

Targeting Wellness Newsletter

Good News for Good Health!

March 2022

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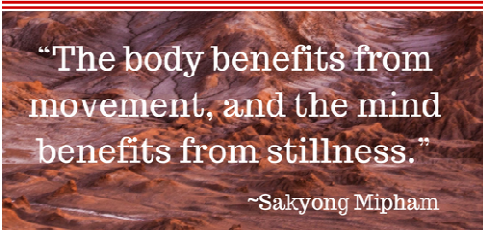
Create *balance*.
Feed your *soul*.
Fuel your *body*.
Expand your *mind*.
Strengthen *yourself*.

The Power of the Mind-Body Connection

Although there are several parts to our brain, it's easiest to just think of the left hemisphere and the right hemisphere, each with its own purpose. The left is our logical brain, where we have rational thoughts, language and is often referred to as the "survival" brain. The right controls our creativity, expression, mood, feelings and is often referred to as the "emotional" brain.

It might be safe to say, that for most of us we spend a large part of our waking hours reacting in response to input being received from our left brain. Unfortunately, this is also where a lot of our negative thoughts are generated which has a tremendous impact on our emotions.

I do a presentation on mental fitness (concept created by Positive Intelligence) where I share how some simple techniques can enable us to shift from negative thoughts to more positive ones by creating new neuropathways in our brain. In doing so, we can actually control which side of our brain takes the lead in any given situation. When governed by our right brain, we can approach almost any challenging decision with more clarity and focus resulting in less stress and more joy which impacts our quality of life.



Your right brain also plays a part in memory. The feelings generated during any given experience will impact whether or not your brain finds it important to retain. We typically can remember something that has generated strong emotions regardless of whether they are positive or negative. There is a famous quote by Maya Angelou that reads **"At the end of the day people won't remember what you said or did, they will remember how you made them feel."**

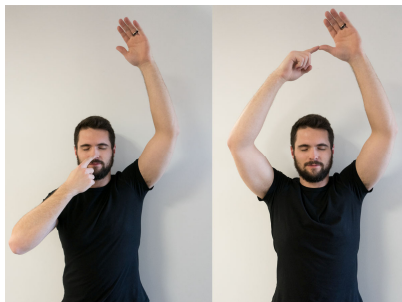
Feelings also have a huge part in our level of motivation. It's safe to say that most if not all of us know what we should do to have a healthier lifestyle. Yet making long term sustainable changes requires more than knowledge. Behavior change experts have found that in order for permanent change to occur, one needs to discover how to feel positive about it! Well that seems pretty obvious, right? Knowing and doing are two very different things. That brings me back to mental fitness. Practicing shifting our mindset when we deal with a challenging habit can re-train our mind to respond to it in a different way. My presentation on "Creating Sustainable Change" will be available on the JIF website later this month. **(Live presentation scheduled for March 10th at 10am via zoom).**

Happier people live longer. There have been numerous studies proving that people who had more positive emotions and a more optimistic outlook, had a 14% reduction in dying early from all causes of death (2019 JAVA Systemic and meta-analysis review).

Oh the power of a smile. A study out of Wayne State University looked at 230 Major League baseball cards from 1952. Those players who were smiling in the photo lived on average 7 years longer than the non-smiling players. Of course it's not just from one smile; these players were happier people most of the time. That's worth smiling about!



If you think about it, our facial expression can influence how we feel overall not to mention influence how others respond. You might consider trying this experiment: smile. Notice any shift in how you feel? Imagine approaching the next "unhappy" resident or someone in your household with a smile. It could change the rest of their day!



You may or may not have given this much thought before but at any moment in time, your brain knows exactly where your body parts are in relation to each other, where they are in space, and how they are moving. All this is possible through millions of tiny nerve endings called **proprioceptors**. Without them, our brain would be lost. That's why if you were to reach out in front of you, extending your pointer finger, you can guide it back to touch the tip of your nose with your eyes closed! Give it a try. Did you do it? .

The point? What we do with our body affects how we feel. And how we feel also affects the experience in our body. One common experience to think about is feelings of anxiety. When we feel anxious, our body reacts in a certain way which sends warning messages to our brain. That is why becoming aware of our thoughts, noticing what you feel, how your body is reacting and practicing calming techniques can change the way our body responds thus calming down the mind.

How Often Do You Stretch?

If you answered "never" to that question, think about adding a few minutes in every day. Virtually every activity you do relies on ease of motion. Stretching can help in numerous ways. It can often relieve back pain, stiff necks, and sore knees when tight muscles are to blame. It can counteract too much sitting whether you're doing it for work or a pleasurable activity. If you're a runner, a tennis player, a golfer, a hiker, or a biker, the right stretching program may set you on a path toward better performance. And as we age, stretching can help keep us active and flexible, making it easier to accomplish innumerable everyday tasks involving walking, climbing stairs, or getting out of a chair.

As with anything that is good for us, consistency increases our chances of reaping lasting benefits. The gains of stretching when done only occasionally are short-lived. Studies have shown that the greatest length is achieved right after the hamstring stretch but quickly diminishes within 15 seconds. However there was a noticeable effect up to 24 hours following the exercise. A daily practice is ideal but gains have been found even in two or three times a week.

While it's tempting to just stretch and be done with it, it's best to think about safety first (remember safety and wellness go hand in hand). These tips may help you achieve the best flexibility gains possible, while reducing your risk of injuries.

1. **Warm up first.** Much like taffy, muscles stretch more easily when warm. Dynamic stretches can act as a warm-up for static stretches, or you can do static stretches after sports, exercise, or even marching in place with arms swinging for five minutes or dancing to a few songs. Moist heat packs or a warm shower are effective first steps, too.
2. **Feel no pain.** Stretch only to the point of mild tension, never to the point of pain. If a stretch hurts, stop immediately! Reset your position carefully, then try again. With time and practice, your flexibility will improve.
3. **Pay attention to posture and good form.** Posture counts whether you're sitting, standing, or moving. Good form translates to better gains in flexibility and less likelihood of injury when stretching tight muscles. It may be beneficial to do along with a video to get the proper technique to avoid injury.
4. **Focus on the muscle being stretched.** You'll notice that one side of your body often is tighter than the other. Work on balancing this over time.
5. **Breathe.** Breathe comfortably while stretching, or use yoga breathing. Whatever you do, don't hold your breath while you are holding a stretch.

Resource: WebMD

FLOOR HIP FLEXOR



FULL BODY STRETCH



DOWNWARD FACING DOG



FLOOR HAMSTRING WITH STRAP



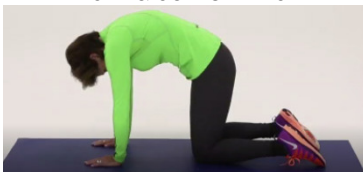
DOUBLE KNEE TORSO ROTATION



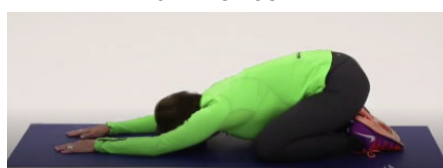
STANDING CALF STRETCH



CAT & COW STRETCH



CHILD'S POSE



If interested in watching a short video on how to properly do these stretches, go to <https://www.health.harvard.edu/everyday-stretching>

Resource: Harvard Health Publishing

"Spring" Into Action - Live Longer and Stronger

There is no better time than **Springtime** to either get started on a fitness routine or kick your existing one up a notch. Longer days and warmer weather is a perfect motivator! You don't have to start training for a marathon (but if you are...way to go!); Just focus on getting more activity than you normally do. Use the changing of the season to also change your approach to fitness and it can change your approach to life. **Explore ways to make fitness something you actually look forward to and enjoy rather than dread!**

Sometimes it's the word "exercise" that turns people off. It sounds too much like a chore and let's face it, who enjoys doing chores?! Perhaps replacing **exercise with physical activity could help**. Consider all the things that qualify as physical activity: Walking, gardening, bike riding, swimming, tennis, throwing a baseball with your child/grandchild, walking your dog. Things you actually enjoy!

