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## ASK THE EXPERT

*Your Questions Answered  
by Health Professionals*

### How do I set SMART goals?

*by Freddie Holmgren,  
MS, ACE, Intrinsic Coach*

- Specific
- Measurable
- Action-based
- Realistic
- Time-bound



SMART goals are small actions you will take towards a larger future goal. Consider them short-term experiments that you can modify based on your experience doing them. The essential ingredient for SMART goal success is having a clear picture of the future behavior change you desire. Try this:

**Step 1** – Write a wellness vision reflecting your best self.

**Step 2** – What behaviors will you be doing consistently in 3 months that move you towards your vision?

**Step 3** – Now create a SMART goal or experiment for immediate action.

**Step 4** – Evaluate accomplishment of your SMART goal-experiment and modify it based on your experience.

Make weekly SMART goals-experiments that move you towards your desired behavior changes.

### How can I care for my liver as I age?

*by Kathleen Connelly, BA, Certified Personal Trainer, Certified Health Coach*

When we think about health, the liver doesn't always come to mind, but it is a vital organ for our overall health. The Liver Foundation suggests these steps to keep your liver healthy as you age.

- Maintaining a healthy weight can help you reduce the risk of nonalcoholic fatty liver disease.
- Eating a balanced diet with mono- and poly-unsaturated fats including nuts and fish, and getting fiber through fruits, vegetables, and whole grains.
- Exercising regularly can help burn triglycerides and can reduce liver fat.
- Limiting direct contact with toxins which can damage liver cells, including cleaning products, aerosols, insecticides, chemicals, and additives.
- Using alcohol responsibly to avoid damaging, destroying, or scarring your liver cells.
- Strictly follow directions for medications, avoid mixing medications with alcohol and let your doctor know if you are taking any over the counter medications, supplements, or natural remedies.



## FITNESS

# Finding Your WHY for Exercise

by Freddie Holmgren, MS, ACE, Intrinsic Coach

For anything we do, we have to know our “why”, before we design our “how” and “what”.

Your why is the purpose and meaning behind what you do and how you do it. It is deeply compelling and uniquely your own.

To find your why for fitness take some time to think deeply about your specific reasons for fitness. Link them to your core values and your deepest yearnings. For example, many people start to exercise to lose weight. But losing weight isn’t the “why”, it is the “how”. The why might be to move freely and feel strong, to sustain positive mental health, to live a long life, be active with your kids or grandchildren, or reverse health risk factors, have greater self-confidence, or improved brain function.

Your “why” gives context to your fitness choices as a way to actualize the person you yearn to be and to live the life you want to have. Spend some time bringing your underlying, deeply compelling reason for exercise into clear focus. If you find it difficult, try working on it with a good friend or family member, or meet with a wellness coach for help.

With your why in hand, you can begin to develop your fitness plan.

### *Some tips for sustainable fitness behavior*

- Check in on your mindset. Instead of viewing exercise as a chore, try viewing it as a gift to yourself.
- Do activities that give you a positive experience while doing them. What activities give you the greatest pleasure or satisfaction?
- Trash the “all or nothing” thinking. Instead appreciate that exercise is a complex behavior and use your skills in navigating and adapting to the multitude of changes and unexpected demands that arise each day. For example, maybe you don’t have time for that 30-minute walk outside, but you can take a 10-minute walk on the treadmill. Everything counts!
- View your exercise goals as experiments. Try an activity then evaluate your experience. Did it work the way you expected? What did you like? What other choices can you try out?

References: Michelle Segar, *No Sweat* and *The Joy Choice* —  
Simon Sinek, *Why-How-What Circle*



## HONEY-ROASTED CHICKEN & ROOT VEGETABLES

- 1 tsp salt
- 1 tsp pepper
- 1 tsp minced rosemary
- 1 tsp minced thyme
- 2 tbsp olive oil, divided
- 1 tbsp butter
- 6 boneless skinless chicken breasts
- ½ cup white wine
- 3 peeled medium sweet potatoes, chopped
- 4 medium peeled carrots, chopped
- 2 medium fennel, chopped
- 2 cups chicken stock
- 3 bay leaves

