



# wellnews

June 2020

## IN THIS ISSUE

- Ask the Expert ..... 1
- Fitness ..... 2
- Nutrition ..... 3
- Stress and  
Mindfulness ..... 4

## ASK THE EXPERT

# Why Weight Loss Plateaus Can Be Good?

*by Dani Lundgaard, ACE Health Coach and Personal Trainer*

Anyone who has worked on losing weight before has hit a point where the scale doesn't move. Weight loss plateaus are a normal part of weight loss but most people become discouraged and stop trying. Instead, plateaus are trying to tell us something and they can give us some good feedback on how to move forward. It is a chance to reassess the habits you have rather than consider all the hard work you've done as meaningless. There are a few things that can be looked at to help change things up.



First, be mindful of the calorie intake. When the body loses weight, it lowers the amount of calories needed. However, reducing calories too much can be detrimental to weight loss as well. Just like a car will always need gas, your body will always need food. Talking with a Registered Dietician is a great way to ensure that you are getting the right amount of calories for you.

Secondly, look at your activity level. Try changing up what you do. If you are exercising, what can you do differently to change up the routine? It can be as simple as adding more time, additional days, adjusting the intensity or trying something new altogether. Regardless, trying to move more each day is a simple adjustment for anyone, regardless of physical fitness.

For more ideas on how to keep your exercise fresh, check out: [acefitness.org/education-and-resources/lifestyle/blog/5851/10-tips-for-powering-through-plateaus/](https://acefitness.org/education-and-resources/lifestyle/blog/5851/10-tips-for-powering-through-plateaus/)

### **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

# Benefits of “Green” Exercise

by Cara Harris, BS, Wellness Program Coordinator

Physical activity provides many benefits to one’s health. Whether you have an exercise routine currently or you plan to start one soon, it may be wise to think about the location of your activity. Did you know outdoor exercise provides additional health benefits compared to an indoor workout? With warmer weather comes the desire to spend more time outside, so why not engage in “green exercise?”

Green exercise allows you to stay physically active while enjoying nature and connecting with the environment. Spending time outside increases exposure to vitamin D, which enhances mood. Studies have shown that outdoor exercise improves mood and reduces depression, along with building confidence and self-esteem.

Lack of time, the fear of judgement, and cost are often barriers to exercising. Outdoor exercise eliminates those obstacles. It allows for easy access and time management. You do not have to drive and sit in traffic because you can simply exercise in your backyard, jog around the neighborhood, or find a local park. Gym memberships are costly and they are often crowded. Exercising outdoors is free and you can do it alone or with friends, which eliminates the fear of judgement from others.

Most importantly, outdoor exercise can be FUN! Use activities you enjoy because any movement is beneficial to your health. Listed below are ideas for green exercise:

- Running, walking, or hiking
- Bicycling
- Creating your own bodyweight HIIT or Tabata workout
- Yardwork/gardening
- Playing sports with the kids: basketball, baseball, football, soccer, tennis, etc.
- Geocaching or hunting for mushrooms
- Swimming
- Yoga
- Beach volleyball
- Rollerblading
- Throwing a Frisbee, playing catch, or playing fetch with your dog
- Zumba or dancing
- Kayaking or canoeing

Please remember to drink plenty of water and use sunscreen when exercising outdoors. Now it is time to get outside and get moving!

For more information on the benefits of outdoor exercise, you may visit the following resources:

<https://www.acefitness.org/education-and-resources/lifestyle/blog/6360/get-out-5-benefits-of-outdoor-exercise/>

<https://www.webmd.com/fitness-exercise/features/7-reasons-to-sweat-outdoors#1>

<https://www.everydayhealth.com/fitness/outdoor-exercise-benefits.aspx>



## ASPARAGUS, TOMATO AND AVOCADO SALAD

### INGREDIENTS:

- 1 lb. fresh asparagus
- 1 medium ripe avocado
- 10 oz. grape or cherry tomatoes
- ¼ cup extra virgin olive oil
- 2 tsp. Dijon mustard
- 2 tbsp. freshly-squeezed lemon juice
- ½ tsp each: salt, pepper

### DIRECTIONS:

1. Place steamer basket in 5 quart pot and add water to bottom of steamer basket.
2. Wash asparagus. Cut or snap off woody ends.
3. Turn stove on high. Place asparagus in steamer basket. Cover and bring to boil. Steam asparagus for 3-5 minutes.
4. Drain asparagus and immediately submerge in ice-cold water to stop the cooking process. Once cooled, dry asparagus with paper towel or towel.
5. Cut asparagus into bite sized chunks. Halve washed tomatoes. Mix together in medium-sized bowl.
6. Whisk together dressing ingredients: olive oil, Dijon mustard, lemon juice, salt and pepper. Pour over asparagus and tomato mix and gently toss.
7. Just before serving, halve ripe avocado, cut avocado into small chunks and gently mix into salad.

