well news

January 2017

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FROM THE EXPERT

Achieve Your Goals With Tiny Habits

How many times have you resolved to make a change, but either never started or only succeeded for a short time? *Tiny Habits*[1] might be just what you need to succeed. BJ Fogg, PhD, Behavior Specialist with Stanford University, discovered this *Tiny Habits* method when he wanted to develop the habit of flossing his teeth daily.

According to BJ, simplicity matters more than motivation. Easy behaviors don't require motivation, and small changes over time lead to long-term behavior change. BJ started small, flossing one tooth after he brushed his teeth. After he flossed the tooth, he shouted "Victory!" Feeling positive emotions while doing the new behavior or immediately afterwards increases your chances of repeating it. BJ anchored his new habit of flossing one tooth to his existing habit of brushing his teeth. The anchor serves as a trigger to remember to do the new habit. It wasn't long before BJ was flossing every tooth daily.

Tiny Habit recipe:

"After I _____, I will _____."
Then celebrate.

Ingredients:

1. **Anchor:** An existing habit you do before your new habit.
2. **Simplicity:** A tiny behavior so easy it requires no motivation to do.
3. **Positive Emotions:** Celebrate each and every time you do your tiny habit.

Here are some suggested Tiny Habits you can try, or create some of your own:

After I start the coffee, I will meditate for three breaths.

After I empty my water glass, I will refill it.

After I turn off the TV at night, I will set out my gym clothes.

For more information about Tiny Habits, go to https://tinyhabits.com.
Or, contact your Health Coach for added support.

1, BJ Fogg PhD (2014) How I Cracked The Code For Creating Habits, American Council On Exercise, Coaching Behavior Change, Ch 10

Noblesville Schools Employee Health Center

Hours:
Monday: 8:00a-11:00a
Tuesday: 12:00p-5:00p
Wednesday: 1:00p-7:00p
Friday: 1:00p-7:00p
Saturday: 8:00a-9:00a (Labs only)
9:00a – 12:00p (Appointments)

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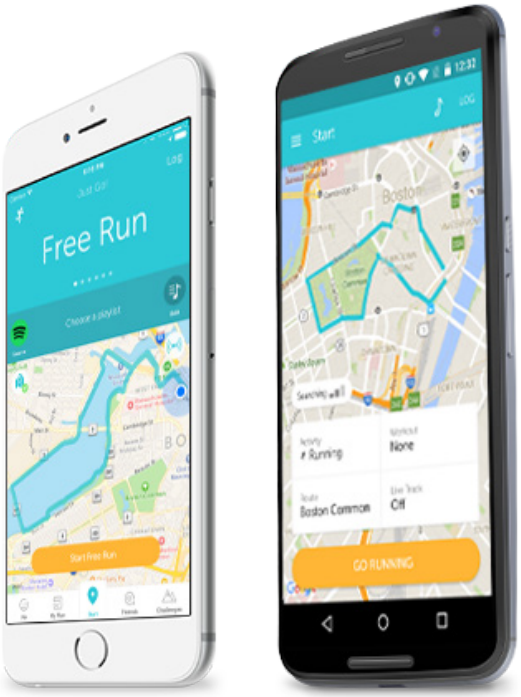
FITNESS

Tool Spotlight: RunKeeper

There are thousands of apps to help us reach our fitness goals, but let's look at one that has been around for a while and is still ranked as one of the best. RunKeeper is an app to help IPhone or Android users track walks, runs, or bike rides by using their phone's GPS system. You won't have to figure out your distance each time you go for a walk - this app will do it for you! Additionally, it will allow you to create your own routes or will design one for you. Choose the Activity tab to select your desired activity and track your distance, pace, and length of workout. By selecting the Me tab, you can view past workouts, track your progress, and set goals. One of the more popular features to use is spoken updates for pace, time, distance and motivation, where you can pick and choose the updates you want and how often to receive them during your activity. In addition, you can pick specific training plans, like 5K or marathon, which include day-to-day workouts, nutritional tips, and motivational quotes. With 12 free plans and 24 paid plans to choose from, RunKeeper just might be your new favorite app in 2017!



BLACK-EYED PEA GUMBO

Prep: 15 m **Cook:** 55 m
Ready In: 1 h 10 m

INGREDIENTS:

1 tablespoon **olive oil**

1 medium **onion**, chopped

1 medium **green bell pepper**, chopped

5 stalks **celery**, chopped

2 cups **chicken broth**

1 cup **brown rice**

4 (15 ounce) cans **black-eyed peas** with liquid

1 (10 ounce) can **diced tomatoes and green chiles**

1 (14.5 ounce) can **diced tomatoes**

2 cloves **garlic**, finely chopped

DIRECTIONS:

1. Heat the olive oil in a large saucepan over medium heat, and cook the onion, pepper, and celery until tender.
2. Pour in the chicken broth, and mix in rice, black-eyed peas with liquid, diced tomatoes and green chiles, diced tomatoes, and garlic.
3. Bring to a boil, reduce heat to low, and simmer 45 minutes, or until rice is tender.
4. Add water if soup is too thick.

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NUTRITION

Emotional Eating Tips

In the podcast, FoodPsych, Christy Harrison, MPH, RD, CDN discusses the truth about emotional eating, with health coach Isabel Foxen Duke.

"If I don't sit on my hands I will literally eat my feelings!" Does this sound familiar? Have you labeled yourself an "emotional eater"? What exactly defines this concept?

According to Isabel:

- The concept, "emotional eating", did not exist prior to 1960 and was culturally constructed as a result of the diet culture created over time.
- It is a response to deprivation and becomes a part of people's identities making it easy to add morality and judgement to these behaviors, which keeps us in the diet culture.
- Letting go of the label is the major definitive turning point in your relationship with food.

They discuss Dr. Linda Bacon's book, "*Health at Every Size*," to identify the difference between eating with restraint versus eating without restraint.

She concludes that:

- Those who eat with restraint (dieters) eat more when under emotional distress.
- Those who eat without restraint (non-dieters) lose their appetite and turn way from food when stress arises.
- When we restrict, we disturb our body's natural biological signals which tell us when we're hungry.

Bottom line: Don't interfere!

As humans, we try to control outcomes as much as possible. 99% of the time, it's not functional to control your weight; life is not controllable. Rather than focusing on the cookie you ate when you were sad, ask yourself, "How do I want to take care of myself?" Then, food is no longer the focal point.

Stopping emotional eating can shift our focus away from one restrictive aspect of health improvement, and allows us to look at the bigger picture of our whole health, and how to achieve it.

MINDFULNESS

Creating a Healthier Environment

Start 2017 by setting up a healthier environment that will make it easier for you to achieve your health goals. Here are some simple suggestions for home, work, and travel to create a healthier environment.

For Home:

- Create a specific area to keep workout clothes and shoes. Make it easily accessible and stage enough to last for the week before having to do laundry.
- Move your fitness equipment to a place in the house that keeps it front and center.
- Use a fruit bowl as the centerpiece of your kitchen.

For Office:

- Buy a water bottle and a month's supply of healthy snacks to keep at your desk.
- Use an app or set calendar reminders for stretch or walk breaks.
- Instead of email or phone, walk to co-workers office to talk. Stand while you are on the phone or whenever work allows.

For Travel:

- Keep a water bottle and healthy snacks like nuts in the car.
- Buy resistance bands for strength training that can easily be done anywhere.
- Keep your pedometer by your cell phone or car keys to remind yourself to wear it daily.

Staying on track with your health goals requires daily work—not will power. Use these tips to help you achieve what you want in 2017!

You can now get information from your health coach through social media!
Click the links below:

Blog