



wellnews

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TRENDING

Your Relationship with Food

by Carla Ficorilli, MS, Health Coach

What is the purpose of food in your life? Is it for nourishment and building a strong body, to fill your time when you're bored, or does it do something else for you?

When we talk about a relationship with food, we're talking about developing a set of standards that you will live by when it comes to what you put in your body and why.

Be Honest

This is not a time to be pie-in-the-sky idealistic. Be honest with yourself about what foods are truly important and why. Eating organic sounds nice, but can you afford that? Do you want to eat for health? Do you want to lose weight? Don't choose to eat a certain way because someone else eats that way.

Getting Started

- Are there foods that need to be off-limits?
- Are you eating a certain way because it's the latest trend, e.g., Paleo, low carbohydrate? Research what makes the most sense for you.
- Can you sustain this way of eating? If not, ask yourself why?

When in the presence of food, slow down, manage stress and be present in the moment. Eating is much more than putting food in your mouth. It feeds the mind, spirit, and soul.



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

Pre, During, and Post Workout Fueling

by Cara Harris, BS, Wellness Program Coordinator

The human body is like a vehicle and needs fuel to run. The types of “fuel” you consume are important to provide your body with the nutrients needed for lasting energy. With the right foods and fluids, you will have the energy to make it through a workout and assist in recovery afterwards.

Here are the recommended foods and fluids for fuel:

Pre workout fueling Hydrate with water! It is also best to consume a snack about 30 minutes to an hour before a workout. The snack should consist of a small amount of protein and carbohydrate-rich food, because they digest quickly and provide quick energy.

- Examples of pre workout foods are oatmeal, a piece of fruit, Greek yogurt, apple slices and nut butter or peanut butter, nuts, slice of turkey on whole grain tortilla, hardboiled egg and rice cake

During workout fueling Keep your body hydrated with water, taking small, frequent sips during a workout

Post workout fueling After a workout it is best to consume protein and complex carbohydrates, to help rebuild muscle and provide longer lasting energy. You also want to hydrate – water, water, water!

- Examples of post workout foods include a lean protein (such as chicken, turkey, beans, salmon, tofu) and vegetables or sweet potatoes, oatmeal with fruit and almonds, cottage cheese and fruit, tuna salad sandwich on whole grain bread, turkey and cheese wrap on whole grain tortilla shell



For more information, visit <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/food-as-fuel-before-during-and-after-workouts>



BALSAMIC ROASTED CARROTS

INGREDIENTS:

- 16 oz (6-7 carrots) fresh carrots, cut in 2 inch segments, cut to reduce thickness to make pieces even
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 3-4 tbsp balsamic vinegar

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Line a 9x13 pan with foil.
3. Combine olive oil, salt, pepper, and carrots in a bowl. Stir to coat.
4. Pour carrots into pan.
5. Bake approximately 30 minutes until tender. Sprinkle with Balsamic vinegar. Shake the pan to coat evenly. Return to oven and bake until the liquid is absorbed, about 5 minutes.
6. Serve hot.

Nutritional Information — Serves 4

Serving Size: 1/2 cup
 Calories: 107 Carbohydrate: 12g
 Protein: 1g Fat: 7g
 Sodium: 187mg Fiber: 3g

NUTRITION – National Nutrition Month 2019

Celebrate With an Anti-Inflammatory Approach!

by Robin Stahl, RD, CD

If eating better could prevent many of the chronic diseases we see in America, would you give it a try? “Eating better” is rather non-specific. In general, eating fewer highly-processed foods and more nutrient-rich foods can help us reduce the risk of type 2 diabetes, heart disease, some cancers, high blood pressure, arthritis and depression. Prevention takes center stage here, instead of treatment.

Chronic, long lasting inflammation is linked to the disease states mentioned above. While Inflammation is necessary when an injury or infection occurs so that the body can heal, persistent inflammation has been shown to damage healthy tissues.

Taking care of your food choices can pay big benefits over time. Eat a diet that is centered on whole foods. Lean sources of protein particularly plant-based, fruit, vegetables, nuts seeds, fatty fish and whole grains are the natural anti-inflammatory foods that experts say reduce chronic inflammation. Not all foods that are packaged are problematic. For example, frozen fruit and vegetables are great alternatives to fresh. Whole grains, lightly processed are full of anti-inflammatory properties.

Help to begin eating better is available. Working with a Registered Dietitian is a good start. Additionally, Dr. Andrew Weil is a physician who has developed a food pyramid that clearly shows how best to eat to decrease inflammation. This visual can help you start to change your food priorities. Eating whole foods can be your ticket to feeling better and staying healthy!

<https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid/>

Harvard Health Publishing, Foods That Fight Inflammation, November 7, 2018.

Healthline, Franziska Spritzler, RD, CDE, December 13, 2018.



STRESS AND MINDFULNESS

Feeding Your Spirit

by Fredna Holmgren

Caring for your physical health seems concrete. You try to eat healthy foods and to get plenty of physical activity and sleep. A routine of spiritual health might seem more elusive. According to Deepak Chopra, M.D. and co-founder of the Chopra Center, our spirit represents our pure potentiality. Other words for spirit are: soul, true self, presence, and consciousness. Including your spiritual health in your daily routine is a way to add balance and energy to your life. Here are some tips to feed your spirit every day:

Meditation Take a few minutes each day to sit in stillness, practice present-moment awareness. Check out *Meditation for Fidgety Skeptics*, by Dan Harris.

Connection Well-being requires connecting with your spirit, and with those who are important to you. Try calling a colleague or loved one instead of texting or emailing.

Creativity Any activity that allows your spirit expression, such as painting, music, writing, problem solving, imagining.

Journaling Take a few minutes each day for introspection. Jot down your thoughts: What is my purpose? What am I grateful for? How well have I connected with myself and others? What ways can I nurture my spirit?

Compassion Commit to carrying out small acts of kindness every day. It could be volunteering to help those in need, smiling at a stranger, or mindfully listening to a friend.

Play Have fun, lighten up. Schedule time for experiences outside of work. Activate your innermost child.

Adapted from "Balance, Heal, Transform" by The Chopra Center 2019.

See <https://chopra.com/articles>

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

Click the links below:

