



wellnews



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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

Does strength training help improve my bones?

by Beth Gregory, Health Coach

Yes, strong muscles = strong bones!

Bones are amazing living tissues that provide structure to our bodies and make up about 12-15 percent of our body weight. Our bones are constantly being broken down and made new again, a process that takes about five to ten years!

As our bodies age, this process does slow down, and bones become less dense.

Strength training, along with good nutrition, is important in keeping our bones strong and healthy. It slows bone loss by putting stress on our bones, causing cell turn over that helps bone become more dense. Strength training also builds muscle that surrounds and protects our bones. It also enhances balance and mobility, keeping us upright and safe from falls.

Strength training activities that will improve bone health include resistance band exercises, body weight exercises, lifting free weights and weight machines. Practice 30 minute strength training routines, two-three times per week for strong, healthy bones.



Where can I find healthy recipes?

by Jessica Robertson, MA, RD, CD

- TheDefinedDish.com
- SkinnyTaste.com
- TheRealFoodDietitians.com
- MarysWholeLife.com
- CookieandKate.com
- DamnDelicious.net

Above are some of my favorite websites that I use for recipe inspiration. I would encourage you to

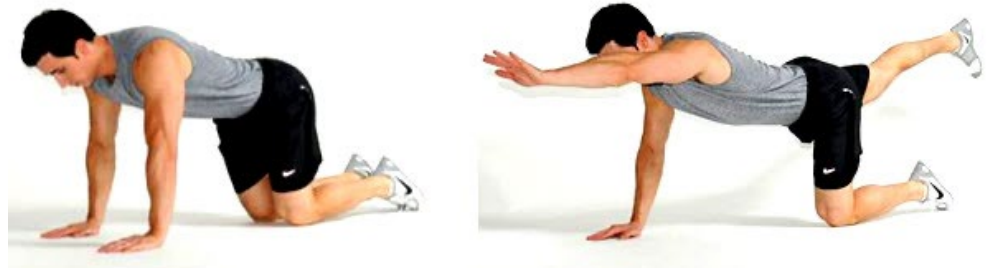
start by printing off a few recipes that look good and match your skill level. Store these recipes in a 3-ring binder. Each week or month, print off a few more, and before you know it—you'll have your own cookbook of favorites! Refer to these recipes each week to make meal planning a breeze. Happy cooking!

Most people associate balance with challenging yoga poses, but there is a lot more to it than that. Balance is another important component to fitness and one of the best things to work on to reduce risk of injury. This is important at any age, at any fitness level, any time. Working on balance through single leg stances, split stances, or uneven weight loading can help with overall stability. Here are a couple ones to consider incorporating into the routine.

FITNESS

Balance Exercises

by Dani Jones, Health Coach



Bird Dogs

Start on all fours (wrists aligned under your shoulders, knees aligned under your hips). Extend your left arm forward as you simultaneously extend your right leg behind you. Keep your shoulders and hips flat like a table. Resist rotating as you raise each leg. Hold for five counts. Repeat with the opposite arm and leg. Alternate sides, doing five reps on each side. To scale back if needed, try the extension with only your arm or leg at a time, keeping your other hand and/or knee on the floor.



Standing 3-Way Kicks

Begin by standing on 1 leg (with a soft, unlocked knee), slowly raise other leg out in front. Keep extended leg as straight as possible and return it to the center. Then gently lift the same leg out to the side and back down, and then extend leg behind your body and back down. Perform as many times as needed. Use a wall or chair for support on same side as standing leg for additional stability if needed.

We can all use more work when it comes to balance. For more ideas, go to [mayoclinic.org/healthy-lifestyle/fitness/multimedia/balance-exercises/sls-20076853](https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/balance-exercises/sls-20076853) to see what might be a good fit.



