



wellnews

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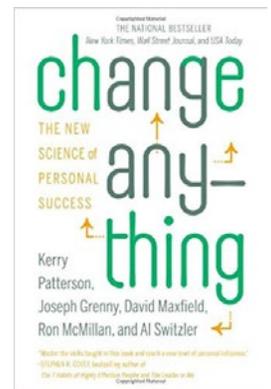
ASK THE EXPERT

Is it Possible to Change Anything?

by Kathleen Connelly B.A. Certified Personal Trainer, Certified Health Coach

The New Year brings a desire to do better, do differently, to change certain behaviors. However, so much emphasis is put on will power. What if it wasn't about will power? The book *Change Anything: The New Science of Personal Success* explores how to study yourself to obtain successful behavior change.

Initially, the authors explain that relying on will power is a trap. Some of us will get pumped up to make a change, but relapse to old habits when we think our will power is not strong enough. Instead of will power, the authors focus on 6 types of influences in our lives that affect behavior. The base of these 6 influences are motivation and abilities. These 2 concepts are separated into 3 categories, personal, social and structural. Personal is what you can do to affect your behavior change. Social refers to the involvement of others to help you change. Structural relates to how you can use your environment to assist in change.



	MOTIVATION	SKILLS
Personal	1	2
Social	3	4
Structural	5	6

The book emphasizes these 6 influences either deter or support us in our desired behavior change. In order to create change and maintain it, we must work from all 6 of them. Specific strategies and tactics for each are discussed and real life examples in various areas like, health, money, careers, and more are explored.

Two huge messages from the book are: 1) we all fail as much as we succeed and 2) each individual must develop their own personal plan based on their motivation and abilities. That word change can seem scary but really if we think about it, we have been changing since birth. With practice, learning new skills, accepting feedback and preparing for setbacks anyone can learn from themselves and their environment and change anything.

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FITNESS

Why Resistance Training?

by Dani Lundgaard, ACE Certified Personal Trainer, USPA Powerlifter

Resistance training is a form of exercise that improves muscular strength and endurance by moving limbs against resistance. This resistance can be your own body weight, gravity, bands, or weights. But if you're already active why should you care about resistance training? Resistance training builds muscle mass that supports a higher metabolism and improves body composition. It helps increase blood flow, which helps our bones stay strong and joints move more easily through the ranges of motion with less discomfort. Strength training is also shown to reduce blood pressure, and increase insulin sensitivity for better blood sugar levels.

You don't have to be Arnold Schwarzenegger or The Incredible Hulk to reap the benefits of weight training. Anyone can benefit from at least two days a week according to the American Council of Sports Medicine. Researchers at the University of Wisconsin Health explored how strength training aids the recommended 150 minutes of aerobic exercise per week. They found it can help individuals live a more independent life. It also improves the ease of doing daily activities like yard and housework, playing with children or even getting in and out of the car.

Before jumping into a new resistance training routine, remember to:

- Talk to your doctor to ensure you are ready for a resistance training routine.
- Work with a professional like a personal trainer or even a physical therapist to ensure proper form and technique.
- Try different methods of strength training like yoga, Pilates, suspension training, traditional weight training or anything in between to determine which is best for you.

No matter how you choose to move your muscles, listen to your body.

Stop if you feel pain and don't overdo it by working past fatigue or compromise form. Make sure you wear comfortable clothes, good shoes and check out www.acefitness.org for more exercise ideas and help.



ROASTED BEETS AND SWEETS

INGREDIENTS:

- 6 medium beets, peeled and cut into chunks
- 2½ tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp ground black pepper
- 3 medium sweet potatoes, cut into chunks
- 1 large sweet onion, chopped

DIRECTIONS:

1. Preheat oven to 400 degrees F
2. In a bowl, toss the beets with ½ tablespoon olive oil to coat. Spread in a single layer on a baking sheet. Bake beets 15 minutes in the preheated oven.
3. Mix the remaining 2 tablespoons olive oil, garlic powder, salt, and pepper in a large resealable plastic bag. Place the sweet potatoes and onion in the bag. Seal bag and shake to coat vegetables with the oil mixture.
4. Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.

Nutritional Information — 6 servings

Serving Size: ⅓ of dish

Calories: 198 Carbohydrate: 34.3g
Protein: 3.5g Fat: 5.9g

Adapted from AllRecipes.com
by Jessica Robertson, MA, RD, LD

NUTRITION

Selecting Produce During the Winter Months

by Jessica Robertson M.A., RD, LD

Eating healthy and getting high quality produce in the winter may seem difficult, but you've got more choices than you realize. Your local grocery store is always a possibility, but what about trying something different? There are several options below that allow you to purchase produce or unique artisan foods - and support your local farmers.



An indoor farmers market. Many cities provide an indoor market during the colder months. Search your local city website for activities or events to see if one is available.

An online farmer's market such as Imperfect Produce. You can shop online and set up your weekly or biweekly basket of produce with convenient home delivery. They also offer dairy and other pantry staples to complete your grocery shopping. Check out ImperfectFoods.com for delivery areas and more information.

A grocery delivery service such as Amazon Fresh, Shipt, Instacart or Fresh Direct. Check out their websites for more information and to check availability in your area.

Wondering what you should choose during the colder months? In the Midwest, seasonal vegetables are abundant during the autumn months. There are plenty of leafy greens available such as kale, spinach, or salad greens. Other options include broccoli, beets, Brussels sprouts, cabbage, cauliflower, carrots, celery, garlic, parsnips, potatoes, turnips, and winter squash. During the colder winter months, locally grown options are more limited but mushrooms are always plentiful.

Just because it's winter though doesn't mean you can't enjoy healthy, high quality produce. There are lots of options at your fingertips - but like most things with nutrition, it comes down to which option works best for you.

For recipes check out www.veggieinspiredjourney.com or www.eatngwell.com



STRESS AND MINDFULNESS

What Makes You Happy May Surprise You

by Tara Canada, Health coach and ACSM Certified Exercise Physiologist

Money, possessions, attractiveness, and children – things most people strive for—are not related to happiness. Good or bad luck doesn't determine your level of happiness either. So what does increase happiness? The science of positive psychology is discovering the answers and figuring out straightforward steps that can lead to a more meaningful, fulfilling, happy life.

Martin Seligman, Director of the Positive Psychology Center at the University of Pennsylvania and a Professor of Psychology identifies three important areas for a happy life.

The Pleasant Life This is about your ability to experience pleasure and positive emotions. Enjoy experiences as they happen. Here are some tips for achieving the first level of happiness:

- Make time for enjoyable activities.
- Express gratitude.
- Do one thing at a time.
- Reminisce about treasured moments.
- Keep special things special—too much of a good thing can turn something special into something ordinary.

The Good Life The second level of happiness is about being engaged in life and having flow experiences. Build up this area of happiness by trying these strategies:

- Learn your strengths – Go to www.authentic happiness.org and take the VIA Survey of Character Strengths.
- Use your strengths in new ways.
- Practice flow activities. You're in flow when you're so absorbed in an activity, you lose all track of time. Flow activities require your full attention and all other thoughts and worries seem to disappear. These are activities that are challenging, but everything clicks for you because your skills are perfectly matched to the task.

The Meaningful Life The third level is the most important area of happiness – serving something larger than yourself. Try these ideas for a more meaningful life:

- Use your strengths to help others.
- Volunteer.
- Donate.
- Perform random acts of kindness.
- Do something altruistic.

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

Click the links below:

