



# wellnews

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## ASK THE EXPERT

# What To Know About Supplements

*by Dani Lundgaard, ACE Health Coach, AFPA Nutrition and Wellness Consultant*

While striving to be healthier, it can be challenging to get all the vitamins, minerals and enzymes the body needs to function optimally. Eating a balanced diet, including all major food groups, is the best way to get those micronutrients. However, adding dietary supplements can also help ensure you're getting the necessary daily values.



Supplements can come in a pill, liquid or powder form, or even added into foods, but figuring out what you should take depends on personal goals and more importantly, working with the right healthcare provider. They can determine what is missing from your diet and can help with correct dosing, depending on your needs. Make sure to tell your healthcare provider about any health conditions or problems you're experiencing. Certain supplements are well known to aid overall wellness; for example, vitamin D is known to help strengthen bones. Other supplements have been shown to help prevent adverse health conditions like folic acid, which helps lower the risk of some birth defects.

Not all of supplements have been studied at length, and some need more research to prove their effectiveness. For example, just because something is listed as "natural" doesn't mean it's 100% safe, and more doesn't always mean better. Nor are supplements meant to treat or cure illness. Education is an important step to making healthy lifestyle choices.

Movement and nutrition should always be the foundations of a healthy lifestyle. Dietary supplements can be a tool to help you gradually improve your own wellness in conjunction with making healthy lifestyle habits. If you would like science-based information on vitamins and minerals both found naturally and in supplementation, check out <https://ods.od.nih.gov/>

## Noblesville Schools Employee Health Center

### Health Coach:

Alicia Robbins

ARobbins2@eCommunity.com

### Hours:

Monday: 9am-2pm

Tuesday: 8am-2pm

Wednesday: 9am-6pm

(Wed. closed for lunch: 12-1pm)

Friday: 1-6pm

Saturday: 8-9am (Labs only)

and 9am-12pm

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## FITNESS

# Office Workouts

by Cara Harris, BS, Wellness Program Coordinator

Research has shown that sitting all day is bad for your health. Between office jobs, commuting in cars, and relaxing after work, many people have a more sedentary lifestyle. This can cause a number of health concerns such as weight gain and obesity, back pain, elevated blood sugar levels, cardiovascular disease, and more. One can improve his or her health by making small adjustments to sit less and move more.

What if you don't have a specific exercise routine? What if you don't have time to work out? You can begin to create a more active lifestyle by adding movement throughout the day at work. Set a reminder on your calendar or phone to take a stretching break every 30 minutes. Take the stairs instead of the elevator. Walk the long route to the bathroom or water fountain or do lunges on your way! Making simple changes in routine goes a long way.

If you have downtime at work, you can use your desk or office space to complete exercises. Five or 10 extra minutes of movement each day improves quality of life and creates a break in the workday. Here are a few exercises you can do at your desk or in your office. Complete 2-3 sets of 10 repetitions each.

- **Wall or desk pushups** Use a wall or sturdy desk and place hands shoulder width apart flat on the surface. Take a couple steps back and lower yourself to the wall or desk. Push back up and repeat.
- **Arm circles** Hold your arms out straight and move arms forward creating small circles. Repeat moving backwards.
- **Ab leg lifts** Sit up straight in a sturdy chair and bring your knees, alternating, to your chest.
- **Bicep curls** Rest your arms by your side with your palms facing forward. Tighten your biceps and raise toward your shoulders, then lower back down to your side. Use a water bottle, stapler, or anything you have handy to add some resistance!
- **Wall sits** Use blank wall space and place your back against the wall. Slide down as far as you can or until your legs are at a 90-degree angle. Hold for 30 seconds or a time that is appropriate for you.
- **Lunges or squats** Find a hallway to do walking lunges or stand in place and squat

For more exercises, along with descriptions and short videos, you may visit this website: <https://snacknation.com/blog/office-exercises/>



## PUMPKIN-OAT MUFFINS

### INGREDIENTS:

- 1 ½ cups rolled oats
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- ¼ tsp baking soda
- ¼ tsp salt
- 2 large eggs
- 1 cup unseasoned pumpkin puree
- ¾ cup packed dark brown sugar
- 3 tbsps canola oil
- 1 tsp vanilla extract
- 1/3 cup mini chocolate chips or chopped dried cranberries or raisins