### Nutritional Information —

#### Serves: 6

Serving Size: ⅓ of salad

Calories: 153      Carbohydrate: 8g  
 Protein: 2g      Fat: 13g  
 Fiber: 4g      Sodium: 237mg

## NUTRITION

# Taking a Closer Look at the Ketogenic Diet

by Vanessa Mitchell, RDN

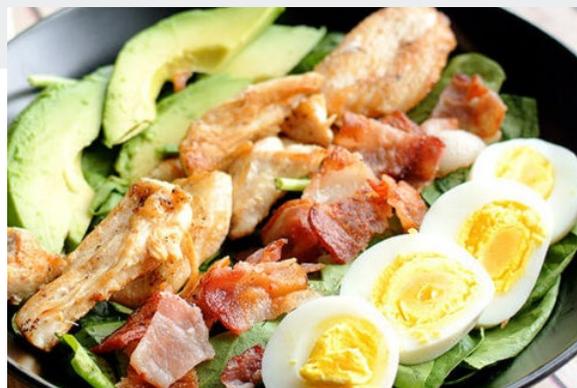
The ketogenic diet, often referred to as “keto” has been of great interest in recent years, particularly in the areas of cancer, Parkinson’s disease, migraines, Alzheimer’s disease and weight loss. The origins of the ketogenic

diet (KD) can be traced back to as early as 500 B.C. Modern physicians in the early 1900s introduced the KD as an effective treatment for epilepsy in children.

The ketogenic diet is a very high fat, very low carbohydrate and moderate protein eating pattern. It usually consists of approximately 65-80 percent of calories from fats, 15-25 percent of calories from protein and 5-10 percent of calories from carbohydrate, usually topping out at no more than 30-40 grams of net carbohydrate daily.

The goal of the ketogenic diet is to enter into and maintain ketosis. Ketosis is the metabolic state of burning fats—both stored and consumed—for fuel. The body will naturally use glucose as its preferred source of fuel, when it is available. Following a very-low-carbohydrate and moderate protein KD will deplete the body of stored glucose (glycogen) and severely restrict consumed carbohydrates, which then forces the body to switch its fuel source to ketones/fats.

As with the adoption of any dietary pattern, it’s important to determine if you are a good match for it and if it is a good match for you. How might your work schedule or environment, time commitments, food personality and family dynamics fit with this diet? What is your current state of health? Folks with diabetes, constipation, or are on certain medications must first consult with their healthcare provider to discuss the KD. The ketogenic diet is not recommended for those with gallbladder disease, have had his/her gallbladder removed, and other diseases and conditions. For more information, speak with your physician or dietitian.





## STRESS AND MINDFULNESS

# How Do Coaches Cultivate Their Own Wellbeing

by Freddie Holmgren, MS, ACE, Intrinsic Coach

Do you ever wonder what health coaches do for their own self-care? I asked my fellow coaches in Health Promotions at Community Hospital Network what they do to care for their wellbeing. Here's what they said:

### **CAREER:** *How do you find ways to like what you do each day?*

- My passion is for wellness and helping others so it “puts a pep in my step”.
- I do different tasks each day, such as coaching clients on behavior change, teaching exercise classes, delivering health challenges and many more.
- I build opportunity in my day to connect with people through conversation, email, text, etc.
- I am committed to my organization’s values, which fit well with mine.

### **SOCIAL:** *How do you create and nurture strong relationships in your life?*

- I’m authentic and listen intently.
- I enjoy making gifts for my friends and family.
- My husband and I have devotions each night and schedule date nights.
- I’m intentional about my time with family and friends.
- Building positive relationships is core to my career.

### **FINANCIAL:** *How do you effectively manage your economic life?*

- We use the Dave Ramsey system. Try the free app “Every Dollar”.
- My partner and I speak honestly and openly about our finances.
- We research big purchases.
- We don’t charge purchases and stay within my budget.
- We deposit funds in savings accounts for gifts and emergencies with every paycheck.

### **PHYSICAL:** *How do you care for your body to have enough energy each day?*

- I get daily exercise, plenty of sleep and I eat well; these are non-negotiable. They’re treated just like important tasks in my calendar. I can’t put them off or not do them.
- I build breaks in my day to do other things like take a walk, step away from my computer, or go for a workout.
- I allow myself cheat days. It gives me something to look forward to.
- I spend time in nature.

### **COMMUNITY:** *How do you engage in your community?*

- I spend time with church groups.
- I volunteer with favorite not-for-profits.
- I shop local.
- I stay informed about local issues.

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

**Click the links below:**

