



wellnews

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ASK THE EXPERT

Your Questions Answered
by Health Professionals

I need to eat gluten free, where should I look for recipes?

by Robin Stahl, RD, LD

For the person with Celiac Disease, eating a gluten free diet is essential and a lifelong endeavor. Many people choose to eat gluten free for individual reasons. Finding recipes is a never ending journey, so here is a jump start to your yummy success!

For these sites, you need to filter for gluten free as they offer a wide variety of recipes.

- eatingwell.com
- skinnytaste.com
- kingarthurfLOUR.com
- glutenfreeandmore.com

These websites offer exclusively gluten free recipes.

- celiac.com
- glutenfreeonashoestring.com
- pamelasproducts.com
- themarchingapron.com

Ask a Registered Dietitian to help you achieve balanced nutrition while eating a gluten free diet as many nutrients may be missing with the limitations of this diet.

What core exercises can I do for back pain?

by Tyler Garretson, ACSM PT, MD Anderson CTPP

The importance of strengthening the muscles in the core/trunk cannot be overstated. These stabilizing muscles are located mostly around the middle of our bodies extending from our glutes and lower abdominals, all the way up to our shoulder blades. By routinely practicing strengthening movements that challenge these muscles to break down, repair, and build back stronger, you are significantly decreasing your risk for aches and pains and even injuries; especially those caused by the stress placed on your back during everyday activities.

A few easy movements that can be done at home on a soft surface are:

- Bird Dog
- Hip/Glute Bridge
- Dead Bug
- Forearm Plank

Two or three sets of 10-12 repetitions would be appropriate for movements 1-3. For movement 4 a hold of up to 30 seconds would be sufficient. If you are already experiencing pain or discomfort in your back before beginning these movements, you should consult a physician.

Resource: self.com/gallery/core-exercises-for-lower-back-pain-relief



FITNESS

Why Choose Cycling?

by Kathleen Connelly BA, ACE Certified Personal Trainer and Health Coach

If you are like me, you are ready for spring and the warm weather it brings! It is a great time to fill up your tires, make sure your helmet fits and get outside on your bike! Cycling outdoors or even indoors at fitness classes or through online options is a great form of physical activity for kids and adults!

- Cycling is low impact which makes it a great form of physical activity for the joints
- Increases strength, stamina, and aerobic fitness
- Intensity is easily modified based on an individual's current capabilities

Some of the main benefits of cycling include:

- Increased cardiovascular fitness
- Increased muscle strength and flexibility
- Improved joint mobility and strengthening of bones
- Decreased stress
- Improved posture and coordination

Research done worldwide supports a lifestyle involving biking and how it can decrease disease risk and improve quality of life. Biking to the store, a friend's house, work, or any other errand will increase your daily movement. One particular study showed that those who biked to work had 2-3 times less exposure to pollution than car commuters. A Finland study showed a 40% decrease in the risk of diabetes for those who cycled more than 30 minutes a day. Due to biking being low impact, it is a great form of exercise for those who have osteoarthritis.

Cycling isn't just for the outdoors. Bike trainers can be used by attaching your bicycle to it to make biking indoors possible during the winter months. Let's not forget those online cycling classes that you can take advantage of in the comforts of your home! Online classes can be found using various apps/websites like Peloton, YMCA (must be a member), Zwift and iFit.

If you are looking for ways to incorporate more biking into your lifestyle April is the perfect time! Visit 30daysofbiking.com for more information!



**LADOLEMONO
(GREEK DRESSING)**

- ¼ cup fresh-squeezed lemon juice
- 1 to 2 teaspoons dried oregano
- 1 large garlic clove minced
- ¾ teaspoon kosher salt
- ¾ teaspoon black pepper
- ¾ cup extra virgin olive oil

DIRECTIONS:

1. Put the lemon juice, oregano, garlic, salt and pepper in a bowl. Whisk to combine.
2. While you are whisking vigorously, slowly drizzle in the extra virgin olive oil.