### DIRECTIONS:

1. Preheat oven to 350 degrees F. Coat a 12-cup muffin tin or 24-cup mini muffin tin with cooking spray.
2. Pulse oats in a blender until finely ground. Add baking powder, pumpkin pie spice, baking soda and salt; pulse once or twice to blend. Add eggs, pumpkin, brown sugar, oil and vanilla; puree until smooth. Stir in chocolate chips (or cranberries). Fill the prepared muffin cups two-thirds full.
3. Bake the muffins until a toothpick inserted in the center comes out clean, 20-22 minutes for large muffins and 15-17 minutes for mini muffins. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.

### Nutritional Information —

Serves: 12

Gluten free, if oats are.

Serving Size:

1 large muffin or 2 mini muffins

Calories: 163

Carbohydrate: 25g

Protein: 3g

Fat: 6g

Fiber: 2g

Sodium: 132mg

Recipe is from [www.eatingwell.com](http://www.eatingwell.com)

## NUTRITION Food Portions or Servings?

by Robin Stahl, RD, LD

The portion of food you put on your plate is usually based on habit, not thought. There is a difference between the portion of food on your plate and the serving size you see listed on the Nutrition Facts label on the food container. Servings are chosen to show a unit of food, such as one ounce or one tablespoon. They are not necessarily YOUR portion.

Serving sizes on food labels vary, even within a category of similar foods. The nutrition facts values listed reflect the measure of food that has been determined as a single serving. When eating a double portion, remember to double all of the numbers on the label.

When you put a portion of food on your plate, it is helpful to take note of the actual amount, which can be different from what you judge as YOUR amount. Estimate your portion if you do not have measuring cups or spoons available by using the following visual aids. What amount do you actually need to feel full enough or satisfied?

- a golf ball = 2 tbsps peanut butter
- a computer mouse is the appropriate size for a baked potato
- a baseball = a cup of food
- a deck of cards = 3 oz of cooked meat

Have the portions you put on your plate increased over the years? Restaurant portions have increased by, in some cases, 100% in the past 50 years. Many dinner plates have expanded from 8 inches to 12 inches. The visual “normal” portion has grown, driving our nation’s waistline, according to experts.

The USDA says “how much you should eat actually depends on your age, gender, weight and activity level”. Find more information at National Heart, Lung, and Blood Institute <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/distortion.htm>





## STRESS AND MINDFULNESS

# Grief. Coping with Loss.

by Carla Ficorilli, MS

*"In our hearts, we all know that death is a part of life. Death gives meaning to our existence because it reminds us of how precious life is." — Author unknown*

Grieving is the outward physical, emotional and psychological expression of loss, and can cause us immense emotional and physical suffering when someone or something we love is taken away from us.

### Normal Grief Reactions

Grief can make the smallest tasks seem enormous and overwhelming. It can reveal itself in many ways: anger, denial, guilt, sadness and despair. And these emotions can contribute to anxiety, extreme fatigue, crying fits, dreams or even nightmares about the deceased. We might find ourselves talking to those that we lost, "How could you do this to me?" "Why did you leave me?"

### Recovering from bereavement

Eventually, the heartache and pain subside. But the memories of our loved one will always remain. No one grieves in exactly the same way. Although dealing with grief is a normal part of loss and bereavement, we can experience and cope with loss in different ways.

- Allow yourself to mourn in your own way. Remember, there is no correct way to grieve, and only you know what you feel.
- Don't deny the wide range of emotions you will feel. These emotions may come in progression, or they may hit you all at once.
- Express your grief. Allow yourself to talk about your loved one. Reminisce about the things she or he loved. Talking about your feelings is healing.
- Take care of yourself. Grief can have a harmful impact on our bodies; be sure to take care of yourself.
- Spend time with those who support your feelings.
- And above all, give yourself time. You may feel an unrealistic expectation to "snap out of it". But remember, healing takes time.

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

**Click the links below:**

