



# wellnews

November 2023

## IN THIS ISSUE

Ask the Expert .....	1
Fitness .....	2
Nutrition .....	3
Stress and Mindfulness.....	4

## ASK THE EXPERT

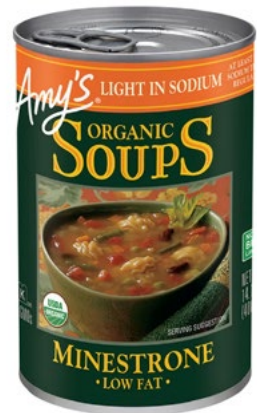
*Your Questions Answered  
by Health Professionals*

### Is canned soup a healthy food option?

*by Carla Ficorilli, MS*

The nutrient value of canned soup varies depending on the type of soup and the way it is made. Processing may remove some of the nutrients, such as water soluble-vitamins. Other nutrients, such as fiber, may become easier to digest and absorb.

Manufacturers add sodium as a preservative and flavor enhancer. We all know too much sodium is not good for us. The American Heart Association recommends that people consume  $\leq 1,500$  mg of sodium a day. One cup of canned soup can contain  $\geq 800$ mg of sodium. Since a typical can holds at least two cups, you may be getting 1600mg of sodium/can. That's a day's worth of salt.



Here are a few ways to spice up the nutritional value of your quick meal:

- Look for low-sodium, low-fat, organic soups featuring beans, vegetables, and lean protein that provide at least 10% of your daily fiber.
- Add fresh or frozen vegetables without added salt or sauce to increase the fiber, vitamins, and minerals.

Look for cans labeled "BPA-free." Steel cans generally don't contain BPA, while many aluminum cans do. You can often tell by looking at the can's label. Labels are glued onto most steel cans, but are sprayed onto most aluminum cans.

### Does crying burn calories?

*by Alicia Robbins, Health Coach*

Crying burns calories, but not enough to trigger significant weight loss. Putting on a sad movie or triggering a fit of crying isn't going to replace your workout. Crying may not be a big calorie-burning exercise, but there are health benefits from the release of psychic tears and endorphins. These feel-good chemicals help ease both physical and emotional pain. Regulating cortisol can help you get rid of stubborn fat around your midsection, and help you feel less stressed. Some of these benefits may help balance hormones and trigger your metabolism to help with weight loss.

Crying does serve an important purpose, though, and "a good cry" every so often can have health benefits like stress relief. If you cry often as the result of grief, loss, or depression, speak to a mental health provider to find out about treatments that might help.

## Noblesville Schools Employee Health Center

### Hours:

Monday: 9am-2pm  
Tuesday: 8am-2pm  
Wednesday: 9am-6pm  
(Wed. closed for lunch: 12-1pm)  
Friday: 7am-12pm  
Saturday: 8-9am (Labs only)  
and 9am-12pm

18051 River Road, Suite 100  
Noblesville, IN 46062  
317.621.3860  
Fax 317.621.3861  
[www.mywebahead.com/noblesville](http://www.mywebahead.com/noblesville)

### Health Coach

James Enyart  
[JEnyart@eCommunity.com](mailto:JEnyart@eCommunity.com)



## FITNESS

# How to Stay Active Indoors

*by Jackie Geib, BA, Certified Health Coach*

As the weather starts to get colder, it always seems harder to stay active since you are indoors more often. However, that doesn't have to be the case. There are many different ways to stay active indoors, both by yourself and with others.

The most obvious choice for exercising indoors would be going to a gym or class. There are many options for activities to do at a gym or recreation center, however that is not always an affordable option for some people. Many of the typical spring and summer outdoor sports for children now have indoor training facilities as well. Since many sports programs and facilities now offer off-season conditioning for youth, these same facilities may also offer memberships for families. Parents can stay active while their child stays active.

Other potential indoor activities may include indoor roller/ice skating, trampoline/obstacle parks, laser tag, bowling, rock climbing, golf/batting cages and of course, mall walking.

Many of the above items come with an expense but there are also many free things you can do inside your own home to stay active.

- Dancing to your favorite music
- Cleaning vigorously
- Working out with a YouTube video or other free fitness app. It can be cardio, strength, yoga, pilates, etc.
- Walking stairs in your house and stopping on each level to do another exercise
- Playing an active game as a family: Twister, ping pong, musical chairs, hide and seek, Simon says

The most important part to staying active is doing something that you enjoy that will keep you moving each day.



