



IN GOOD HEALTH NEWSLETTER...



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Volume 3 - Issue 1

- What You Can do For Your Health Now
- Better Eating Resolutions For 2017
- Get Back on The Fitness Wagon in 2017
- How to Make Any Change in Your Life This Year
- Quinoa Stuffed Sweet Potatoes

January

13 Things You Can do For Your Health Right Now!
Better Eating Resolutions For 2017
Get Back on The Fitness Wagon in 2017
How to Make Any Change in Your Life This Year

What You Can do For Your Health Now!

1. Eat Slowly

It takes 20 minutes for our brains to get the signal that we are full. Plus, if you take it slow, you're more likely to think about what you're eating and make sensible, healthy choices.

2. Socialize

Its not about how many people you know or how often you see them. What matters is a real connection with others. It can make you happier, more productive and less likely to have health problems.

3. Ditch the juice, eat the fruit

If you like orange juice, have an orange instead. Even 100% pure juice loses nutrition when you

process it, and it can put a lot of hidden sugar in your diet. On the other hand, actual fruits are good sources of vitamin C, potassium, fiber, and folic acid. And they're low in fat, sodium, and calories.



4. Take Time Off

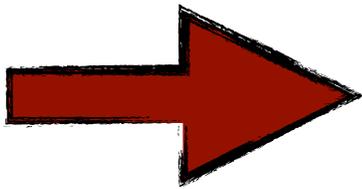
It's a time when you can bond with family and friends, which is good for your mental and physical health. People who take more vacations live longer and are less likely to have heart disease and other health problems.

5. Watch The Fat It's not as clear-cut as it sounds. You definitely want to keep an eye on trans fats, which are added to some foods (like frozen pizza and baked goods) to keep them fresh. They've been linked to heart disease.

But some fat -- from dairy, whole eggs, fish, avocado, or nuts, for example -- is good for you as part of a balanced diet. And high-fat dairy may even help you lose weight better than low fat. This may be because the fat satisfies your hunger better than other calories.



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What You Can do For Your Health Now!

6. Manage Your Stress

We all have stress in our lives. It makes your muscles tense and your heart race. If this happens a lot -- during your daily commute, for example -- and you don't handle it well, it can cause serious health problems, including high blood pressure, ulcers, and heart disease. So take time to breathe, do something that calms you, and try to accept what you cannot change -- like rush-hour traffic.

7. Cut Back on Sugar Most of us get way more of it than we need. Recommended amounts are 9 tsp. or 37.5 grams for men and 6 tsp. or 25 grams for women. With sugar it's not just the added calories and the lack of nutritional value: It also can make your blood sugar spike and then crash, and that leaves you tired, hungry, and irritable -- "hangry."

8. Be Active Exercise is a proven way to improve your health, your mental well-being, and even your libido. You don't have to sign up for the New York Marathon -- just get your heart rate up for 30 minutes or so a few times a week. Gardening works, and so does a walk around the block. If you can't make it a habit on your own, try to make it social: Join a local sports league or plan regular runs with a friend.

9. Keep Moving If you work in an office, get up and walk around every hour or so, or try a standing desk for part of the day. You'll burn more calories, improve your circulation, and stay more alert. It may even help prevent certain health issues, like diabetes and high blood pressure.



10. Eat Your Greens Kale, spinach, collards, Romaine, arugula, bok choy, broccolini -- make sure you get plenty of these leafy green vegetables. They're chock full of nutrients, low in calories, and have loads of fiber, which fills you up and satisfies your hunger.

11. Dance It keeps your mind sharp because it's a skill that involves body movement, and that's especially good for your brain. It's also social and can be lots of fun, which bring health benefits of their own. And you might not even notice that you're exercising!



12. Get Your ZZZZZ's A lack of sleep can lead to diabetes, heart disease, obesity, and depression. If that's not enough reason to get your ZZZs, it also causes car crashes and other accidents. Adults should get 7 to 9 hours each night.



13. Get Outside The sunlight helps set your sleep



clock and leads to more exercise. You'll also get more vitamin D, which many Americans don't get enough of. It's important for cell function, mental health, and heart health. But don't stay in the sun too long, and wear sunscreen. Too much sun is linked to skin cancer.

Healthy Habits: Better Eating Resolutions

2017

Eat More Fruits & Veggies Try to add one more of each to every meal. Store cut-up raw veggies in the front of the fridge and fruit on the counter where you'll see it. Keep healthy dips on hand, like hummus, peanut butter, and low-fat yogurt. Load extras into your sandwiches, pizzas, salads, soups, and omelets. Pureed options like butternut squash can thicken soup and add nutrients. Mix cauliflower puree in with

Cut Down on Fast Food Try to reduce fast-food temptations. Take a different route so you don't have to pass drive-through places. Keep fruit or nuts with you to tide you over until you get home or to work. If you have to hit up a restaurant, choose lower-calorie items like grilled chicken. Look for fruit or veggie options like a salad (watch the dressing) or a plain baked potato as a side. Order regular or small sizes, and avoid value meals. Sip water or diet soda instead of sugary soda.

Choose Better Snacks Work in one more healthy snack a day. Trade cookies or chips for a small handful of nuts or trail mix, or low-fat yogurt. Find fresh fruit in season. Oranges are good because they take time to peel and eat. Try pretzels or a few whole-wheat crackers with low-fat cheese. Only snack when you're really hungry -- not just bored or stressed. Keep it to one serving.



Eat at Home More Often Plan every day so restaurants aren't your only option. Use a slow cooker so you have a hot, healthy meal ready and waiting when you get home at night. Cook more than you need, and freeze half. You'll have meals you can take out and heat up when you need them. Try an easy-to-fix healthy breakfast -- like oatmeal with fruit -- for lunch or dinner.

Avoid Mindless Eating Don't chow down unless you're hungry. Stop when you feel satisfied -- but before you feel full. It's OK to leave food on your plate. Don't sit in front of the TV or computer when you eat. When you multitask you're more likely to overeat. Stay in the moment. When you tune in to your appetite signals, you won't eat just because you're bored.



Snack Less at Work Get unhealthy snacks out of your office -- or at least out of plain sight. You'll eat less if you don't have food within easy reach. If you tend to graze at work, don't keep food at your desk. Make sure it's at least 6 feet away from where you sit. That will give you time to think before you grab a bite. Take

Eat Smart at Restaurants It's all in the planning. Order off the children's menu or ask for smaller portion sizes. Don't get so hungry that you overeat when you get there. Munch a healthy snack before you go. Start with a clear (not creamy) soup or a salad. Divide your meal in half and take the uneaten part home. Or split an entrée with a friend. Tell the waiter not to bring bread or tortilla chips to your table.

Eat Breakfast Everyday If you're too rushed to sit down and eat, take something with you. Portable breakfast items include granola or breakfast bars, yogurt, instant oatmeal, or pieces of fresh fruit. Muffins, bagels, and other baked goods are often larger than a single serving -- so keep an eye on portion size. If you don't like traditional morning eats, choose something to fuel your body.

Healthy Habits: Better Eating Resolutions

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Plan to Eat Right Don't give up because you're out of time. Create a healthy-eating plan for days when you work late or have errands to run. Keep nutritious snacks with you, like trail mix, whole grain cereal, or fruit. Store healthy foods in your freezer. Learn which restaurants and supermarket delis have salad, soup, or grilled chicken so if you have to get something "to go," you can choose wisely.

Eat Smart at Parties Have a healthy snack before you go. That way you won't hit the buffet too hard. When you get there, fill a small plate with at least half fruit and veggies. Opt for just a bite or two of desserts and high-calorie dishes. When you're finished, step away from the food. If you stay and chat around the buffet, you might be tempted to graze. Drinks can be high in calories, too. So whether it's alcohol or soda, use moderation.

Keep Track of What You Eat A food journal can help you pay attention to what you eat and how you feel. You may be surprised by your habits. You can write it out by hand or download an app for your phone or tablet. You don't have to track meals every day. Just do it one day a week or for a few days. That'll give you an idea of what and how you eat.



Learn to Say "No" Stay strong. The waiter might say that you can't have sauce on the side. You can. Your coworker might pressure you to try her homemade treats. Say no. Every bite adds up, so don't give in. Explain why you're saying no if you want to -- or just politely decline. You don't owe people an explanation. You do owe yourself good health.

Stop Overeating Trade your large plates and silverware for small ones. You'll eat less on a 10-inch than a 12-inch plate. Use a tablespoon, not a serving spoon, to dish out portions. Think about what you put on your plate to make sure you really want it. Serve from the stove instead of the table, so second helpings aren't right in front of you. Eat slowly so your body has time to tell your brain you're full.

Get Support It's easier to be strong when you have folks on your side. Ask a buddy or family member to eat healthy with you. Hold each other accountable. Don't try to go healthy while your family eats what they want. If you're all in it together and one of you is tempted to slip, the rest will be there for support. Or go high tech and download an app or find a website to keep you on track.

Set Yourself up For Success Aim for one small, specific healthy eating goal at a time. Reward yourself when you meet it. Don't try to make too many changes at once. Post reminders where you can see them every day. Choose something that won't derail your hard work, like healthy food, gourmet herbal tea, or a massage?



Did You Know?

According to data pulled from Google these are the most popular New Year's Resolutions:

- Get Healthy
- Get Organized
- Live Life to the Fullest
- Learn New Hobbies
- Spend Less/Save More
- Travel

Get Back on The Fitness Wagon

1. Don't be Hard on Yourself

People often feel they've lost all their hard work after time off, but that's not the case, says Doug Miller, Ph.D., professor of health and exercise science and director of wellness at Messiah College. "It's not wasted at all, and the benefits from the exercise can last much longer than most people realize.

2. Get Support From Others

While posting on social media can help, support from in-person friends can never be underestimated, says professor of exercise science Doug Miller. "It adds accountability and provides a group of friends you can exercise with and get to know." So ask a friend to join you on the journey, join a local jogging or cycling club or sign up for a local exercise class. It's also motivating to work out with someone slightly better than you for healthy, fun competition.

3. Ignore The Calendar Setting a start date for next week or next month sounds like a good way to resume your fitness plan, but this simple task becomes complicated when you realize how many events, trips, celebrations or holidays can get in the way of reaching your goals, says PJ Monson, founder of MyFitMojo. "Avoid thinking so far ahead. Just pick a day and start.

4. Start With One Thing Set a single goal to get started and stick with it for a week. "If you try to change too many things at once about your daily routine, then you are more likely to become overwhelmed and quit," says personal trainer PJ Monson. Examples of simple goals could be getting to the gym three times a week, cutting out wine at dinner during weekdays or going on a 20-minute walk every day. "Once you stick with it for a couple of weeks, reward yourself by adding on another goal," Monson says.

5. Invest in New Workout Gear Purchasing new workout gear or clothing can help motivate you to restart your healthy habits, because it'll give you a chance to put it to good use. New gear could even include a set of Tupperware for your healthy snacks and work lunches, says personal trainer PJ Monson. If your new plan includes taking a yoga class, spend money on something to help motivate you, such as a new outfit, yoga mat or colorful blocks. If you plan to walk or run, a heart rate monitor or pedometer can give you the push you need to stick with it.

6. Make it Short And Sweet No need to try and commit to a two-hour daily workout, especially when you're first getting back in the swing, says fitness coach PJ Monson. "You'll end up tired, sore and over it." Start with 10 minutes of brisk walking or a 20-minute high intensity interval training workout and go from there.

Get Back on The Fitness Wagon



7. Make Over One Meal Each Week In the same way you want to avoid prematurely overdoing your fitness routine, ease back into healthier eating habits by changing one meal a week, says Sharon Richter, RD. For breakfast, ditch the fat-laden muffin and choose lean protein and a high-fiber carbohydrate like egg whites with veggies. When you're ready to tackle lunch, you can still have a salad, but you also want to include healthy protein like nuts, chicken or fish. For dinner, focus on portion control. "And allow yourself a couple of bites of dark chocolate for dessert," says Richter. "You'll notice that you'll start to crave the healthier options."

8. Clean Out Your Kitchen Aside from getting back into the workout groove, you'll also need to take a look at reestablishing good eating habits. Start with beverages, says Sharon Richter, RD, nutrition ambassador for KeVita probiotic drinks. "Clean out the fridge and pantry of all drinks with dyes or artificial sweeteners. Replace them with water, sparkling water, low-fat milk or unsweetened almond milk and coconut water." Then hit the condiments. Toss out all items containing high-fructose corn syrup and dyes and replace them with fresh herbs, natural mustards, oils and vinegar.