HERBED PASTA DINNER

1 large onion, chopped
2 tbsp olive oil (divided)
4 cloves fresh garlic, minced
½ tsp crushed red pepper
2 tsp dried oregano
2 tsp dried basil
1 can (15oz) diced tomatoes with liquid
12 oz dry pasta (all types of pasta)
4 ½ cups chicken broth
1 large chicken breast, cut into small pieces
Parmesan cheese for garnish

DIRECTIONS:

1. Place 1 tbsp. olive oil in a large stockpot. Heat oil over medium heat. Add onion and sauté until slightly softened. Add garlic. Stir constantly for 1 minute. Add red pepper, oregano, basil and heat for 30 seconds. Be careful not to scorch! Add tomatoes, pasta and chicken broth. Stir. Bring to a boil. Lower heat to a simmer and keep covered. Cook for approximately 10 minutes, stirring occasionally.
2. Meanwhile, heat the remaining 1 Tbsp. oil over medium heat in a small skillet, add chicken breast pieces and cook thoroughly. Add chicken to the stockpot. Cook gently until most of the liquid has evaporated.
3. Serve in bowls, garnish with parmesan.

Nutritional Information — Per Serving

8 Servings
Calories 222, Carbohydrate 35g, Protein 9g,
Fat 4g, Sodium 535mg, Fiber 2 g

Adapted from Healthy Hearts Cookbook

NUTRITION Fuel for the Future

by Robin Stahl, RDN

National Nutrition Month® is an annual celebration held in March to promote the importance of good nutrition through a themed campaign. This year the Academy of Nutrition and Dietetics' theme is "Fuel for the Future".

Food waste is a very big problem. According to the USDA, Americans wasted approximately 31 percent of the food supply at the retail and consumer levels in 2010.

If we run short of food, we run short of fuel. Period. The fuel it takes for us to work, create, move, think and live! Wasting food for some of us is a bad habit. Breaking a habit starts with awareness, and then requires making incremental changes in order to create new habits.

Consider making some simple changes in your daily life:

- When at a restaurant, consider the portion you will eat and plan accordingly. Will you be inclined to eat the leftovers at home?
- Check what food is "hiding" in the corners of your refrigerator and freezer before ordering groceries or making your list so you do not buy extra - increasing the risk for waste.
- Leftover vegetables and quickly ripening fruit can be placed in airtight freezer containers and used for future recipes.
- Notice what you tend to throw out and make corrections. Bread—perhaps you need to freeze in individual 2-4 slice amounts.
- Beware of BOGO promotions for perishable items.
- Know the lingo:
 - "Use by" is the last date recommended by the manufacturer to use a product before peak quality starts to decline.
 - "Best by" indicates when the product will have the best flavor or quality. It is not an expiration date.
 - "Sell by" tells the store how long to display the product for sale and is used for inventory management and not food safety.





Take realistic steps, no matter how small these steps may be, to develop your sense of control.



Dupes

Featured Playlist

spoti.fi/3ZaXf0F

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!
Click the links below:



STRESS AND MINDFULNESS

What Does It Mean To Be Resilient?

by Carla Ficorilli, MS

Resilience is a term that some people use to describe what it takes to overcome stress or extreme difficulties. Resilience refers to *successfully adapting to difficult or challenging life experiences* according to the American Psychological Association (APA). Resilience can mean different things to different people, so your definition may not match someone else's.

There's the wrong idea that resilience is about being fearless, being tough, or just being able to pick yourself up by the bootstraps. No one should be blamed for not being resilient according to a particular standard. Resilience happens out of necessity, not necessarily because someone has worked hard to achieve it.

When faced with adversity, it's perfectly natural to be afraid. The problem develops when the fear becomes paralyzing, preventing us from responding in an effective way to the problem we're facing. It's what you do when you're afraid that matters, an ability to manage emotions in the face of fear and stress.

Think of the fear as a springboard to leap into a new opportunity. This doesn't mean that resilient people don't experience strong emotions such as anger, sadness, or fear. They recognize those feelings are temporary and manageable.

If you're ever faced with extreme difficulties or stress:

- Show yourself self-compassion. Resilient people treat themselves with kindness, especially when things are hard.
- Resilient people tend to have a strong internal locus of control. They feel that their actions can play a definite part in determining the outcome of events.
- Instead of viewing adversity as overwhelming and unbeatable, reframe thoughts and look for small ways to tackle the problem.
- Focus on what is in your control and what you have control over. Take realistic steps, no matter how small these steps may be, to develop your sense of control.
- Build healthy stress management habits: Diaphragmatic breathing exercises, expressive writing, and progressive muscle relaxation.

If you are struggling to cope with challenges, don't be afraid to talk to your healthcare provider or a mental health professional. Even resilient people need help and part of being resilient is knowing when to ask for support and assistance.