

wellnews

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FROM THE EXPERT

Discover Something New About Your Heart

“If you can’t find the spirit of the holidays in your heart, you’ll never find it under a tree”. (Michael Holbrook). The heart can be described in many different ways: as a physical organ, something that gives meaning to things and something that allows us to feel love. But as the command center for cardiovascular system we need to



take care of it: eat right, manage stress, exercise, and drink in moderation. During this season of love, joy and peace discover something new about the human heart:

- The heart will beat more than 3 billion times in a lifespan.
- You have to leave your kitchen faucet on full blast for 45 years to match the amount of blood pumped by the heart in an average lifetime.
- More heart attacks occur on a Monday. Christmas and New Years are the two days of the year when heart attacks are most likely to occur.
- The heart of a typical athlete produces 8 gallons of blood per minute!

May you have the spirit of Christmas which is peace, the gladness of Christmas which is hope and the heart of Christmas which is love.

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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FITNESS

Keep Active During the Holiday Season

This holiday season, keep fitness and health a priority! We all get busy with holiday shopping and celebrations, but your and your family's health can still be part of the daily routine. Here are some creative ways to stay active while still enjoying the holidays!

- Increase or maintain your daily steps by shopping at stores instead of online.
- Visit a walkable light display or make hot cocoa and walk around the neighborhood instead of driving to look at holiday lights.
- Participate in a holiday charity walk, run or fitness event. Find one at www.tuxbro.com.
- Just like your holiday parties, pre-arrange fitness classes or certain times to be active at the gym or home.
- Schedule active outings to spend time with family and friends. Try to find places to go ice skating, snow skiing, snow tubing or even sledding. Google to find places in your area.
- Watch your favorite holiday movies while walking on the treadmill or riding a stationary bike.
- Give gifts that promote health. For example, give kids jump ropes, balls or bikes. For adults, state park passes, new walking shoes, fitness trackers or even gift certificates for golfing, rock climbing or other active activities to do in the New Year!





APPLE GOUDA QUESADILLA WEDGES

INGREDIENTS:

4 (8-in) Whole wheat tortillas
6 oz Shredded Gouda cheese
1 medium Apple, sliced into 16 wedges
To taste: Ground cinnamon

DIRECTIONS:

1. Preheat oven to 200 degrees.
2. Lightly spray one side of each tortilla with cooking spray and lay on cutting board, sprayed-side down. Divide cheese across tortillas, filling only ½ of each tortilla round. Place 4 apple wedges on each layer of cheese and lightly sprinkle with cinnamon. Fold un-topped tortilla over to cover apples and cheese.
3. Heat a large non-stick skillet over medium heat. Place 1-2 quesadilla halves into skillet and cook until lightly browned and cheese starts to melt, about 2-3 minutes. Carefully turn and cook an additional 2 minutes until lightly browned.
4. Transfer tortillas to a baking sheet to keep warm in the oven and repeat with each quesadilla.
5. Cut quesadillas into 4 wedges and serve warm.

Nutritional Information — Serves 8

Serving Size: 2 wedges
Calories: 152, Carbohydrate: 14g,
Protein: 67g, Fat: 8g, Sodium: 324mg
Fiber: 3g

Source: Julie Christensen, R.D.

NUTRITION

Don't Derail Your Health Goals

Festive gatherings abound! Trends show that Americans typically gain one to two pounds during the holidays. Be reasonable and stay committed to your health goals to prevent gradual weight gain that tends to stick over the years.

Think and Plan Ahead for Success

- If you expect tempting office snacks or are about to attend a holiday pitch-in or dinner party don't skip meals as it could lead to overeating. Research shows that people who include breakfast tend to take in less calories throughout the day. Eat a healthy snack before you go to curb your appetite; try string cheese and fruit, or Greek yogurt with nuts.
- Keep water or unsweetened flavored sparkling water in hand throughout the day and at parties to not only keep you hydrated with calorie-free liquids, but also to provide a sense of fullness which might help keep portion sizes in check. Limit high-calorie beverages.
- Use the smaller plate and start with fiber-rich foods like veggies or salad and eat slowly and savor each bite. Peer at the entire selection before carefully choosing appetizers, entrée, or dessert. Choose only what you truly want. Pick more foods that fuel you and less that sit heavy and slow you down. You don't have to take the portion that is already cut; sometimes just a taste will do!
- Socialize away from serving table temptations or sit near a health-focused eater and wait 10 minutes before considering second helpings to see if you really are still hungry.
- Include physical activity during or at the end of the party to de-stress and catch-up. Go for a walk, play Frisbee, or pick up a ball and play catch with the kids.

Resources:

<https://www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating>
<https://bewell.stanford.edu/avoiding-holiday-weight-gain/>



MINDFULNESS

Finding the Spirit of Christmas

In the beloved special *"Merry Christmas Charlie Brown"*, poor Charlie Brown was depressed because he thought the holidays were too commercialized; he is searching for the meaning of Christmas. At this time of year that's easy to do as



we frantically make and collect Christmas lists, drive around town in horrific traffic, and search for the latest and greatest gift.

Don't get me wrong, everyone loves a good gift, but what is the real *"spirit"* of giving? The true spirit of giving is doing for others with no expectation of gain.

Several research studies have shown when we're generous our brains release chemicals that give us a sense of joy and peace, giving activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect.

Generous people are fun to be around. They aren't just generous with their checkbooks, they're generous with their time, their talents, and their words. They encourage and inspire others to be better. They make their friends feel braver, stronger and smarter. **Their generosity is contagious.** Generosity makes us feel good, and when we feel good, we're better at making those around us feel good.

These exchanges promote a sense of trust and cooperation that strengthens our ties to others. This year get connected with the true spirit of Christmas and give a piece of yourself.

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

