



wellnews



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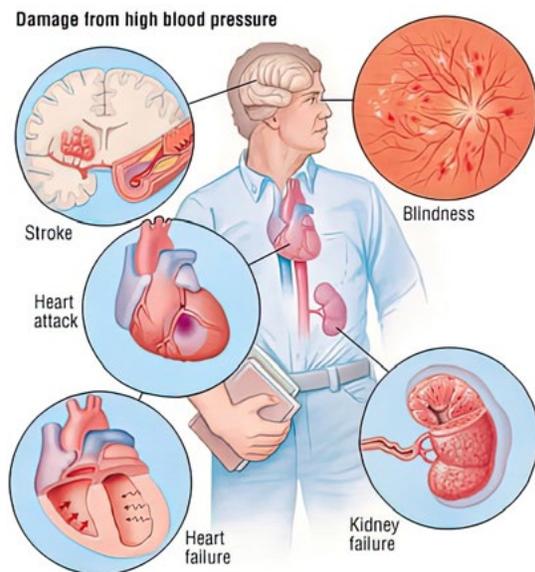
ASK THE EXPERT

Your Questions Answered
by Health Professionals

Can high blood pressure affect my organs?

by Alicia Robbins, Health Coach

Why is high blood pressure a big deal? Because even if you don't feel any different, it's putting stress on your heart and your arteries. Over time, problems in your arteries could affect blood flow and your heart has to work harder. An overworked heart can become larger than normal; the walls of the heart muscle lose strength and can't pump blood well. Since all of the tissues and organs in your body need blood to work well, that means things like your brain, your kidneys, your eyesight and other organs can be affected, too. To learn more, visit:



[healthline.com/health/high-blood-pressure-hypertension/effect-on-body#Circulatory-system](https://www.healthline.com/health/high-blood-pressure-hypertension/effect-on-body#Circulatory-system)

Is there an app for deep breathing stress management?

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



Great question! Managing stress throughout the day is an important health habit and learning some deep breathing is a versatile stress management tool. One of Health Promotion Services therapists, Bobbye Crawford, LMHC, LCAC, recommends the free app B2R, Breathe2Relax. This app is free and not only teaches you how to do the deep breathing technique diaphragmatic breathing, but it also teaches you how stress is affecting your body. The breathing exercises can help decrease the body's "fight or flight" response, control anger, stabilize mood, and manage anxiety. The app is available on the Apple App Store and the Google Play Store.

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FITNESS

Alternative Exercises

by Chris Garrity, ACE Certified Personal Trainer

Staying strong and fit doesn't require a gym membership. And if a nagging injury affects your ability to perform certain motions, alternative exercises are available. Consider the following exercises; you can use your own body weight, elastic tubes/bands, soup cans or water bottles, and furniture or pillows.

The progression from left to right is gym exercise, to a simpler version at home, to an even simpler version of the same exercise.)

GYM EXERCISE	HOME VERSION	OR EVEN THIS
Bar squat or leg press	Chair squat	Wall sit
Bench press	Elastic band chest press	Wall pushup
Seated row machine	Bent over 1-arm dumbbell row	Elastic band rows
Ab crunch machine	Ball crunch	Wall abdominal planks
Shoulder press machine	Dumbbell side raise	Can or bottle shoulder side raise
Inner thigh machine squeezes	Inner thigh band pulls	Seated inner thigh pillow

If you are unsure of how to do some of these exercises, perform an internet search by typing in the name of the exercise to get an idea of how to perform each motion.

Besides searching the internet on your own, there are other ways to learn more exercises.

1. Taking a few group strength classes can also be an effective way to learn about proper exercise technique and help you identify new exercises that work best for you.
2. Hiring a personal trainer for individual or small group training would help build knowledge of exercise options very quickly with more detailed feedback.
3. Watching beginner videos of strength workouts is a simple way to get an idea of the proper form without leaving your home.

So many more exercises can be modified when you can't perform your usual routine. Tap into your own creativity, or search for alternatives online, and find what works best for you. Of course, talk to your doctor first before beginning any fitness program.



