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FROM THE EXPERT

**Preventive Screenings:
A Smart Step for Your Health***by Carla Ficorilli, MS, Health Coach*

Annual screenings, whether at your doctor's office, employer worksite, or other location can either make your day or make you cringe. Screenings are tests that look for diseases before you have symptoms. Making sure you're up to date on preventive services is one of the most



important things you can do to stay healthy. Living with a condition such as diabetes or heart disease can be difficult and life threatening. But there's an easy way to chart a course for better health and possibly avoid such diseases: preventive health screenings and services. Health professionals administer preventive screenings and services to assess and reduce your risk for diseases and conditions.

Probably one of the most common forms of screening is for cardiovascular health. Adults should have a health professional check their blood pressure levels at least every two years and their cholesterol levels at least every five years. These screenings are important because they can be indicators of cardiovascular disease. The earlier a physician sees the levels rise, the earlier you can reverse them with a healthier diet and more exercise. A physician can also let you know whether you need additional screening.

In the long run, it's more cost effective to take steps to prevent disease than pay for treatments.

**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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Noblesville, IN 46060

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www.mywebahead.com/noblesville

The 7 Minute Workout

12 high intensity bodyweight exercises.
30 seconds per exercise, 10 seconds
rest between exercises.

1 Jumping jacks >

2 Wall sits >

3 Push-ups >

4 Abdominal crunches >

Start Workout

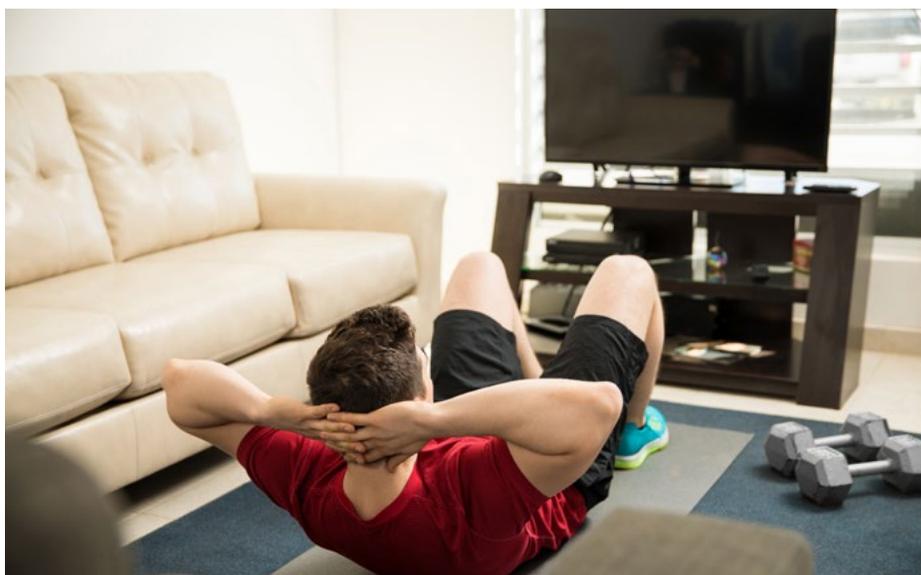
FITNESS

Keep Moving Indoors!

by Kathleen Connelly, BA, Personal Trainer/Health Coach

We cannot deny it, winter is upon us as we start a new year! Even if you are not a cold weather fan, you can stay active in the next few months indoors.

- **Use apps** There are apps for cardio, strength training and stretching. Some popular ones are The 7 minute Workout, Sworkit and Daily Yoga.
- **Stream workouts** Use your TV, computer or mobile devices to stream various types of workouts. You can try You Tube, Hulu, Netflix or other streaming services. You can have a different workout each day of the week!
- **Find a winter gym** Some gyms offer the ability to put your membership on hold during the summer months so you can be active outside. Then you can “rejoin” for the winter months to continue your weekly activity.
- **Locate large indoor walking areas** If walking is your preferred activity don't stop because it is cold outside. Find large enough spaces like malls or superstores to get your daily steps.
- **Build a small gym** Invest in smaller fitness items that you can use during the winter months. For example, DVDs can provide cardio exercise like kickboxing or aerobics. For strength training, you can use dumbbells or resistance bands; for stretching use a floor mat. These small and simple items will help keep you active during the winter months.





