



wellnews

February 2019

IN THIS ISSUE

| | |
|-----------------------|---|
| From the Expert | 1 |
| Fitness | 2 |
| Nutrition | 3 |
| Mindfulness | 4 |

FROM THE EXPERT

Cardiologists Recommend 5 Daily Habits

by Kathleen Connelly, BA, Personal Trainer & Health Coach

The best way to find quality health information is to ask an expert instead of just googling it. From Cleveland Clinic, here are the 5 daily habits that cardiologists say to do for your heart health.



- 1. Eat healthy fats, not trans-fat:** Trans-fat clogs your arteries and can raise your LDL cholesterol. Read food labels and avoid products that have partially hydrogenated oils.
- 2. Practice good hygiene including flossing daily:** Studies are showing that gum disease can cause an elevation in c-reactive protein that causes inflammation in blood vessels. This in turn can increase risk of heart disease and stroke.
- 3. Get enough sleep:** A study of 3,000 adults over age 45 found that those who slept less than 6 hours/night were twice as likely to have a stroke or heart attack.
- 4. Don't sit for too long at one time:** When combining several studies, researchers found a 147% increase in cardiovascular events for people who sat the most. The study also found a 90% increase in death caused by these events.
- 5. Avoid secondhand smoke:** Studies show a 25-30% increase in developing heart disease for those exposed to secondhand smoke.

For more information, visit <https://health.clevelandclinic.org/5-things-to-do-daily-to-keep-your-heart-healthy/>

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



FITNESS

Regular Movement Versus Intense Exercise

by Chris Garrity, MS, Fitness Specialist

It's no mystery that exercise is good for the entire body. Americans have had a variety of recommendations to guide the types, volumes, and intensities of exercise for decades. Problems arise because many people are confused with the high number of recommendations and fad programs. The most recent advice is getting people to break up their time sitting because it is now considered a risk factor in itself. This is in stark contrast to the idea of performing intense exercise, such as high intensity interval training (HIIT), which is preferred by a smaller segment of the population.

Research supports the health benefits of simply getting up and moving regularly throughout the day to encourage better blood flow, muscle and nerve activity, improved blood sugar, and many other health benefits. Going from 0 to 10 is not recommended and a sure way to injury or burn out. However, what about going from 0 to 2? Make a healthy choice by adding more moderate activity to your day versus jumping into intense exercise. Set a goal of getting up and moving around or performing chores or tasks every half hour for at least 3 minutes. Regular movement is sustainable, good for the mind and body, and meets the needs of a time-starved and less-active culture.





MOROCCAN BUTTERNUT LENTIL STEW

INGREDIENTS:

4 cups cubed butternut squash
 1 tbsp olive oil
 1 med onion, diced
 1 large
 1 clove carrot, sliced
 garlic, minced
 1½ tsp ground cumin
 1½ tsp ground coriander
 1 tsp cinnamon
 ¼ tsp each ground black pepper & salt
 6 cups low-sodium chicken broth
 1 (14.5 oz can) no-salt added diced tomatoes
 1 cup dried brown lentils
 ¾ cup chopped cilantro

DIRECTIONS:

1. In a heavy-duty large pot, warm oil over medium heat. Add onions and carrots; sauté 5-6 minutes.
2. Stir in garlic and seasonings; cook until fragrant, about 1 minute. Add butternut squash, broth, tomatoes, and lentils and increase heat.
3. Once boiling, reduce heat to simmer. Cover and cook until lentils are tender, about 40 minutes. Garnish with cilantro and serve.

Nutritional Information — Serves 8

Serving Size: 1½ cups
 Calories: 284, Carbohydrate: 53g,
 Protein: 17g, Fat: 2g,
 Sodium: 328mg, Fiber: 10g

Recipe adapted by Julie Christensen, RD
 from www.heart.org

NUTRITION

Eat Better For Your Heart

by Julie Christensen, RD

Your heart beats about 100,000 times daily, sending 2,000 gallons of blood through 60,000 miles of blood vessels to keep your tissues and organs nourished and alive. It works hard for years, much longer than modern machines, and it will serve you better if you incorporate adequate exercise and nutrient-dense foods.



Nutrient-dense foods are rich in vitamins, minerals, and other important nutrients central for health without too much saturated fat, added sugars, and sodium. This means eating foods from all food groups, with an emphasis on fruits, veggies, and whole grains, while including lean protein sources such as low-fat dairy products, peas, beans, nuts, and seeds, fish, skinless poultry, lean pork and beef, and eggs.

Try replacing many processed foods typically chosen with the following:

- Oats made with low-fat milk, topped with berries and nuts
- Bold veggie colors – red, orange, purple, or green
- Fish twice weekly – above sausages, hot dogs, and hamburgers
- For pizza or sandwiches, think added veggies instead of processed meat
- Instead of sour cream on Mexican favorites, chili or in dips, use low-fat plain Greek yogurt or avocado
- Blend no-salt added canned beans to thicken soups instead of flour
- Nuts, seeds and naturally-sweet fruit instead of chips, cookies, and candy
- Switch to 100% whole-grain crackers and bread
- Replace sugary drinks with flavored water, unsweetened tea, or coffee

Make small changes to your weekly eating pattern, rather than focusing on individual nutrients, specific foods, or food groups.

For further reading: <https://www.heart.org/> https://www.ucsfhealth.org/education/eating_right_for_your_heart/



MINDFULNESS

Benefits of Laughter

by Scott Haase, BA, Health Coach & Personal Trainer

Did you hear about the bear that got into the campground? It was in-tents!
(Insert laughter)

Astonishingly, the study of laughter and humor dates back at least as far as 1890! In 1897 there was an article in *The National Review* titled "The Uses of Humour." In 1900, "Prolegomena (meaning introduction to a book) to a Theory of Laughter" was written.

Here are four of the top benefits, found over the last 120 years that laughter provides.

- Laughing can release endorphins, the feel-good chemical
- Laughing can be therapeutic in settings such as psychiatry, rehab, pediatrics, hospice, and geriatrics
- Laughing creates a short-term stimulation of organs, can relieve some levels of stress and relax muscles
- Laughing enhances the intake of oxygen

In order to find or create more laughter, try the below practices more often.

- For every drama or scary movie, watch a comedy
- Find a show that you and your family can laugh at that airs each week
- If you come across a great joke, put a reminder in your phone that shows you that joke every 6 months
- Download "LOL Pics" app on Apple or "Book of Jokes" app on Android.

Whatever you choose to do, choose to be conscious in the moment and enjoy it!

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

Click the links below:

