



# wellnews



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## ASK THE EXPERT

*Your Questions Answered  
by Health Professionals*

### I'm a woman in my 40s. What health screenings should I get?

*by Jackie Geib*

It's very important to see your medical provider and get regular health screenings. Health screenings can help detect problems before they become exacerbated. Talk with your health care provider about each of the following screenings to find out how often you need to have them done, and what the best options are for you.

- **Breast Cancer screening/mammogram:** Usually starting at age 40. Getting your mammogram yearly helps with early breast cancer detection.
- **Cervical Cancer Screening:** Women in their 40's should continue to have a Pap Smear/HPV test every 3-5 years.
- **Cholesterol Screening:** It is especially important for women 40-45 to have this done if there is a family history of coronary heart disease.
- **Colorectal Cancer Screening:** It is now recommended that women at average risk for Colon Cancer get screened starting at age 45. The most common screening is a colonoscopy.
- **Blood Pressure screening:** This should be done every year.
- **Diabetes Screening:** This should be done every 3 years.

### I've never done a 5k. How do I train for one?

*by Freddie Holmgren, MS, ACE, Intrinsic Coach*

Training for a 5k, or 3.1 miles, is surprisingly simple and fun. It can be an energizing and motivating way to achieve your physical activity goals. Following a training plan is important to avoid injury, while safely building strength. There are many training programs on-line as well as several apps available. Plans last 6-9 weeks and start with a run/walk gradually building up to more running than walking. You will challenge yourself but never so much as to feel overwhelmed. All programs will include plenty of recovery time necessary to improve strength and endurance.

#### Key ingredients for a successful first 5k are:

- Select and register for your 5k event
- Have fun during the training and the event
- Wear supportive running shoes
- Invite a friend to train with you either virtually or in-person



[runnersworld.com/uk/training/5km/a760067/six-week-beginner-5k-schedule/](https://runnersworld.com/uk/training/5km/a760067/six-week-beginner-5k-schedule/)  
[mayoclinic.org/healthy-lifestyle/fitness/in-depth/5k-run/art-20050962](https://mayoclinic.org/healthy-lifestyle/fitness/in-depth/5k-run/art-20050962)



## FITNESS

# Why You Need Active Breaks

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

Life has changed so much; not only since COVID, but in the last 50 years more and more jobs are sedentary. From the Centers of Disease Control, CDC, one in four Americans sit for more than 8 hours a day. Because of this, more research is being done on the effects of sitting and the answer is clear...we need to break up our sitting and move our bodies.

Active breaks during the workday lead to many health benefits including:

- Improved blood sugar control and blood pressure
- Increased energy
- Decreased muscle tension
- Improved posture
- Improved focus, memory, and attention
- Increased productivity, creativity and decision-making
- Decreased stress and anxiety

Wow! But you might be thinking, "I don't have time for active breaks". What if I told you these "breaks" don't need to be 30 minutes long. Research studies are showing that even three-to-five-minute active breaks can counteract the effects of sitting and lead to health improvements and a happier work life.

Now let's put this into practice. Whether you need to stay near your work desk/station, or you can utilize your work building, home, or even go outside, here are specific ways to implement active breaks into your workday:

- Walk in place for 5 minutes or whenever you get a phone call
- Stand up and stretch
- Climb up and down the stairs for 3 to 5 minutes
- Do a few bodyweight strength exercises
- Do a mind-body activity like tai chi or yoga
- Grab a co-worker and go for a 5- or even 10-minute walk outside

Active breaks not only improve our health, but they can also have a profound effect on how we work...that is a win-win for everyone! For more ideas to incorporate active breaks into your workday, visit: [heart.org/en/healthy-living/fitness/getting-active/how-to-be-more-active-at-work](https://heart.org/en/healthy-living/fitness/getting-active/how-to-be-more-active-at-work)

### 5-minute walking workout

[youtube.com/watch?v=KkRrEhFcSNE](https://youtube.com/watch?v=KkRrEhFcSNE)

### 5-stretch routine from ACE Fitness

[acefitness.org/education-and-resources/lifestyle/blog/6554/5-stretches-to-un-desk-your-body/](https://acefitness.org/education-and-resources/lifestyle/blog/6554/5-stretches-to-un-desk-your-body/)

### 4 bodyweight routines from ACE Fitness

[acefitness.org/education-and-resources/lifestyle/blog/7088/too-busy-to-exercise-4-crucial-exercises-you-can-do-in-5-minutes/](https://acefitness.org/education-and-resources/lifestyle/blog/7088/too-busy-to-exercise-4-crucial-exercises-you-can-do-in-5-minutes/)

### 8-minute tai chi routine

[vimeo.com/331368662](https://vimeo.com/331368662)



## NUTRITION

# Basic Ways to Start a Meal Planning Habit

by Robin Stahl, RDN

Habits that support your health goals come in many forms. Meal planning and preparation is a skill that benefits the busy workweek in several ways. Meals eaten at home save time, are lower in sodium, calories and saturated fat, have improved nutrient content and are financially rewarding.

The first step in developing the meal planning habit is having an organized menu. Keep things simple when you are getting started. Protein, starch, vegetable and fruit.....separated or combined are the basic components to most meals. Plan to spend time on your day off to prepare (or stage) meals for the upcoming week. Gather the ingredients you will need and think about what can be accomplished ahead of time.

### SIMPLE AIR FRYER SALMON

4 salmon fillets, even thickness  
2 tbsp olive oil  
Garlic powder  
Paprika  
Lime juice (optional)  
Dried ginger (optional)  
Honey (optional)  
Salt and pepper (optional)

#### DIRECTIONS:

1. Preheat your air fryer to 400 degrees
2. Drizzle the salmon with olive oil. Use a brush to distribute the oil on both sides of the fillets.
3. Sprinkle seasonings of your choice on both sides of the salmon.
4. Place the fillets on the air fryer rack and cook for 7-10 minutes. Salmon is done when it separates easily with a fork or reaches an internal temperature of 145 degrees.

#### Nutritional Information — Per Serving

4 Servings  
Calories 299, Carbohydrate 0g, Protein 23g,  
Fat 22g, Sodium 67mg, Fiber 0g  
(assumes not adding honey or salt)

### A few tips:

- Cut up fruit and vegetables for the week and divide them into single servings or the amount for full meals
- If working from the freezer, be sure to think about the thawing process
- Marinate the food items you plan to cook the next day
- Load the crock pot insert the night before so you have little to do in the morning

### Prepare any ingredients that need special attention or longer “hands on” time

- Roast vegetables, caramelize onions, cook rice, quinoa or pasta
- Bake the cornbread on the weekend for crock pot ham and beans on a weeknight
- Make the potato salad or coleslaw ahead
- Assemble the burger patties (bean burgers, hamburgers, mushroom burgers)
- Measure and mix the ingredients for the stir fry sauce or salad dressing

Make sure there is at least one dinner meal per week (more, if possible) that is ‘heat and eat’ left overs... everyone needs a break from the burden of nightly cooking. Not enough food left for a full meal? Prepare a lunch or two from the dinner leftovers. You’ll be glad you did!







## STRESS AND MINDFULNESS

# Forgiving Yourself

by Carla Ficorilli, MS

Almost all of us have done something we can't seem to forgive ourselves for. But forgiving yourself is important, because if you don't, you risk letting that redefine who you are. Learning to be self-forgiving is a skill that requires practice.

### Disconnect Your Mistake From Your Identity

If you're beating yourself up for doing something wrong, and then you beat yourself up for beating yourself up, you're never going to feel better. You have to decide: "This is something that happened, but it doesn't define who I am. *I learned my lesson, and I won't do that again.*"

If you did something bad enough that you still haven't forgiven yourself, there was probably someone else involved. And part of forgiving yourself is letting the other person know that you know you were in the wrong.

Step one is to take ownership of what happened. The next is to ask for forgiveness. But you can't hang your hat on whether you get that forgiveness. You don't get to decide what forgiveness looks like. The other person may not forgive you, and that's OK. What they do next shouldn't stop you from forgiving yourself. They are entitled to their feelings, just as you are entitled to forgiving yourself.

Forgiving yourself means understanding you may have deserved the consequence you got, but that punishment doesn't define you. You have to be willing to separate the consequence from your identity.

As babies we learn to walk by falling down and getting back up again. Adults who are self-forgiving treat their mistakes the same way. We are not perfect. Striving for perfection is a recipe for stress and constant disappointment. It's an unachievable illusion. Establish realistic expectations.

Once you see that *you* aren't inherently bad, it becomes easier to give yourself grace for your mistake.



### Race Day

Featured Playlist

[spoti.fi/41RWkEt](https://open.spotify.com/playlist/spoti.fi/41RWkEt)

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

