



wellnews

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IN THIS ISSUE

From the Expert 1
 Fitness 2
 Nutrition 3
 Mindfulness 4

FROM THE EXPERT

Fall in Love with Your Job, Again

Do you recall that fire you felt when you first started your job? Do you recall feeling that fire fade away as the years pass by? You're not alone- 70 percent of U.S. workers have lost that exciting feeling at work, according to a Gallup poll on employee engagement in the U.S.



A possible solution to rekindle the flame: **Ask yourself the right question.**

Rather than asking, "What inspires me?" ask yourself, "How did I lose my inspiration in the first place?" This will allow you to return to known wells of inspiration that may have dried up and could be refilled again.

Could it be...

Fear: There are three ways to fail: When you quit, don't improve, or never try.

Pro-tip: Since fear engages our mind in the wrong conversation, re-frame it. You don't suffer when you fail, your ego does.

Dwindling Self-Belief: When our inner-strength dwindles it's hard to feel inspired. *Pro-tip:* Chase authenticity, not approval. The only comparison that matters is to yourself—are you better today than you were yesterday?

Insignificance: When we no longer feel like our contributions matter, inspiration is doomed. *Pro-tip:* Know what your superpowers are and use them to make things worth happening, happen.

<https://news.gallup.com/poll/188144/employee-engagement-stagnant-2015.aspx>

Kokomo School Corporation, Employee Health & Wellness Center

Clinic Hours

Monday:	6:30a – 1:00p
Tuesday:	12noon – 6:00p
Wednesday:	closed
Thursday:	12noon – 6:00p
Friday:	6:30a – 1:00p

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 Kokomo, IN 46902
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FITNESS

Families That PLAY Together STAY Together

Parents are the number one source affecting the way children feel about living a healthy lifestyle. Children watch their parents, mirroring their actions. Exercising with our kids teaches them how to live a healthy lifestyle, reinforce family bonds, creates family traditions, and is fantastic for super-busy parents who wouldn't get as much exercise as they need without including their kids in the process.

"When I speak and consult with people about health and fitness, many people look at their family obligations as an obstacle to exercise instead of an opportunity. One of the main problems is that people associate exercise with a gym or equipment. I tell people to think 'outside the barbell.' Fitness isn't about sweat, six-packs, and sex appeal; it's about having enough energy to do your activities of daily living safely and effectively," says Dr. Marc Tinsley.

Five simple suggestions to help your family get fit together:

Commercial-cize: During commercial breaks, exercise as a family. Try running in place, push-ups, or jumping jacks to keep everyone up and moving.

Make an Exercise Video: Create your own family exercise video where your kids are the stars.

Dancing Can Be Fun: Just dance! Jump around, do a shimmy, shake your limbs and let the giggles ensue. With minimal effort, you can burn some calories and have a super-fun, spirit-lifting family time.

Allocate Time for Family Exercise Every Day: Take a family walk after dinner and use that time to talk about your day. Invite your kids to join you during your workout. They will not be able to do all the exercises, but they will be moving and trying! Teach them that exercise and sweat are really important, and that it can be fun!"

Create your own "Family Olympics.": Go to your local track or town pool and have races while your family goes for the gold!

HERBED BARLEY SALAD WITH APPLES AND CRANBERRIES

SALAD INGREDIENTS:

- 2 Tbsp Extra virgin olive oil
- 2 cups Barley
- 4 cups Water or low-sodium chicken broth
- ½ tsp Dried thyme
- ¼ cup Chopped fresh flat-leaf parsley
- 1 -2 Large tart apples, diced
- ¾ - 1 cup Dried cranberries
- 1 ½ Tbsp Chopped fresh rosemary leaves
- ½ cup Slivered almonds, toasted (see Cook's Note)

VINAIGRETTE INGREDIENTS:

- ¼ cup Apple cider vinegar
- ½ tsp Salt
- ¼ cup Extra virgin olive oil
- 1 Tbsp Real maple syrup
- ½ tsp Freshly ground black pepper