NOTE: Use a high-quality extra virgin olive oil. Use as a salad dressing, sauce or marinade. Store your ladolemono Greek dressing in a tight-lid glass jar in the fridge for up to 2 weeks. The oil will separate as it sits in the fridge—give it a gentle shake before using on your salads, grilled meats, fish etc.

Nutritional Information —

Serving Size: 1 Tbsp — 16 Servings
 Calories: 93 Carbohydrate: 0g
 Protein: 0g Fat: 10.5g
 Fiber: 0g

Courtesy of The Mediterranean Dish:
themediterraneandish.com/ladolemono-greek-salad-dressing/

NUTRITION

Sneaky Sources of Added Sugar

by Vanessa Mitchell, RDN

Sugar. So much to say about one little word. There are naturally-occurring sugars. Then there are sugars added to foods, and they go by many names. This article focuses on highlighting some foods and beverages that can be unexpected sources of added sugars. Added sugars are now easier to identify on the updated food label—it has its own line under total sugars. Knowing alternative names of added sugars and reading the nutrition facts food label ingredient list will take you a long way in sleuthing sugars. FYI, 4 grams of sugar = 1 teaspoon.

Yogurt There will always be naturally-occurring sugar in yogurt – lactose. Choose yogurt with more grams of protein than grams of carbohydrate. Better yet, start with plain yogurt and add fresh or frozen fruit(s) and vanilla extract for nutritious sweetness.

Healthy-sounding granola and cold and hot cereals No one would be shocked that Fruit Loops and Apple Jacks and many more cereals are made of refined flours and added sugars. It’s the cereals with a possible health halo that you need to stay alert. Choose cereals with <8 grams of added sugar per serving. If a favorite cereal has more added sugars than you would prefer, try mixing it with a low- to no-added sugar cereal.

Sauces and marinades BBQ, ketchup and Asian-style sauces commonly pack a punch of sugar.

Salad dressing Easily whip up your own delicious dressing using high-quality olive oil, herbs, spices and vinegar(s)/juiced citrus.

Applesauce Choose unsweetened.

Nut butters Choose those made with only nuts and salt.

Granola bars, protein bars, energy bars. Many are like a candy bar in disguise.

Non-dairy milk Choose unsweetened.

Smoothies To avoid drinking a sugar bomb, make your own with whole fruit, unsweetened liquid, low- to no- sugar protein powder and healthy fats.

Bottled flavored water Read the label.

Tea Bottled, hot, cold, fountain, whatever—choose unsweetened.

Sports drinks Skip the sports drinks and stick with water unless you are doing >45 minutes of high-intensity exercise.

Resource: [fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label](https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label)



STRESS AND MINDFULNESS

Busyness: The New Status Symbol?

by Carla Ficorilli, MS, Health Coach

Work, work, work. With that and taking my kids to all their practices, that's all I do. I am so busy. I barely have time to eat!"

Sound familiar?

Busyness seems to be the new status symbol. Social Media is full of posts from people and their "incredibly busy lives".

So why are we putting such an emphasis on busyness? By telling others that we are busy and working all the time, we are suggesting that we are sought after, which enhances our perceived status. In the *Journal of Consumer Research*, a busy person was viewed to have more status, and perceived as more competent, ambitious and in demand. Researchers created a fictional Facebook account and noted reactions to posts about being busy with work, compared to being less busy; they also observed reactions to someone walking around with a Bluetooth headset vs. music headphones. The result? We may be judged on how busy we are, and busier equals better.

But when someone tells you how busy they are, and you feel that twang you should be doing more, think twice. Is this idea of busyness as a status symbol really a good thing? Financial planner, Kevin McKinley talks with people who are about to retire or who are retired. When they look back on their busy working days, many of them had regrets over how they spent their time.

Everyone's busy. Everyone has things that occupy their time. But is being overly busy worth it in the long run? Being busy can cause negative effects to your physical and mental health. Instead, when your workday is done turn your phone on vibrate or silent, don't check your email, and take your vacation time. Most importantly learn to say "No" to things.



World Health Day

Celebration Playlist

<https://spoti.fi/3vZdujY>

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

