



wellnews

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IN THIS ISSUE

From the Expert 1
 Fitness 2
 Nutrition 3
 Mindfulness 4

FROM THE EXPERT

Team Sports and Mental Health

Many people suffer from mental health issues, such as anxiety, panic attacks, depression, mood disorders, and substance use disorders. However there just may be a new treatment option that doesn't require a doctor's prescription.



It's been well researched that exercise can ease the above mentioned issues. Now a study in the journal Lancet Psychiatry found that popular team sports may work even better.

There are biological, cognitive and social aspects to mental illness. Running on a treadmill hits the biological stimulation. People who are depressed often isolate themselves so exercising in a group setting gets you around people, which is huge when you're trying to break out of a depressive cycle. Moreover, you have to use your cognitive abilities for environmental and spacial awareness (teammates, ball placement, etc.)

For some people, the idea of joining a team or any kind of group fitness activity is terrifying. Here are a few tips for getting started.

Find a sports ambassador. A friend who can connect you with a group sport or activity.

Match your skill level. Find amateur sports teams to join on sites like meetup.com. You're more likely to have a good experience and want to go back.

What past activities bring good memories? Look at the activities you've done throughout your life and think about which ones worked best for you.

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)

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Stretch daily

FITNESS

Five Tasks Before Exercise

Before buying any equipment, joining a gym or setting a New Year's resolution, tackle these 5 tasks to help you be successful at developing and maintaining a weekly fitness routine:

- 1. Start scheduling** Examine your calendar, decide best options for activity and start scheduling the time into your calendar. Remember the time you exercise can be different week to week.
- 2. Choose a type of activity** Research different types of exercise, choose what you would like the best: swimming, biking, walking, yoga, tai chi or any other. Take into consideration time, location, finances and social support.
- 3. Improve sleep** The National Sleep Foundation recommends adults aged 25-74 years old get 7-9 hours of sleep/night. Visit <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips> for more information.
- 4. Stretch daily** Prepare your muscles, joints and mind for more movement. Try using the app Stretch HD or visit www.acefitness.org to get started!
- 5. Hydrate** The Institute of Medicine recommends men get about 101 fl. oz. /day of water and for women a little over 67 fl. oz. /day. Start slowly increasing by carrying water with you at home, work and even in your car.





NUTRITION

Holiday Food Safety

In my work as a Registered Dietitian Nutritionist, I often hear, “nobody has gotten sick yet and we keep the food out all day on Thanksgiving” and I just want to cringe! Healthy people can tolerate



varying amounts of bacteria without an issue; however, children, pregnant women and older adults have a harder time fighting off the toxins that certain bacteria produce. Food poisoning can cause severe illness that looks and feels like a stomach virus. Preventing food borne illness is worth the time and trouble!

Here’s what you can do:

- Hot food should be held at 140 °F or warmer and cold food should be held at 40 °F or colder. Perishable foods, those that are likely to spoil, decay or become unsafe to consume if not treated properly, should be left out at room temperature for no more than 2 hours (no more than 1 hour if the temperature is above 90 degrees).
- Serving a buffet? Keep hot food hot with chafing dishes, slow cookers, and warming trays. Keep cold food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Use a food thermometer to check hot and cold holding temperatures regularly.

Thanksgiving specific recommendations:

- Thaw a frozen turkey in the refrigerator as the packaging schedule recommends depending on the weight of the turkey.
- Turkeys with a “pop-up” temperature indicator need to be double-checked with a meat thermometer placed in the innermost part of the thigh and wing as well as the thickest part of the breast. The minimum safe temperature is 165 degrees.
- Holiday favorites that contain eggs and milk such as pumpkin and custard pies and cheesecake must be baked to 160 degrees and then completely chilled in a refrigerator before serving.

PUMPKIN CHEESE DIP

INGREDIENTS:

| | |
|--------|--------------------------|
| 16oz | Canned pumpkin |
| 1 cup | Ricotta cheese, low fat |
| 2 tbsp | Pure maple syrup |
| 1 tbsp | Lemon juice |
| 1 tsp | Cinnamon |
| ½ tsp | Nutmeg |
| ½ tsp | Ground ginger |
| ⅛ tsp | Ground cloves |
| Dash | Black pepper |
| ½ tsp | Vanilla |
| 4 tbsp | Pecans, chopped, toasted |

DIRECTIONS:

1. Puree all ingredients except pecans in food processor until smooth.
2. Toast chopped pecans in a skillet for 3-4 minutes. Set aside to cool.
3. Pour pumpkin mix into a dish and chill for a minimum of 2 hours.
4. When ready to serve, fold in 3 tbsp toasted pecans and sprinkle 1 tbsp on top for garnish.
5. Dip with graham crackers, cinnamon pita chips or apple slices. Use as a spread on bagels or crackers.

Nutritional Information — Serves 8

Serving Size: Approximately ¼ cup
 Calories: 97, Carbohydrate: 9g
 Protein: 4g, Fat: 6g, Sodium: 78mg,
 Fiber: 2g

Adapted from www.winnersdrinkmilk.com

Have a pleasant Thanksgiving and keep your food safe!

www.fsis.usda.gov and www.foodsafety.gov

MINDFULNESS

How to Get Balance in Your Life

It seems like it's the "in" thing to say these days: Work-Life Balance. Is it even possible with companies getting leaner, productivity goals getting more demanding and unrealistic?



Balance is not something you can get; it's a state of mind, the realization that life is not stable. It's something that you continually do.

Here's the secret: Things will never go your way. FACT: Unexpected curveballs will always pop up. Adapt to the moment rather than rigidly sticking to plans. Everything is in constant motion. Balance is less about how we allocate our time, and more about enjoying what we are doing here and now.

Letting go of control is key. Seek balance in the long-term, not in every hour of life. The best way to find balance is to let go of our need to be *in control*.

Prioritize your activities. Know what matters most. Saying no to something else so you can do what you really want is OK. You always have a choice.

Track how you spend your time. Acknowledge all the positive things that occurred throughout your day, you will feel grateful rather than stressed out.

You can now get information from your health coach through social media!
Click the links below:

