

wellnews

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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

How can I feel more motivated to exercise?

by Tara Canada, ACSM Certified Exercise Physiologist, Intrinsic Coach®

If you're ready to recharge your exercise program this month, you're on the right track! However, it can be difficult to follow through on your exercise plans as the weeks go by. Make your fitness goals happen this year with four strategies that will keep you moving during the toughest weeks.

1. Start by writing a detailed plan about how, when and where you will exercise. Write down all the reasons why your fitness plan is important. This is your **personal motivation statement**, and it's the most important part of your plan. Ask yourself two questions: How do you want to live and feel? Who do you want to be?
2. Find an activity you love or work out with people you love to be with... or both!
3. Tell others your fitness plans. Once you've voiced your plan to others, it feels like a promise and is difficult to break.
4. Reward yourself for making small, positive changes that are under your control.

How can a Registered Dietitian Nutritionist help me?

by Robin Stahl, RD, CD

Let's face it, there is nutrition information everywhere, at every turn. Blogs, Facebook, Podcasts and television are all delivering current trends in what you should be and should not be eating. A Registered Dietitian Nutritionist (RDN) can help you navigate all the confusing messages and get clear about what you can benefit from eating. An RDN will suggest changes in your diet that are safe, effective and 'doable' for the long term.

For reliable nutrition information: myplate.gov and eatright.org (click on 'food')

Check out the video on what an RDN can do at

eatright.org/food/resources/learn-more-about-rdns

Here's a little music motivation to start the New Year!

open.spotify.com/playlist/32igGfrj0vK4uFnXPbEwJr?si=zMWtY4liS169MdtG74oVA

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

What's New in Virtual Fitness

by Chris Garrity MS, ACE Certified Personal Trainer

In the days of COVID, much has changed in our daily lives, including our fitness routines. Instead of heading to the gym for exercise, many people are opting for the in-home options. Such trends were already on the rise as gym discomfort and travel time remain top barriers, but this year has changed the market significantly.

If you are looking for at home equipment, available now are VR headsets, interactive game systems, mirrors that double as a personal fitness instructor, and aerobic equipment with touch screen displays for live classes at any time of day. Many products offer services based on a monthly subscription averaging from \$29-\$49 (similar to the cost of your monthly gym membership) but some have no fee. Remember though, delivery and installation may also be part of the cost.

Here are two major categories of products on the market today.

Fitness Mirrors A standard mirror instantly converts to a display of a fitness professional providing instruction on just about any fitness category, including boxing, strength training, Pilates, yoga and more. Some focus more on strength training while others offer more variety. These devices provide live feedback and include measures of heart rate, calorie burn, and fitness progress. Challenges with other users can create more of a social connection. User preferences, including the music, give the ideal workout experience.

Typical Cost: \$1,500-\$2,000 / **Popular Brands:** Mirror, Tonal, Echelon

Interactive Cardio Familiar aerobic equipment that includes a large touch screen, or a mount for your tablet, offer a group-like feel from professionals around the world. High energy classes offer competitive or non-competitive methods to track heart rate, speed, and calories. Additional fitness programs often come with the subscription, including strength, flexibility, and meditation.

Typical Cost: Bikes \$1,000-\$2,500, Treadmills \$2,000-\$4,300, Rowers \$1,200-\$2,500
Popular Brands: Peloton, Bowflex, Hydrow, Nordic Track





NUTRITION

How to Build a Balanced Shake

by Jessica Robertson, MA, RD, CD

A protein shake can be a great way to not only fuel your body, but get high-quality vitamins and minerals as well. All shakes are NOT created equal though.

Too often, we see shakes that essentially amount to sugar bombs—loaded with juices and fruit that may taste great but are too high in empty calories.

An ideal shake formula looks like this:

1 liquid or base + 1 fruit + 1 veggie + 1 protein source + 1 fat

Unlike the sugar bomb we referenced above, finding balance when building your shake will ensure you get a blend of macro and micronutrients AND fuel your body.

Here are the steps to building a complete shake:

Liquid/Base Start with cows milk, unsweetened almond or coconut milk. Even water or green tea work well. Start with 4-6 oz.

Fruit Frozen blends work great—tropical, mixed berry, etc. A ripe banana can work as well. Start with ½ cup frozen fruit + 1 small ripe banana.

Veggie Spinach is a great one to add—virtually tasteless when blended in and full of antioxidants that will supercharge your smoothie! Start with 1 handful of leafy greens

Protein Lots of options: whey, collagen, pea, hemp, etc. Find the protein powder you like best. Aim for 20-25 grams/serving.

Fat Choose a healthy fat source such as a nuts or seeds (chia, hemp, or flax). Nuts/nut butters or ½ an avocado can give a nice smooth texture to the shake. Strive for 1 tablespoon.

As you can see, building a balanced shake isn't nearly as hard as you might think. Now experiment with different flavors and create your own super shake!



TROPICAL FRUIT SMOOTHIE

INGREDIENTS:

- 4 oz unsweetened almond milk
- ½ cup plain, non-fat Greek yogurt
- ½ cup tropical frozen fruit blend
- 1 small ripe banana, fresh or frozen
- 1 cup raw spinach
- 1 scoop unflavored protein powder
- ½ small ripe avocado

DIRECTIONS:

1. Place all ingredients into high powered blender. Process until the desired consistency is achieved.
2. Enjoy!

Nutritional Information —

Serving Size: 1 smoothie

Calories: 428	Carbohydrate: 53g
Protein: 28g	Fat: 14.5g
Fiber: 12g	Sodium: 305mg





Avacados are one of the many foods that can help reduce anxiety.

STRESS AND MINDFULNESS

Too Much Anxiety!

by Jackie Geib BA, Certified Wellness Coach

Stress and anxiety have gone through the roof lately. Obviously the pandemic has been an anxiety builder for most people, but mix that with the recent surge of the virus, navigating work and school stress, the election, the holidays and the uncertainty of what comes next: we probably have a lot of anxious people in this world.

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. Most people have experienced some form of anxiety sometime in their life—an increased heart rate, rapid breathing, restlessness, trouble concentrating or difficulty falling asleep. Those come and go and may not interfere with everyday life. However, due to the pandemic some people have had extreme anxiety lasting over six months, in which case it's time to seek professional help.

So, what can we do to ease our anxiety? Practice healthy behaviors that help reduce or eliminate the anxiety. These behaviors include sleep, exercise, eat healthy, avoid alcohol and caffeine, and stop smoking. Meditating is also extremely beneficial. (Download Headspace for a great free trial. Other apps can be found on The App Store or Google Play).

There are also foods that can help reduce anxiety: leafy greens, turkey breast, oatmeal, yogurt, salmon, blueberries, pistachios, dark chocolate, milk, seeds, avocado, cashews, oranges, eggs, seaweed, green tea, beets, turmeric, oysters and chamomile. Try to include these foods when you have extra stress or anxiety. Amongst other health benefits these foods contribute to brain health.

For more information on the benefits go to:

health.com/food/stress-relieving-foods

It's important to recognize your anxiety and take control. Extreme anxiety can cause a myriad of health problems so if you need help, please seek medical advice.

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

Click the links below:

