



wellnews



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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

Can you explain blood glucose changes to me?

by Robin Stahl, RDN

Any calorie, carbohydrate, protein or fat, that is consumed is broken down for energy and will affect blood glucose to a different degree. Sugar and highly processed grain is quick to digest and will raise glucose rapidly, whereas fibrous, starchy carbohydrates take longer to raise glucose. Protein causes a slower rise in blood glucose. Fat causes very little change in blood glucose, but contributes to available energy for later. A meal that mixes carbohydrate, protein and fat is best for both quick energy and longer lasting energy. Each human body responds differently, so pay attention to what makes you feel best.



Do you have a wellness app recommendation?

by Kathleen Connelly, ACE Certified Personal Trainer and Health Coach



I have been working on improving my sleep and my husband recommend a relaxation app to me, *Meditation and Relaxation Music*. This app has relaxation music, brain stimulation frequencies and nature sounds. My husband and I have been using some of the nature sounds when falling asleep. My teenage daughter has been using this app when trying to relax after schoolwork.

The app lets you set a timer if you want take a calming break during the workday, or you can use the timer at night so it won't play all night long.

The app is free with several options and offers additional options for a small cost.

apps.apple.com/us/app/meditation-relaxation-music/id448207365



FITNESS

Using Proper Body Mechanics

by Dani Jones, Health Coach

Body mechanics are all about the way you hold your body when you move. Proper movement helps avoid muscle fatigue and injuries as you do every day things like walk, bend over, or lift objects. Think of body mechanics as good posture in motion. Incorrect posture or form can cause pain, and place extra stress on your muscles, bones and joints. Proper body mechanics include these three steps before moving:

1. Keep feet about shoulder width apart to create a sturdy foundation.
2. When lifting, bend at your knees instead of waist to reduce strain on lower back.
3. Keep your neck, back, hips, and feet aligned with each other to create a neutral position for the spine avoiding twisting and bending.



Putting these three steps together will support any movement.

When standing, keep feet flat on the floor and about a foot apart with weight evenly distributed between both feet. When going to pick something up, feet should be shoulder-width apart and bend at the knee using your leg muscles to lift an object, keeping it close to the body, rather than using the just muscles in your back.

When sitting, keep both feet on the floor, knees close to the chair with a 90-degree bend and hips close to the back of the chair. For more information on how to set up your work station, check out [mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169) for more information.



ROASTED ASPARAGUS

1 lb fresh asparagus
1-2 tbsp olive oil or sesame oil
2-3 tbsp white and/or black sesame seeds
salt and pepper, to taste

DIRECTIONS:

1. Choose firm, richly-colored, fresh-looking asparagus—closed tips, if possible.
2. Preheat oven to 425° F.
Line a large, rimmed baking sheet with parchment paper.
3. Snap off the woody ends of the asparagus.
4. Arrange the asparagus spears in a single layer on the sheet and coat the asparagus with olive or sesame oil. Sprinkle salt, pepper and sesame seeds over asparagus.
5. Roast until asparagus reaches the desired tenderness. Some prefer more crunch to their asparagus and others prefer less. For thinner spears, begin checking the tenderness at around 7 or 8 minutes. For thicker spears, begin checking tenderness at around 10 minutes.
6. Enjoy hot and fresh out of the oven.

Nutritional Information — Per Serving

4 Servings

Calories: 78, Carbohydrate: 3g, Protein: 2g

Fat: 7g, Sodium: 144mg, Fiber: 2g

NUTRITION

Food Allergy vs. Sensitivity vs. Intolerance

by Vanessa Mitchell, RDN

When a person's body does not tolerate a food, is it an allergy? Or a sensitivity? Or an intolerance? What's the difference among those terms? Generally speaking, an adverse reaction to a food can be classified as immune or nonimmune.

Food sensitivities and food allergies fall into the immune category. "A food allergy is an immune system response when the body mistakes a particular food as a harmful substance," says Melanie Silverman, MS, RD, IBCLC. "IgE antibodies are released, mounting a defense against the food in the body with a release of chemicals like histamine, causing the allergic reaction. Symptoms of an allergic reaction can manifest in a minor way as rashes, itching, hives, or swelling or in a severe way when people have serious trouble breathing and can lose consciousness.

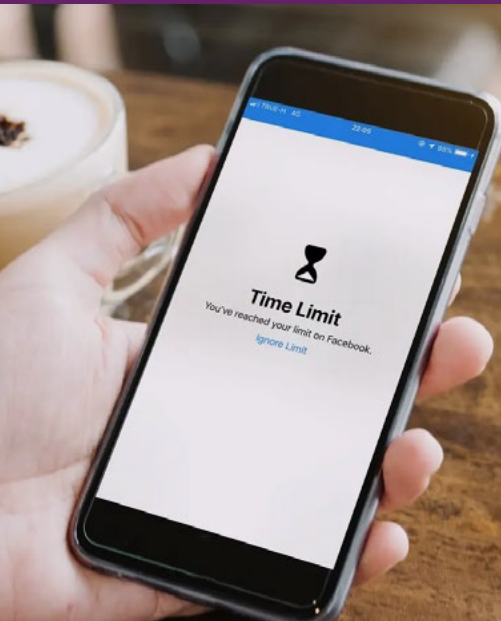
As a result, a food allergy can be fatal."¹ Food sensitivity involves a different immune response and different characteristics.

If you suspect a food allergy or sensitivity, testing should be completed with a board-certified allergist who can decide which food allergy tests to perform, determine if food allergy exists, and counsel you on food allergy management if a diagnosis is made.

Food intolerances fall into the nonimmune category. One can have an intolerance to a food additive or preservative as well. Intolerance can be a result of a lack of optimal digestive enzymes – a good example would be lactose intolerance. Food intolerance can also be caused from small intestinal bowel overgrowth (SIBO) or parasites. Often times, the cause of an intolerance can be identified and fixed, and one may be able to return to the once-offending food if the cause can be relieved. An elimination diet (including the reintroduction phase) is the optimal way to discover personal food intolerances. If you are considering an elimination diet, it is wise to seek expert nutritional guidance from a registered dietitian nutritionist.

¹Today's Dietitian October 2011 issue. Maura Keller. Food Intolerances vs.

Food Allergies — [todaysdietitian.com/newarchives/100111p52.shtml](https://www.todaysdietitian.com/newarchives/100111p52.shtml)



STRESS AND MINDFULNESS

Mindful Usage of Technology

by Freddie Holmgren, MS, ACE Personal Trainer, Intrinsic Coach

Digital technology is a big part of our lives. It is a vast source of information and ideas, allows for social connection, and is a significant part of our work and home life. While the benefits of digital technology abound, there are dangers and health risks too.

Do you find yourself constantly checking email or social media accounts? Do you find yourself scrolling through media when you're in a gathering, or when your children or partner are trying to get your attention? Do you choose to stay home on your device rather than attend a social function? If you feel disconnected or have a sense something is missing from your life, then devices might be to blame.

Excessive use of digital technology can harm our physical and mental health. We move our bodies less, sleep less, eat poorly, and experience more anxiety and isolation. Here are some tips to get the benefits without the health risks

Mindful usage tips:

- Turn off notifications on email and other apps.
- Create device free spaces in your home such as the kitchen table and bedrooms.
- Establish a central designated charging area for all devices and exclude bedrooms.
- Set a daily limit for yourself and family members. For example, set a time limit on email, social scrolling and games and entertainment apps.
- Prohibit usage during meals and 1-2 hours before bed.
- At work, look away from your screen often, and get up and stretch at least hourly.
- Instead of scrolling when you are bored or anxious, go for a walk, read a book, call a friend, or try a breathing meditation.
- Start or renew a hobby. The joy of doing the hobby will draw you away from your device.

For additional information

Tips for Reducing Screen Time: nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm

10 Ways to Minimize Screen Time:

fit.sanfordhealth.org/blog/10-ways-to-minimize-screen-time-article



April Showers

Featured Playlist

spoti.fi/3LxPRsP

Spotify playlist by BGREGS INDY

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