### DIRECTIONS:

1. Preheat oven to 375°. Combine salt, pepper, rosemary and thyme. In a large skillet, heat 1 tablespoon olive oil and butter over medium-high heat. Sprinkle half the seasoning mixture over chicken. Add to skillet; cook 2-3 minutes per side. Remove and set aside. Add wine and 2 tablespoons honey to pan; cook and stir for 2-3 minutes.
2. Combine sweet potatoes, carrots and fennel in a bowl. Add remaining olive oil, seasonings and honey to vegetables; stir to combine. Microwave until potatoes are tender, 10 minutes.
3. Transfer vegetables to a roasting pan. Add chicken stock, wine mixture and bay leaves; top vegetables with chicken. Roast until a thermometer inserted in chicken reads 165°, 25-30 minutes. Discard bay leaves. Serve with vegetables and sauce.

**Nutritional Information — Per Serving**  
 Makes 6 servings  
 432 calories, 11g fat (3g saturated fat),  
 99mg cholesterol, 543mg sodium,  
 42g carbohydrate (23g sugars, 6g fiber),  
 39g protein

## NUTRITION Reading Labels

by Alicia Robbins, BS Health Coach

Here is a refresher on reading labels and the important details to pay attention to. Many people base their purchase on the claims that manufacturers print on their packaging. Did you know that many of these “low-fat” and “lite” products can be high in sugar, calories, and salt, and these in excess can lead to hunger, weight gain, and disease? “100% natural” can also contain a lot of sugar, salt and fat—all of which are natural ingredients.

When looking at the Nutrition Facts label, first take a look at the number of servings in the package (servings per container) and the serving size. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams (g). The serving size reflects the amount that people typically eat or drink. It is not a recommendation of how much you should eat or drink.

It’s important to realize that all the nutrient amounts shown on the label, including the number of calories, refer to the size of the serving. Pay attention to the serving size, especially how many servings there are in the food package.

Per the label shown below, here are important factors for nutritional guidance.

- **Serving information:** some food packages will have multiple servings
- **Calories:** calories listed are typically per serving not for the entire package
- **Nutrients:** choose foods with less saturated fat, sodium, and added sugars
- **Percent of Daily Value:** make note that 5% is low and 20% is high

Lastly, always check the ingredient list. The ingredient list shows the ingredients used from the largest to the smallest amount by weight.

1. Serving Information →

2. Calories →

3. Nutrients →

**Nutrition Facts**

4 servings per container

**Serving size 1 cup (227g)**

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**Amount per serving**

**Calories 280**

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	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 320mg	<b>25%</b>
Iron 1.6mg	<b>8%</b>
Potassium 510mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

For more information on this topic, visit [fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label](https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label)



# MAKING WELLNESS WORK

## How Creativity Helps Decrease Stress

by Jackie Geib, BA, Certified Health Coach

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural bodily response to address challenges in our lives. Some stress is good for the body (Eustress: looking forward to the outcome) while acute or chronic stress (Distress: lack of control of the outcome) can lead to mental, physical or emotional side effects. Everyone experiences both good and bad stress but how a person deals with it can be very individualized.

Not everyone would consider themselves creative, *but we all have the ability to be creative, in many different ways, if we so choose.* Choosing to use creative outlets can be very beneficial in stress management. Creativity helps us create works of beauty, problem solve, and refresh our bodies and our minds in a uniquely fun manner. Expressing yourself in a creative manner has been proven to decrease stress and anxiety.

It's important to find an outlet that you enjoy to help decrease your stress level. While we know that exercise, deep breathing and meditation are great stress reducers, those aren't things that everyone enjoys. You are much more likely to help yourself and your stress level doing activities you enjoy. Some creative stress



outlets include: spending time playing or snuggling with your pet, dancing, baking, daydreaming, laughing, painting, drawing, coloring, woodworking, sewing, knitting/crocheting, writing, art therapy, scrapbooking, journaling and crafting. Anything that distracts you from your stressors and makes you feel happy or productive is a good stress outlet.

Recognizing what helps you decrease your stress level, having those options available to you throughout the day, and doing the activities are some of the best ways to creatively manage your stress.



### Year After Year

Featured Playlist

[spoti.fi/48odn3C](https://open.spotify.com/playlist/48odn3C)

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!  
**Click the links below:**