## APPLE CINNAMON OATMEAL WITH EGG PROTEIN BOOST

For oatmeal fans who want more protein in their breakfast, adding yogurt and egg does the trick, making this somewhat like a bread pudding.

1 egg  
 1/3 cup milk  
 1/2 cup quick cooking oats  
 1/4 cup finely chopped apple  
 1 tbsp maple syrup  
 1/4 tsp ground cinnamon  
 1/2 cup vanilla Greek yogurt

### DIRECTIONS:

1. Beat the egg and milk in a 2 cup microwave safe bowl until well blended. Stir in the oats, apple, maple syrup, and cinnamon.
2. Microwave on high until the liquid is absorbed and the egg is set: 1 1/2 to 2 minutes.
3. Stir and top with yogurt. Garnish with additional chopped apples if desired.

**Nutritional Information — Per Serving**  
 Makes 1 serving  
 Calories 340, Carbohydrate 51g,  
 Protein 21.6g, Fat 6.8g

## NUTRITION Food and Mood

by Jessica Robertson, MA, RD, CD

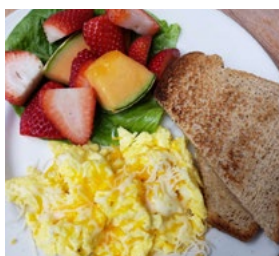
Have you ever wondered how certain foods impact your mood? If your nutrition has a tendency to be a roller coaster, it can definitely do the same to your mood.

**Q:** So what foods are mood *busters* versus mood *boosters*?

**A:** Mood busters are foods that are full of fast-acting carbs like breads, crackers and baked goods. Your standard sugary snacks will also spike your blood sugar. They might taste great and make you feel good in the short term, but they're virtually guaranteed to tank your blood sugar (and your mood!) on the back end.

On the flip side, mood boosters are foods that are high in protein, complex carbohydrates and fruits and veggies can be game changers when it comes to elevating your mood and helping you feel great. Proteins release feel good neurotransmitters like dopamine and norepinephrine, while fruits and veggies are chock full of vitamins, minerals and antioxidants.

The key here is to find ways to work these foods into your everyday routine. Too often we focus on removing or subtracting foods from our diet. Think about additions. Make it a goal to add one of these foods a day – and over time, you're going to see an improvement in your mood.



For breakfast, drop the cereal or pastry for a blend of eggs, whole grain toast and fresh fruit.

For lunch, make sure you're getting enough protein and fiber to get through that afternoon slump. Try a southwest salad bowl topped with black beans, avocado, and quinoa or brown rice.

And for dinner, work to balance that plate – I often recommend filling half the plate with vegetables, and then splitting the other half with some high-quality protein and complex carbohydrates.

The Mediterranean diet has gained significant attention for decreasing symptoms of depression. The key components of this eating style are an increased intake of vegetables, fruit, omega-3 rich fish, nuts, legumes, and olive oil.

It shouldn't be surprising that consuming a plant forward, whole foods diet is the key to long-term health, but it also positively impacts your mood, attention and focus.

Visit [OldWaysPT.org](https://OldWaysPT.org) for recipes and more about the Mediterranean lifestyle.



## STRESS AND MINDFULNESS

# Enhancing Your Memory

by Chris Garrity, Personal Trainer

Ever wish you could remember something that was on the tip of your tongue, but it just doesn't happen? Memory challenges affect us all but can certainly be more of an issue with the aging process. Research supports various ways to enhance your own memory, so give the following tips a try.

- Exercise such as walking, biking, or circuit training, can boost blood flow to brain cells.
- Meditation can help calm the mind and open memory pathways. A single bout of even 10 minutes can make improvements to memory.
- Learn new skills and challenge your brain. It's never too late to try something new. Try a new sport (martial arts and Tai Chi included) or play an instrument.
- Maintain a strong social network. Friends and family can keep us on our toes and our brains engaged.
- A good night's sleep helps the brain consolidate and organize memories.
- Avoid tobacco products and keep blood pressure and blood sugar in normal ranges.
- Eat a brain supporting diet with high antioxidant levels, healthy fats, and low sugar content. Feed your brain the fuel it needs to function optimally.



### Motivate to Move

Featured Playlist

[spoti.fi/40avYx7](https://open.spotify.com/playlist/40avYx7)

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:



Finally, keep in mind that memory strength is like muscular strength: it needs to be trained regularly. Try a variety of memory skills, such as mnemonics, chunking, repetition and retrieval. Don't know what these are? Looking them up is a perfect way to challenge your brain and your memory. Also, teach someone else what you know to help solidify what you've learned.