



wellnews

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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

Should I take rest days?

by Mike Granato, NFPT CPT, ACE Certified Health Coach and Fitness Nutrition Specialist

We're continually told to stay active, but rest days are just as important as exercise. They give your body time to recover and repair from the training you put it through.

When it comes to exercise volume, there is a "dose-response relationship". This means that the more you work out, the more benefits you will achieve from that activity. However, there is also a tipping point beyond where the amount of exercise you perform can do more harm than good. This point, known as overtraining syndrome (OTS), leads to a reduction in fitness level and possible injury.

Recognizing the early signs of OTS and combating them can prevent unfavorable fitness and health outcomes. If you notice any of the following, it is time to take a rest day.

- Decreased performance
- Increase of perceived effort during workouts
- Excessive fatigue
- Agitation or moodiness
- Restless sleep
- Decrease in appetite
- Nagging injuries/overuse injuries like shin splints, stress fractures, plantar fasciitis and prolonged muscle strain and pain.



How can I lower my blood pressure?

by Beth Gregory, BS, Health Coach

The Centers for Disease Control and Prevention reports that over half of Americans suffer from hypertension, a blood pressure reading of ≥ 130 mm Hg / ≥ 80 mm Hg. High blood pressure has no symptoms and increases the risk of stroke and heart disease.

Unfortunately, there is no cure for high blood pressure, but making lifestyle changes can help you manage your condition. Consider some of the following ideas to help lower your blood pressure:

- Be physically active and exercise more often
- Reduce sodium and eat a well-balanced healthy diet
- Limit alcohol and caffeine consumption
- Maintain a healthy weight or lose weight
- Manage stress and get plenty of sleep
- Work with your doctor and take your medication accordingly
- If you smoke—quit now

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 You Need to Know About Exercise Intensity

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

Exercise intensity is key to achieving your health goals.

Take a look at exercise guidelines (shown left), and you'll notice that 150 minutes weekly of moderate-intensity cardio exercise is recommended. However, more vigorous exercise can deliver superior results. What intensity should you target in your personal workouts? Our trainer answers your questions about exercise intensity and designing your best personal fitness plan.

How do I know if I'm doing moderate-intensity exercise?

Moderate-intensity exercise is a comfortable activity level, something that you can continue with for a long time without tiring. You can give yourself the talk test to help you identify your intensity level. If it's easy to carry on a conversation during your workout, you're likely working at a moderate intensity. On a scale of 1-10, you'd rate the difficulty at a 5 or 6.

What counts as vigorous-intensity exercise?

Try the talk test again. If you have to take a breath between every word or two, you're likely doing vigorous exercise. It feels hard to continue for a full 30 minutes, and you'd rate it at a 7 or 8 on the scale.

What exercise intensity is best?

Both types of exercise are beneficial, rewarding you with physical and mental health benefits. You may prefer the comfortable feel of moderate exercise and are therefore more likely to do it. Also, if you haven't exercised in a while, moderate exercise is the best place to start. However, vigorous exercise can maximize health and fitness gains, and it's also more time efficient. 150 minutes weekly of moderate exercise is equivalent to 75 minutes weekly of vigorous exercise.

Whatever intensity you choose, make it enjoyable. If you look forward to your workout, you will succeed!

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.





NUTRITION

Plant-based Protein Power

by Vanessa Mitchell, RDN

A common theme among many of the healthiest eating patterns, such as the Mediterranean way, the Blue Zones® way, the Flexitarian diet and the MIND diet, is they are plant-forward diets. Meaning, the majority of meals and snacks are centered around wholesome plant foods, and animal foods take up a rather small portion of one's overall diet.

Likely the most standout aspect when comparing plant proteins to animal proteins is that plant proteins are also a rich source of naturally-occurring fiber. Legumes (lentils, beans, peas), soy foods, nuts, seeds and intact whole grains are loaded with a multitude of health-promoting nutrients and hunger-controlling protein and fiber. In response to growing interest to plant-based protein from consumers, restaurants and grocery store shelves have seen a recent flurry of new plant-based, meat-alternative protein foods from brands such as Impossible™, Beyond Meat®, Incogmeato®, Sweet Earth®, and more.



Eating a wide variety and adequate amounts of protein-rich foods ensures consumption of all the essential amino acids the body needs. Discover, harness and enjoy the delicious power of protein-rich plants in your eating plan!

CHOCOLATE CHIA PUDDING

- 8-10 dates, dried
- 2 cups (divided) Silk protein nutmilk, unsweetened
- ¼ cup chia seeds
- 2 tbsp. cocoa powder
- ½ tsp. vanilla

DIRECTIONS:

1. Coarsely chop dates and place in blender or food processor with 1 cup soy milk. Blend until dates are nearly smooth.
2. Add additional soy milk, cocoa powder and vanilla. Blend until fully combined. Add chia seeds and blend only until mixed.
3. Pour into 4 small dishes. Refrigerate for 2 hours or until chilled and set.

Nutritional Information —

4 servings. Serving is ¼ of the recipe
 Calories: 151 Carbohydrate: 22.5g
 Protein: 5.5g Fat: 5g
 Fiber: 6.5g Sodium: 45g

FOOD	SERVING SIZE	PROTEIN (g)	FIBER (g)
Dry legumes, cooked	½ cup	6-13	4-10
Tree nuts	¼ cup	3-6	2-4
Peanuts	¼ cup	7	3
Pumpkin seeds	¼ cup	7-9	2-4
Chia seeds	2 tbsp.	6	10
Edamame, shelled	½ cup	10	4
Tofu	3 oz.	4-9	1-2
Hemp hearts	3 tbsp.	10	1
Quinoa, cooked	½ cup	6	3
Farro, cooked	½ cup	7	7
Steel cut oats, cooked	½ cup	5	4
Plant-based meat alternative	4 oz.	19-25	2



STRESS AND MINDFULNESS

Life Purpose Beyond Work

by Freddie Holmgren, MS, ACE, Intrinsic Coach

Our career is one aspect to a purposeful life. Strong overall wellbeing also includes social connections and activities outside of work. What, besides work, gives your life meaning? Meaning is unique for each person and is tied to an individual's core values. To help identify your core values, check out the worksheet at:

<https://www.caitdonovan.com/freebie-values>

Workers with high wellbeing scores do three things¹:

1) They have at least one activity outside of work that creates purpose in one or more of four areas:

- Spiritual and artistic
- Volunteering
- Forging connections with friends and community
- Caring for immediate and extended family

Select one of these four areas to cultivate. Consider athletic activities, hobbies or passions from your past, or something you're curious about or have longed to try. Pick an easy one to commit to at first. As you consolidate new activities, add others.

2) They engage intentionally to shape connections

Intentionally focus on each interaction with compassion and curiosity.

Demonstrate you believe in them, lift them up, or simply listen.

Regularly discuss purpose and life meaning with friends and family

3) They lean into change even if it feels uncomfortable

New activities or interests can feel threatening. Try to view them as opportunities and ways to discover a new and better version of yourself. Notice pursuits at work or home that are purpose- or energy-draining and unplug from them.

Engage in activities and groups you believe will be positive part to your purpose. Stick it out even if it feels scary or difficult.

¹Harvard Business Review <https://hbr.org/2020/05/do-you-have-a-life-outside-of-work>



Summer Road Trip

Featured Playlist

<https://spoti.fi/3znMCLj>

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