Wear your pedometer or another tracking device one day to determine your typical daily step count. Strive to add at least 2,000 more steps to your day to help maintain your weight. Adding a few thousand more and you are well on your way to weight-loss. If you have limitations, please consult with your doctor. Stationary bikes and water activities will take pressure off your joints and may be a good way to get started.

Get outside. Walking is the easiest form of physical activity for most at any fitness level.

- Invest in a good pair of sneakers.
- Count your steps/minutes/distance—it helps keep you motivated and seeing progress
- Don't forget to drink water and wear sunscreen
- Recruit a walking buddy!

Some of the benefits of Physical Activity:

- Improves your mood and reduces stress
- Strengthens bones and muscle while burning calories
- Helps maintain or lose weight while improving your overall well-being.

Aging Gracefully Involves Strength Training

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

You've probably heard the phrase: Use it or Lose it...well that is what we are setting our muscles up for if we don't do some form of strength training especially as we get older. If you have a physically demanding job you may already get a lot of weight lifting. However, your tasks may require you use only certain muscles. Working all our muscles is crucial for balance and flexibility. Here are some of the benefits you may gain from this type of physical activity:

- Develop bone strength which increases bone density which helps reduce risk of osteoporosis.
- Manage your weight as well as improving your metabolism to help burn more calories even at rest.
- Enhance your quality of life, after all, don't we all want to maintain our independence and be able to do the things we love even as we age. Doing weight bearing exercises helps to protect joints and by building muscles, our balance can be enhanced reducing risk of falls
- Reduce signs and symptoms of chronic disease and help to manage conditions such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- Bonus: Sharpen cognitive abilities!! Some research suggests that older adults experienced greater thinking and learning skills with regular strength training and aerobic exercise.

Getting Started: If you are over 40 and have not been very active, check with your doctor before starting any strength or aerobic training program.

- Always warm up with a short walk (march in place, stationary bike, any activity to get your blood circulating for 5 to 10 minutes). Cold muscles are more prone to injury—this also goes for stretching too! Always warm up your muscles!
- Choose weights heavy enough to tire your muscle after 12 to 15 repetitions. Goal is to fatigue the muscle in order to build it. If you can go beyond 15 and feel no fatigue, the weight is probably too light. Progress slowly.
- A full days rest between muscle workouts will allow full recovery.
- Listen to your body. If you feel pain stop immediately! Proper form is critical to avoid injury. You may consider working with a trainer or other fitness specialist to learn the correct form and techniques. And pay attention to your breathing...many people hold their breath as they lift and that can increase your blood pressure!

REMEMBER...

You Can't
OUT
EXERCISE
a Bad Diet.

Resource: www.webmd.com and www.mayoclinic.org/healthy-lifestyle/fitness



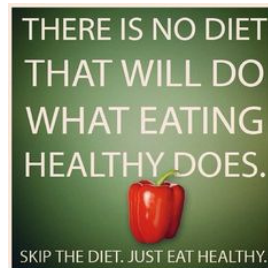
Focus on Foods to *Add* Rather Than *Avoid*

Typically when someone contemplates starting a healthy eating pattern, certain words enter their vocabulary makes the journey seem daunting. These words include “don’t”, “limit”, and “avoid” to name a few. **But eating healthy does not mean you have to give up those “not so healthy” choices for good.** Try to do your best to keep them under control. Do your best to make 90% of your day filled with healthy whole foods giving yourself a little leeway to enjoy

your favorite dessert perhaps (heck, even 80% is a great start!). Try focusing on your successes not “mess-ups”! If you have not been successful with “avoiding or limiting” certain foods, start with **ADDING** healthier options to every meal. For example, add a banana to your breakfast; have a salad with your lunch, and add one more vegetable to your dinner plate. The goal is to be successful in eating healthier for life. Think about one change you can make and set your mind to do it. Positive thoughts breed positive results!!!

5 Ways to Help Your “Diet” Become a Way of Life

Study after study shows how the Standard American Diet (S.A.D.) is the leading cause of most if not all chronic diseases. High fat, high sodium and high sugary foods (S.O.S.) found in ultra processed products are among the leading causes of premature death and disability. Eating predominantly whole plant based foods (vegetables, fruits, legumes, whole grains, seeds and nuts) has been the pattern of many cultures and is growing in popularity as more and more evidence backs this up. If you aren’t ready to make the switch all at once, consider the following tips to help turn your plan of weight loss into a strategy for a healthy lifestyle.



1. Don't Give Up Your Favorite Foods

You shouldn't have to say goodbye to all your favorite foods at once. In fact, having a small treat may help you stick to your goal of nourishing your body. Research in the *Journal of the American Dietetic Association* found that a small daily treat didn't sabotage weight-loss efforts. Your favorite foods can fit into any diet if you find clever, positive ways to incorporate them. One way to do this is to make lower-calorie versions of foods like French fries and brownies. Another trick is to be mindful of your serving sizes when it comes to more indulgent foods. Love pasta? Try adding vegetables to bulk up your serving instead of doubling up on pasta. If you stick predominantly to whole food plant-based (WFPB) choices—you can make room for some of your favorite, more indulgent foods on occasion. Please keep in mind that for some folks, having a little bit can be a trigger for overindulgence. You know you best. Sometimes removing it totally from your reach is the only way to avoid giving in to the temptation.

2. Eat Foods That Keep You Satisfied

If you feel hungry all the time, it's going to be hard to stick with a healthy-eating plan. Research shows that when you're hungrier, you're more likely to eat too fast at your next meal. Eating too quickly can lead to consuming extra calories because your body doesn't have time to register feeling full. While portion control is super-important for losing weight (and keeping it off), you shouldn't hear your tummy grumbling all day long. Two nutrients that help keep you full: protein and fiber. Good plant strong protein sources include beans, legumes, tofu, tempeh, nuts and seeds. Believe it or not, there are many vegetables that are also rich in protein: edamame, green peas, Brussels sprouts, artichokes, to name a few. Fruits and veggies are also very high in fiber, another nutrient that helps keep you satiated. Bonus: they are generally low in calories. That makes it filling *and* diet-friendly—just what you're looking for when you're trying to lose weight and get healthier.

3. Start with Small Changes

There's no need for dramatic shake-ups, like eliminating whole food groups. It's better to start with tiny diet tweaks if you want them to become permanent changes. According to Brian Wansink, Ph.D., EatingWell advisor and professor of marketing at Cornell University, "Making small, consistent changes fits more easily into people's routines [than radically altering your diet]." Think of doable things, like packing a wholesome afternoon snack, such as carrots and hummus or an apple with peanut butter, instead of hitting the vending machine or grabbing a sweet from the break room. Small changes add up and can help you make healthier eating a way of life, rather than relying on short-term crash dieting. (Note: with serious health issues caused by chronic disease, a short dramatic change CAN yield more favorable results. Please consult your doctor before doing anything dramatic, especially if you currently are on any medication).

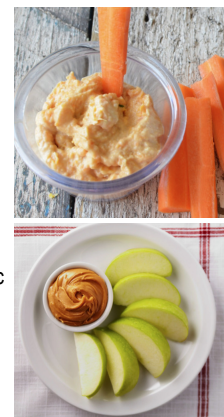
4. Don't Try to Be Perfect

We often have grand ideas about implementing a new diet—like the promises you make yourself about eliminating sugar, never taking from the breadbasket or always having vegetables at dinner. Instead of trying to be perfect, be realistic. Make your eating plan one that you can actually stick to. You don't have to eat perfectly every day to lose weight; you just have to eat well more often than not. Set a goal like adding a serving of vegetables to dinner three times this week, or packing a healthy lunch one or two days—and go easy on yourself if you slip up. Eating indulgences are bound to happen. And when they do...



5. ...Get Right Back on Track

If you have a slip-up and go overboard on chocolate or pizza—don't beat yourself up! Just get back on track again with your next meal. Remember that one slip doesn't undo all of your healthy efforts—but when you give up entirely because of one not-so-healthy choice, that's when the weight can start to creep back on. If you have a minor setback, understand that it's one small blip on the radar. Get right back to your healthy eating habits and right back on track for long-term success. We are in a marathon not a sprint!



DIETARY SPECTRUM



THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



WHOLE FOOD PLANT-BASED EATING PLAN

WHAT AMERICA EATS



- ♥ Increased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers
- ♥ Poor nutrition is the leading cause of death globally.

Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, water

Decrease sweets and snacks, fast food, fried foods, refined grains, refined sugar, meat, dairy, eggs, poultry, high sodium foods



- ♥ Decreased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers
- ♥ Chronic disease treatment and potential reversal



TIPS FOR IMPROVED NUTRITION AND HEALTH

- Any movement toward WFPB eating is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. Perm J. 2013;17(2):61-66.

Food Planet Health. Eatforum.org. Published 2020. Accessed June 4, 2020

NUTRITION

K F V L E Z Q E V N P P M K N N O F P M F L S R
 S L A R E N I M G Q D E G R S M Y S O H D Y Q O
 D Q B G F R F F W D I M A R Y P Y M D O D E Y D
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 A M X A Y O Z M S K C E I D L G Z J C Y G F J I
 O U E N O I T I R T U N Z E T A L P Y M K N P U

CHOLESTEROL SERVING FIBER SODIUM NUTRIENTS UNSATURATED
 SATURATED CALCIUM CALORIES INGREDIENTS VEGETABLES FRUITS DAIRY
 GRAINS FATS WATER MINERALS VITAMINS CARBOHYDRATES PROTEIN
 MYPYRAMID MYPLATE FOODS NUTRITION

Lentil Artichoke Stew



I have not prepared this yet but it's definitely on my list of recipes to try! The artichokes in this stew, provide a high level of dietary fiber, vitamin C and folate...all awesome for keeping our body healthy! ☺ This Middle Eastern dish would be great served alone or over brown rice, pasta or Farro. Using fire-roasted tomatoes isn't necessary but they will add a delicious smoky flavor to the dish.



Nutrition Per serving

Calories: 176
Fat: 1 g
Saturated fat: 0.1 g
Calories from fat: 4.9%
Cholesterol: 0 mg
Protein: 11.7 g
Carbohydrate: 34.3 g
Sugar: 7.5 g
Fiber: 10 g
Sodium: 560 mg
Calcium: 123 mg
Iron: 6.3 mg
Vitamin C: 28.6 mg
Beta-carotene: 238 mcg
Vitamin E: 1.8 mg

Ingredients:

Makes 4 servings.

- vegetable broth (1/4 cup)
- onion, chopped (1)
- large garlic cloves, pressed or minced (2)
- ground cumin (2 tsp.)
- ground coriander (1 tsp.)
- dry (uncooked) red lentils, 3 cups cooked (1 cup)
- bay leaf (1)
- water (2 cups)
- juice of lemon (1)
- 6 cups freshly chopped tomatoes plus 1 cup tomato juice; or chopped canned tomatoes preferably fire-roasted, undrained (2 24-ounce cans)
- quartered artichoke hearts, 1 9-ounce frozen package or 1 15-ounce can (1 1/2 cups)
- crushed red pepper (1/4 tsp.)
- salt (1/4 tsp.)
- black pepper, or to taste (1/4 tsp.)

Instructions:

1. Heat broth in a large saucepan.
2. Add onion and sauté on medium heat for about 5 minutes, until golden.
3. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently.
4. Add dried lentils, bay leaf, and water to pan and bring to a boil.
5. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper (if using). Simmer for about 20 minutes, until the lentils are tender.
6. Remove and discard the bay leaf. Add salt and black pepper, or to taste.

Recipe taken from: <https://www.pcrm.org/good-nutrition/plant-based-diets/recipes/lentil-artichoke-stew>

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When mind, body and spirit are in harmony, happiness is the natural result. - Deepak Chopra