NUTRITION

Sneaky Ways You Are Getting Salt

by Robin Stahl, RDN



There are several reasons to look at the sodium line on the Nutrition Facts label, but the most common one is blood pressure management. The average American gets 3400 milligrams (mg) of sodium per day in their diet. The American Heart Association

recommends a limit of 2300mg per day, however for most adults, especially seniors, no more than 1,500 milligrams is a better guideline.

Reducing sodium intake has the potential to prevent hundreds of thousands of premature deaths and illnesses. As a person ages, blood pressure tends to rise. This fact points to the need to take preventative steps before high blood pressure develops. It all starts with awareness.

The FDA states that the majority of excess salt in the diet comes from processed, packaged and prepared foods and restaurant meals, not the saltshaker. Inform yourself about the menu's sodium content by first looking online at the nutrition information for the restaurant you are planning to visit. Cooking at home is often the first recommendation for managing sodium intake as you have more control over the food ingredients. Many classic foods and ingredients are sneaky, such as salad dressings, marinades, seasoning packets, instant pudding, cottage cheese, flour tortillas, soy sauce, frozen shrimp, beef jerky, bagels, buns, rolls and biscuits. It is wise to check the sodium content of medications too, as these can be surprisingly high.

Food manufacturers add sodium for flavor and texture, and to preserve the food to make it shelf stable. Careful meal planning and label reading are key. If you eat a higher sodium meal, reduce the sodium at the other meals by carefully selecting the entrée and adding naturally lower sodium fruit and vegetables.

The Nutrition Facts label is the best tool to learn where sodium may be hiding.

LEMON CHICKEN

- 1 pound chicken, boneless breasts, cut into 4 servings
- 1/8 tsp paprika
- 1/4 cup flour
- 1/2 cup lemon juice
- 1/4 cup water
- 2 tbsp vegetable oil spread (e.g. Smart Balance)
- 1 cup water

DIRECTIONS:

1. Spray 13 X 9 inch baking pan with nonstick pan spray.
2. Preheat oven to 350 degrees.
3. Combine paprika and flour in a small bowl. Coat the chicken pieces with the mixture.
4. Place the chicken in the pan.
5. Pour the lemon juice over chicken, followed by first amount of water.
6. Place soft margarine in small dollops around the chicken pieces.
7. Pour more water around chicken so that it is not covered, but sitting in approximately 3/4 inch water.
8. Bake at 350 for 35-40 minutes or until internal temperature of the chicken reaches 165 degrees.

Nutritional Information — Per Serving
 Serves 4 — Serving size: 1/4 pound chicken
 Calories: 176 Carbohydrate: 2.5g
 Protein: 22g Fat: 8g
 Fiber: 0g Sodium: 160mg

Adapted from Healthy Hearts Cookbook

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	



STRESS AND MINDFULNESS

The Power of Hope and Positive Thinking

by Carla Ficorilli, MS

You just received a devastating diagnosis. Unsure of the future? You bet!

Hope can exist even alongside the most difficult situations and emotions. When you're up against a huge hurdle and use negative self-talk, your brain is programmed to respond to negative emotions by shutting off the outside world and limiting the options you see. But when you see the glass half full, you experience positive emotions, and you begin to see more possibilities in your life. Research shows that positive emotions open up your mind to more options.

Hope doesn't ignore the real challenges, the diagnosis, or dwindling money in the checking account. It doesn't see the world as all rainbows and kitty-cats, glossing over the negative. Hope is about having the belief that you will overcome, and you will persevere. This positive expectation of the future is grounded in three simple elements: Goals, Pathways, and Willpower.

Goals: either short-term or long-term. These must be desired enough to motivate action. They instill a reason to go on.

Pathways: plans on how to achieve our goals. The hopeful person is able to identify multiple pathways to the goal and can identify pathways or solutions to potential barriers.

Willpower: the ability to self-regulate thoughts, behaviors, and emotions when pursuing desired goals.

Hope involves taking action toward a goal, while a wish is out of your control. Hopeful people acknowledge the truth of the situation, believe they can influence their goals. They work through the hard stuff.

Psychological survivors (vs. psychological victims) are active, optimistic, and look to the future. They ask, "How can I help myself?" They grieve, which is healthy, but they continue to persevere and fight. Tough times are going to come. That's a fact. But as long as we have hope, we can recover.



You Do You Boo

[Featured Playlist](#)

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Spotify playlist by BREGS INDY

Get information from your health coach through social media!

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