9. Seek Professional Help If boredom, lack of results or injury inspired your last hiatus, it's a good idea to take proactive steps to prevent it from happening again. "Exercise specialists can help you set up a plan that's just right for you," says Sean Wells, bistroMD fitness expert. "And they can be found anywhere -- even in your gym. Asking the right questions and having an expert help you set those goals gets you started on the right foot." Ideally, look for a trainer who specializes in your particular goals, be it weight loss, muscle building, bone strengthening, etc.

[live strong.com](http://livestrong.com)

How to Make Any Change in Your Life This Year

- Consider why you want to change
- Think about any barriers to success
- Imagine how your life would look if your dreams came true
- Create a plan for change (collage, diary, wishlist, vision board, map)
- Try assertiveness or confidence building books or courses
- Consider therapy (your General Practitioner can refer you)
- Try support networks or groups for extra motivation
- Be willing to let go of your plans, take a break, and start again

Source: Dr. Petra Boynton

Quinoa Stuffed Sweet Potatoes

10-ingredient quinoa stuffed sweet potatoes with salsa, tortilla chips, and a creamy avocado-cilantro sauce! A hearty plant-based entree or side.

Author: Minimalist Baker

Recipe type: Entree, Side

Cuisine: Vegan, Gluten Free

Serves: 4



d Ingredients

POTATOES + TOPPINGS

- 4 medium sweet potatoes, well rinsed (organic when possible | ~150 g each)
- 3/4 cup (138 g) dry white quinoa, very well rinsed and drained*
- 1 1/4 cups (300 ml) water
- 1/4 tsp each sea salt and cumin, plus more to taste
- 1/2 lime, juiced (1 Tbsp or 15 ml)
- 1/4 cup (28 g) red onion, sliced
- 1/4 cup (64 g) salsa of choice
- *optional*: Tortilla chips, crushed
- *optional*: Toasted pepitas (pumpkin seeds)

AVOCADO-CILANTRO SAUCE

- 1 small ripe avocado
- 1 cup (60 g) cilantro, chopped
- 3-4 small limes, juiced (~7 Tbsp or 105 ml)
- *optional*: 2 Tbsp (30 ml) olive or grape seed oil (adds creaminess | or sub more water)
- 1/4 tsp each sea salt and cumin, plus more to taste
- 1 Tbsp sweetener of choice (such as maple syrup or agave nectar)
- 2-3 Tbsp (30-45 ml) water, to thin

Instructions

- 1 Preheat oven to 400 degrees F (204 C). Poke a few holes in the sweet potatoes with a sharp knife to allow steam to escape.
- 2 Once oven is hot, bake sweet potatoes directly on oven rack (with a baking rack below to catch any drippings) for 45 minutes - 1 hour, or until tender to the touch. Time will vary depending on size of potato.
- 3 In the meantime, heat a small saucepan over medium-high heat. Once hot, add rinsed quinoa and toast for 3-5 minutes, or until all water is evaporated and quinoa is fragrant and slightly toasted.
- 4 Add water, a pinch of sea salt, lime juice and bring to a simmer. Then reduce heat to low and cover. Cook for 15-20 minutes, or until all liquid is absorbed and the quinoa is fluffy. (For more tips, see [this helpful article](#) from Food52.)
- 5 Remove quinoa from heat and season with another healthy pinch sea salt and 1/4 tsp ground cumin. Stir, adjust seasonings as desired, and set aside, slightly covered.
- 6 To prepare dressing, add all ingredients besides water to a blender or food processor and blend. Add only enough water to encourage blending. Scrape down sides as needed.
- 7 Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Set aside.
- 8 Prepare any remaining toppings, such as chopped onion, cilantro or crushed tortilla chips (optional).
- 9 To serve split open baked potatoes and gently press in on both ends to allow room for toppings. Fill each potato with 1 Tbsp salsa, and 1/4 - 1/2 cup cooked quinoa.
- 10 Top with a healthy drizzle of avocado-cilantro sauce, and any other desired toppings (hot sauce, extra cilantro, and tortilla chips being my favorite). Best when fresh, though leftovers store separately in the refrigerator up to 2 days.