



wellnews



September 2023

IN THIS ISSUE

Ask the Expert	1
Fitness	2
Nutrition	3
Stress and Mindfulness.....	4

Hoosier School Benefit Trust Health & Wellness Center

HSBT Harding St.

6925 S. Harding Street, Suite B1
Indianapolis, IN 46217
317.497.6140

HSBT Speedway

1011 Main Street, Suite 260
Speedway, IN 46224
317.497.6140

HSBT East Washington Street

7910 E Washington St. Suite 350
Indianapolis, IN 46219
317.497.6140

HSBT Health Coaches

Alicia Robbins
ARobbins2@eCommunity.com

Dani Jones
DNJones@eCommunity.com

ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

How can I get Vitamin D?

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

Great question and one that is important for all of us to know. Vitamin D is a crucial part of keeping our bodies healthy by maintaining calcium in the blood and bones and building and maintaining bones.



Vitamin D can be produced by the body's skin when exposed to sunlight. This production varies depending on age, skin tone, geological location, and sunscreen. Studies suggest as little as 8-15 minutes in the sun without sunscreen can produce adequate amounts of Vitamin D.

It is also possible to get Vitamin D from food. Eating mushrooms, rainbow trout, fatty fish such as salmon and tuna, and egg yolks can provide the body with Vitamin D.

For more about Vitamin D, recommended daily intakes, information on Vitamin D deficiency and treatment options, visit ClevelandClinic.org : cle.clinic/47Ft07e

What is the best kind of bread?

by Jackie Geib, BA, Certified Health Coach

Bread tends to get a bad reputation at times, but there are healthy, low glycemic options available. Your bread should be free of preservatives, additives and artificial flavors/colors. Ideally, there should be little to no sugar; additionally there should be at least 3 grams of dietary fiber per serving.



The best option would be a sprouted grain bread. This bread is made by soaking, sprouting and then baking the grains and seeds which helps with digestion and make the nutrients more absorbable.

Real Sourdough bread is another healthier option (ideally made with whole grain flour, water and salt). A sourdough bread starter is fermented and doesn't contain yeast.

Traditional Rye bread (whole grain rye flour, low sugar) and Pumpernickel can also be other healthier options.



*"Keep Indianapolis Beautiful"
tree planting*

FITNESS

Choosing Active Hobbies

by Chris Garrity, Personal Trainer

Be more active! That's a common message that has long been proven to enhance health and overall well-being. Exercising in a gym may not be the most appealing way to increase activity, so what about a different approach? Start an active hobby. There are many clubs out there related to fitness, such as walking clubs (see Volksmarch), running clubs, hiking clubs, cycling clubs, etc.

If those aren't appealing, give these other options a try:

- Gardening (volunteer at a local garden or start your own)
- Litter clean up and tree planting (visit "Keep Indianapolis Beautiful")
- Pickleball (indoor or outdoor options, and it's for all ages)
- Dance groups (ever tried clogging?)
- Water activities (paddle boarding, kayaking and canoeing)
- Golf (walk the course instead of using a golf cart)
- Classes through the parks department (land or water fitness)
- Sort shoes and organize shoe drives (visit "Changing Footprints")
- Historical tours (attend multiple tours or volunteer to lead groups)
- Improve your carpentry skills (visit "SAWS" or "Habitat for Humanity")
- Volunteer at a food pantry to boost your steps and help others
- Martial arts (including Tai Chi) or yoga classes to improve balance, flexibility, and overall fitness
- Roller skating, ice skating, or roller blading clubs

Allow some of these ideas to help you brainstorm and consider other more active hobbies.



Pickleball



HEMP SEED AND QUINOA TABBOULEH

- 1 cup fresh mint leaves
- 1 cup fresh parsley
- ¼ tsp salt
- 4 medium fresh tomatoes, chopped
- 1-2 mini cucumbers, diced
- 2 tbsp diced red onion
- ½ cup hemp hearts
- 1 cup cooked quinoa (red, white or tri-color)
- 3 tbsp extra virgin olive oil
- 2-3 tbsp freshly-squeezed lemon juice

DIRECTIONS:

1. Cook quinoa according to package directions.
2. Juice the lemon.
3. Dice/finely dice tomatoes, cucumber and onion.
4. In a food processor fitted with the S-blade, process the mint, parsley and salt until minced.
5. Transfer the herb and salt mixture to a bowl. Add the tomatoes, cucumbers, onion, hemp hearts, cooked quinoa, olive oil and lemon juice to the bowl and mix all ingredients together well.
6. Chill, or serve at room temperature. Enjoy!

Nutritional Information — Per Serving
 Makes 4 servings (¼ of recipe)
 Calories 250, Carbohydrate 16g, Protein 8g,
 Fat 19g, Sodium 105mg, Fiber 3g

NUTRITION Plant Protein

by Vanessa Mitchell, RDN



A top concern among vegetarians/vegans and those contemplating vegetarianism/veganism is consuming adequate protein. Animal proteins are a complete protein because they contain all nine of the essential amino acids in sufficient amounts (amino acids are the building blocks of protein; essential means that our bodies don't make them, thus we must consume them). Most plant-source proteins are an incomplete protein because one or more of the nine essential amino acids are missing from each specific plant food. The exceptions to that are soy, buckwheat, pumpkin seeds, quinoa, chia seeds and hemp seeds which contain all nine essential amino acids.

Rest easy, we don't need the complete amino-acid profile at every meal—gathering all the essential amino acids throughout the day is sufficient. Eating a wide variety and adequate amounts of protein-rich foods ensures consumption of all the essential amino acids the body needs.

While meat and fish “win” when it comes to complete protein, plant proteins “win” when it comes to naturally-occurring fiber and phytochemicals. Legumes (lentils, beans, peas), soy foods, nuts, seeds and intact whole grains are loaded with a multitude of health-promoting micronutrients and hunger-controlling protein and fiber.

FOOD	SERVING SIZE	PROTEIN (g)	FIBER (g)
Dry legumes, cooked	½ cup	6-13	4-10
Tree nuts	¼ cup	3-6	2-4
Peanuts	¼ cup	7	3
Pumpkin seeds	¼ cup	7-9	2-4
Chia seeds	2 tbsp	6	10
Edamame, shelled	½ cup	10	4
Tofu	3 oz.	4-9	1-2
Hemp hearts	3 tbsp	10	1
Quinoa, cooked	½ cup	6	3
Farro, cooked	½ cup	7	7
Steel cut oats, cooked	½ cup	5	4
Plant-based meat alternative	4 oz	19-25	2

Discover, harness and enjoy the delicious power of protein-rich plants!



STRESS AND MINDFULNESS

Suicide Awareness

by Carla Ficorilli, MS

We all have bad days, days we feel depressed and days where nothing seems to go right: everything leads you one step closer to curling up in a ball right in the middle of the classroom, grocery store, parking lot, etc. Sometimes it's just a bad day, and sometimes there's more going on.

It can feel scary and overwhelming when you see someone you love struggling. But you can play a powerful role in connecting someone who is struggling to the professional support that will help them feel better.

The best things you can do are reach out to someone you are worried about and believe someone who tells you they need help. Here is your step-by-step guide to doing it.

1. Start by expressing your concern and desire to help. "I'm worried because I noticed you [insert things you've noticed]. How can I help you through this?"
2. Keep the door open if they won't talk to you. If they are not comfortable talking to you, ask them if there is someone else they would feel comfortable talking to.
3. Ask them directly if they have thought about suicide. You may worry that this could put the idea in their head, but research shows the opposite is true. Asking someone if they are feeling suicidal can bring them relief, someone finally acknowledges how badly they are feeling. Simply ask: "Are you thinking about suicide?" or "Have you had thoughts about suicide?"
4. Stay calm if they say yes. Take some time to listen calmly to what they have to say and ask some follow-up questions to figure out how you can help.
5. Listen and validate their struggle.
6. Tell them you want to connect them to help.
7. Don't promise to keep what they tell you a secret. If someone is thinking of suicide, they need professional support. It isn't something you can keep secret.

For more information, there is a wealth of information on the internet, or check out these sites:

afsp.org • suicideispreventable.org



Go Move Go

Featured Playlist

spoti.fi/3qQmqKt

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