NUTRITION

Mood-boosting Foods

by Vanessa Mitchell, RDN, Clinical Dietitian

Can certain foods improve your mood? Exercise has the power to be an instant mood-booster! But certain foods are likely not going to offer a quick, pick-me-up kind of feeling. Before we ponder specific foods that, when eaten as part of your daily and weekly diet, have the potential to impact brain health we must address eating structure. Let's face it, hangry is a real thing! Step one in stabilizing mood is preventing extreme hunger and blood sugar nose dives. For most, going no longer than 3-5 hours between eating episodes (meal or snack) is best practice. Including lean protein, healthful fats and fiber-rich carbohydrates at every meal and snack provides your body with long-lasting fuel, health-promoting nutrients and steady blood sugar.

Now, on to a sampling of foods and nutrients that have compelling links to brain health:

- **DHA and EPA** One of the strongest evidence-based connections between nutrients/food and mental health is omega-3 fatty acids, primarily DHA and EPA. Fatty fish, such as salmon, herring, rainbow trout, sardines, anchovies and mackerel, are the best food source for EPA, DHA and vitamin D. Consume four ounces of fatty fish twice weekly.
- **Dark chocolate** A small amount, savored. Could be the antioxidants.
- **Green tea** L-theanine and a smidge of caffeine may be the key nutrients.
- **Blueberries.** Anti-inflammatory and antioxidant actions.
- **Yogurt and other probiotic-rich foods** The microbiota-gut-brain connection.
- **Spinach and other dark leafy greens** B vitamins, iron and magnesium.

Evidence is mounting that foods rich in magnesium, zinc, omega-3s, vitamins D, B12, B6, folate, riboflavin, antioxidants and anti-inflammatories can be powerful tools in affecting psychological and emotional well-being.



SPINACH AND FETA DIP

INGREDIENTS:

4 cups stemmed, fresh spinach, loose
 ½ cup coarsely crumbled feta cheese
 2 scallions trimmed and chopped
 ¼ cup Low-fat mayonnaise
 2 tsp drained, prepared white horseradish
 1 tsp freshly squeezed lemon juice
 ¼ cup chopped fresh dill
 Salt and ground black pepper to taste

DIRECTIONS:

1. In a food processor or blender, finely chop the spinach. Add the cheese and scallions. Process the mixture until well blended. Add the mayonnaise, horseradish, and lemon juice and process to blend until smooth. Add the dill and process for another 15 seconds.
2. Season the dip to taste with salt and pepper.

Note: Although this dip keeps for 2-3 days in the refrigerator, it loses some of its zing after 24 hours.

Nutritional Information — Serves 8

Serving Size: 2 Tbsp serving
 Calories: 28, Carbohydrate: 2g,
 Protein: 2g, Fat: 1g,
 Sodium: 184mg, Fiber: <1g



MINDFULNESS

Celebrate Kindness All Year

by Carla Ficorilli, MS, Health Coach

December seems to bring out the best in people. Regardless of your religious background or cultural beliefs, the holidays are a time for people to come together and celebrate. So why stop the kindness just because the holidays are over?

Admittedly, sometimes it feels impossible to be kind. We get so angry and frustrated that we cannot fathom sharing a smile or other niceties. However, researchers have found that being kind is followed by a feeling of happiness, and this leads to wanting to do more kind acts. It is a cycle, a win-win situation.

To foster kindness, you need to be aware of what it is: it's about giving of oneself for the pure and unselfish joy of giving without expecting anything in return. When I was little and I stopped believing in Santa Claus, my parents told me it was my turn to be Santa Claus to someone else. Being kind doesn't have to take a lot of effort. Simple things will do the trick. So here's my challenge to you: It's your turn to spread kindness to others all year long.

- Leave an anonymous note of encouragement for a co-worker
- Smile
- Ask if you can run a bath for your spouse
- Give your change to the person behind you
- Take the garbage out for a friend
- Bake something homemade for nursing homes or local fire departments

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

