



wellnews

October 2018

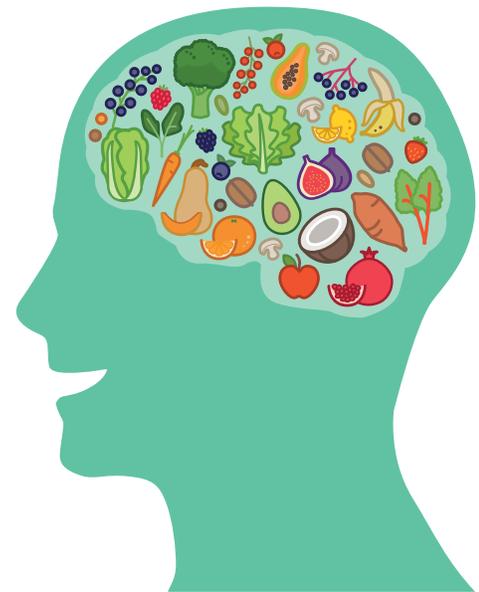
IN THIS ISSUE

From the Expert	1
Fitness	2
Nutrition	3
Mindfulness	4

FROM THE EXPERT **Food and Mood**

Probiotics...Prebiotics...microbiomes... gut health? What's it all mean anyway?

Each of us have trillions of bacteria, fungi and viruses located in our bodies—the majority of which are healthy and beneficial—called the microbiome: diverse organisms that live in the digestive system and help govern nearly every function of the body. The importance of our gut microbiome cannot be overstated: poor gut health can contribute to leaky gut and autoimmune diseases and disorders like arthritis, dementia, heart disease, and cancer.



Research has revealed the important role the microbiome has on mental health: It interacts with the central nervous system via the gut-brain axis (GBA) to regulate brain chemistry, specifically the neurotransmitters dopamine, norepinephrine and serotonin, which control your moods, ease tension and raise alertness.

Low nutrient availability, inflammation and oxidative stress due to industrial farming and the use of pesticides and herbicides affect how well these neurotransmitters are used by the brain. High amounts of stress can also damage your gut and hormonal balance.

How do you promote and maintain a healthy gut? Combine a healthy diet with regular physical activity, rather than choosing one or the other. Eat a diet rich in vegetables, fruits, whole grains and beans and lentils and low in processed foods.

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

3507 S. Reed Road,
Kokomo, IN 46902
2nd Floor, Community Surgery Center
765.776.5300



Run for just one song

FITNESS

Lazy, but Still Want to Get Fit

Lacking some motivation to move, but still want to get fit? Here are eight tips to help you get in shape without dedicating a big chunk of time from your day:

Stick to 10s: Try to do just 10 push-ups and 10 sit-ups every day, even if they aren't consecutive. Something is better than nothing.

Stand up at least every hour: We know too much sitting is bad for our health. Make a conscious effort to get up at least once an hour – go to the toilet, make a round of tea, or even just go and say hello to a colleague.

Don't even leave the house: Yup, you read that right; you don't even need to leave your house, or even the sofa, for a solid workout. Many effective (and FREE) exercises don't require a gym. Google it!

Use Tabata: If you only have five minutes, download the Tabata timer app for a super speedy workout. Tabata workouts raise your metabolism and heart rate immediately so you'll see results in no time.

Switch Off: Getting enough sleep is crucial to fitness, and the 46,284 devices we own aren't helping. Power down at least an hour before sleep and you should start to have a better rest.

Don't worry about how long your workout lasts: The quality of your workout doesn't depend on how long it is. FACTS! Any exercise is great and the most important thing when first starting out is to just get moving.

Run for just one song: Just starting out? Tell yourself to run just the length of one song. Make it a good one and you won't even notice 3 minutes passing.

Work out during the adverts: Why not combine tv with exercise, and time your mini-work outs to be just as long as the ads? Try lunges, burpees, jogging, skipping, and squats, then reward yourself with some sofa lounging.



NUTRITION

Get some K+, K?

What do potatoes, sweet potatoes, beans (legumes), pumpkins and other winter squash have in common? You may be thinking about how they are staple ingredients in some of your favorite recipes this time of year. But they are also excellent sources of potassium. The current daily adequate intake (AI) for potassium is set at 4,700 milligrams (mg) for ages 14 and older. It is estimated that less than 3 percent of the U.S. population achieves intake above the AI. We have some work to do!



FOOD	POTASSIUM (MG)
Medium potato, with skin	952
1 cup cooked spinach	839
¼ cup roasted soynuts	632
Medium sweet potato, with skin	542
½ avocado	487
3 oz baked halibut	449
½ cup acorn squash	448
Medium banana	422
½ cup edamame	400
¼ cup dried apricots	378
½ cup hubbard squash	367
½ cup pistachios, in shell	310
½ cup cooked beans	300-600
½ cup pumpkin/ butternut squash	282-291



A diet rich in potassium plays an important role in healthy bones, reduced risk of kidney stones and blood pressure. You are likely aware that reducing sodium is an important dietary choice in the journey to achieving or maintaining healthy blood pressure (BP). However, sodium is

only half of the picture. Where sodium helps to raise BP, potassium helps to lower it. Reducing high blood pressure in turn reduces risk of heart disease, stroke and kidney disease.

To positively affect blood pressure and heart, brain and kidney health, to name a few, plan for your daily diet to include plenty of potassium-rich foods: fruit, vegetables, legumes, nuts and seeds.

Zelman, Kathleen, MPH, RDN. "Potassium." *Food and Nutrition Magazine*. May/June 2018.

Potassium. Linus Pauling Institute, Oregon State University. <https://lpi.oregonstate.edu/mic/minerals/potassium>

USDA National Nutrient Database for Standard Reference Legacy Release, April 2018

MINDFULNESS

Toxic Behavior and How to Guard Yourself from It

Toxic behavior is common in the workplace and has been on the rise due to incivility and rudeness—politicians and social media/Internet as the prime culprits.

One thing's for sure about toxic people: the insult or injury they've just inflicted

is your fault; you're making a mountain out of a molehill. They spew negativity to demean and deflate you. They never take responsibility for their actions.

The surest way to protect yourself from toxic behavior is to arm yourself with a few basic skills of self-management:

1) Minimize contact. If you work near a toxic person, ask to sit somewhere else. If on a team with a toxic person, ask for reassignment. Never sit next to a toxic person: It's contagious.

2) Manage your reactivity. Set firm boundaries. Say no to demands that feel unreasonable—without justifying yourself. Practice this mantra so you'll be ready: "I'm not going to continue this conversation until you can act more civil."

4) Strengthen ties with friends and others you trust. People who treat you with respect can help balance your perspective, boost your self-esteem and counteract isolation.

5) Don't explain your "no". Offer no explanation, no matter how much ranting and raving the other does.



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

Click the links below:

