Robert Puff, Ph.D., and clinical psychologist has been studying the actions it takes to reach the highest levels of human achievement.