DIRECTIONS:

1. In a medium saucepan, heat the olive oil on medium-high heat.
2. Add the barley and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes.
3. Add the water and bring to a boil. Reduce heat and simmer until the liquid has evaporated (follow cooking time instructions on barley package—depending on the barley you use, this may take anywhere from 10-50+ minutes).
4. Transfer the cooked barley to a large bowl and set aside to cool.
5. Add the parsley, rosemary, thyme, apple, dried cranberries, and almonds.
6. In a small bowl, combine the vinegar, maple syrup, salt, and pepper.
7. Whisk in the olive oil until smooth.
8. Pour the vinaigrette over the couscous and toss to coat evenly.
9. Refrigerate the salad for a few hours to allow flavors to meld.

Cook's Note: To toast the almonds, preheat the oven to 350 degrees F. Arrange the almonds in a single layer on a baking sheet. Bake for 8 to 10 minutes or until golden brown. Cool completely before using.

Nutritional Information — Serves 12
 Serving Size: 1/12 of the dish
 Calories: 266, Carbohydrate: 41g
 Protein: 6g, Fat: 10g, Sodium: 123mg,
 Fiber: 7g

NUTRITION

Is Eating Gluten-free Right for You

Recently, going gluten-free (GF) has become increasingly trendy, with more and more GF foods showing up in supermarkets and restaurants. Some think it will help them eat healthier or could help them lose weight. But is following a GF diet truly the right choice for you?

Gluten is a protein found in wheat, rye, barley, spelt, and triticale and is found in many traditional breads, cereals, and pastas, plus numerous processed foods. It acts as a sort of “elastic” that helps foods maintain their shape and texture.

People with a diagnosis of celiac disease must avoid gluten to decrease their risk of intestinal damage and malabsorption, and the potential development of other health issues. According to the National Institutes of Health, 1 in 141 Americans have celiac disease, although many do not know it. People who have a wheat allergy or non-celiac gluten sensitivity should avoid gluten also to decrease symptoms such as abnormal skin, respiratory, or gastrointestinal reactions.

For most other people, evidence shows a GF diet won't provide much benefit; in fact eating GF removes good sources of fiber and many vitamins and minerals. Many people who choose to eat GF tend to look for processed alternatives to replace the treats they miss; this doesn't add to the nutritional quality of their diets.

Look for naturally GF foods that are packed with nutrients:

- fruits and vegetables
- meat, poultry, fish, and seafood
- eggs and dairy
- beans and legumes
- nuts and seeds
- whole grains such as buckwheat, corn, oats, quinoa, brown and wild rice



If you think you need to make the switch, you should first be evaluated by your physician or see a gastroenterologist or allergist before making any diet changes.

<https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease>
<http://www.cureceliacdisease.org/>

MINDFULNESS

The Link Between Stress and Heart Disease

Emotional stress has long been linked with heart disease, and recent research on brain activity helps explain why.

Findings from the Journal of the American Heart Association reveal brain activity for a given person and why that person's

cardiovascular system responds to stress in a certain way, and why some risk factors for heart disease may depend on what's inside a person's head.

Based on brain imaging, people who had more activity in the amygdala (the area of the brain that regulates fear, stress and emotion) were also more likely to suffer from heart disease in the future. Activity in the amygdala was also linked to more activity in the bone marrow tissue responsible for producing white blood cells, leading to inflammation in the arteries and eventually heart attacks and strokes.

Stress is no longer something to power through. Brisk walking or any physical activity is excellent for heart health and stress reduction. Yoga, meditation, or talk therapy can be highly effective as well. If your mind is feeling stressed out, your body is probably reacting.



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

Click the links below:



[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)31714-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)31714-7/fulltext)

Relation between resting amygdalar activity and cardiovascular events: a longitudinal and cohort study. The Lancet. VOLUME 389, ISSUE 10071, P834-845, FEBRUARY 25, 2017