



wellnews



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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

How can I keep my kidneys healthy?

by Tara Canada, ACSM Certified Exercise Physiologist, Intrinsic Coach®

More than 1 in 7 US adults are estimated to have chronic kidney disease (CKD), and most don't know they have it. Small changes can help stop or slow down the disease. Start with one of these six tips for healthy kidneys.

Manage your high blood pressure or diabetes, the two leading causes of CKD. Measure blood pressure and blood sugar often, and take medications as prescribed.

Eat a diet high in fruits and vegetables and low in salt, fat and cholesterol. Reduce the sodium in your diet by eliminating processed foods, and drink at least 6 cups of water/day.

Be physically active most days of the week. All types of activity are beneficial, so choose what you love.

Blood and urine tests can determine how well your kidneys are working. There are no symptoms of kidney disease in the early stages; most people don't know they have it until the kidneys are badly damaged.

Quit smoking and limit alcohol. A drink or two is okay if you're healthy, but binge drinking can cause serious damage.

NSAIDs, (ibuprofen or naproxen) can damage your kidneys if you take them too often. Proton pump inhibitors for GERD can also raise your risk for CKD. Even some herbal supplements can be harmful, so talk with your doctor if you use any of these on a regular basis.

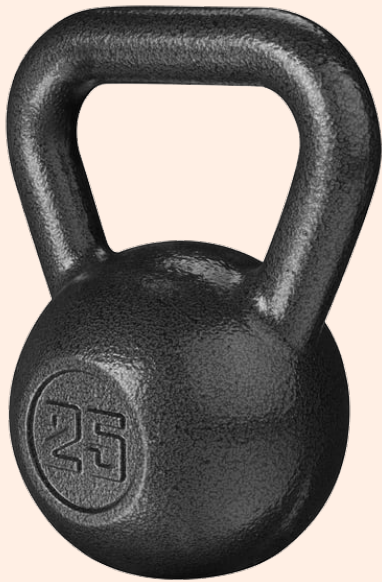
Do you have a wellness app recommendation?

by Jackie Geib, BA, Certified Health Coach

I have found that the Ten Percent Happier app is a wellness app that is worth using regularly. Ten Percent is more of a mental health-focused app with some free guided meditations available, or you can subscribe and receive unlimited meditations, courses and information. I started using this app to learn more about meditation and found it to be very helpful. Ten Percent also has a podcast that I really enjoy. Whether I listen in the morning or evening, I always seem to have a more positive outlook on life and decreased stress.



TEN
PERCENT
HAPPIER



FITNESS

Kettlebell Training 101

by Dani Jones Health Coach

Kettlebells have grown into a popular and versatile piece of work out equipment. Their shape — a thicker handle with offset weight — allows movement patterns to challenge core strength, balance and coordination in ways other equipment cannot. There are three basic exercises to have in a routine, and everyone can benefit from these, no matter the skill level: 1) the deadlift, 2) the swing and 3) the farmer's carry. Start by finding the right weight for you, which can be done by testing what weight can be comfortably pressed overhead three to five times.



The deadlift begins with the kettlebell between feet, hip width apart. Bend the knees while pushing hips back slightly to bring hands to the handle. Back should be in a neutral position — head, neck, shoulders, and hips in one straight line as if a board is holding this alignment. Keep arms straight and grab handle with both hands and stand up pushing through the feet, bringing hips forward, chest tall and proud. As weight comes back down, keep the back flat.

[ExRx.net : Kettlebell Sumo Deadlift](#)

For the swing, keep the back in neutral position, bring hips back slightly with bent knee to bend forward while holding weight about mid-thigh height. Use core muscles and glutes to push hips forward, straightening knees. Swing the kettlebell in front of you as high as it will go with the force of hips only, arms should remain straight and moving at the shoulder only. Build momentum as the kettlebell moves back and forth between legs and the front of the body.

[Full Body/Integrated Exercises | Swing \(acefitness.org\)](#)

The farmer's carry is a very simple yet effective exercise for core muscles. Start by placing the kettlebell on the ground on either side. Pick up kettlebell much like a deadlift to stand straight up. Take small steps while the core is tight to keep hips and shoulders level to avoid leaning towards weight. Repeat on the other side.

[ExRx.net : Kettlebell Farmer's Walk](#)



LOADED EGG CASSEROLE

Make this easy breakfast casserole for brunch or make it ahead for meal prep for the week.

Olive oil spray
2 cups shredded sharp cheddar cheese
1 tbsp olive oil
1/3 cup sliced scallions
5 oz sliced mushrooms
1/2 cup chopped red bell pepper
7 oz finely diced lean ham steak
3/4 cup diced tomatoes, seeded
1 cup finely chopped broccoli florets
7 large whole eggs
5 large egg whites
1/4 cup milk
1/2 tsp salt
1/4 tsp ground black pepper

DIRECTIONS:

1. Preheat the oven to 375°
2. Spray a 9x13 pan with oil spray
3. Place 1 cup of cheese in the baking dish
4. Heat the oil in a large skillet over medium heat.
5. Add scallions, mushrooms, and red pepper — saute until tender.
6. Add the tomatoes and cook for 2-3 minutes.
7. Add the ham and broccoli and remove from heat. Spread evenly over the cheese mixture
8. In a large bowl, combine the eggs, egg whites, milk, salt and pepper — whisk well. Slowly pour over the vegetables in the baking dish. Top with the remaining cheese
9. Bake 32-35 minutes or until the center is set. Let stand 8-10 minutes before cutting into 6 servings

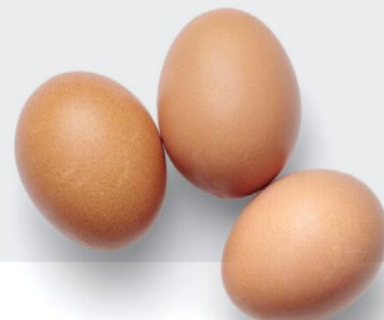
Nutritional Information — Per Serving

Makes 6 servings
Calories 300, Carbohydrate 10g, Protein 30g, Fat 16g, Fiber 2g

Adapted from SkinnyTaste.com

NUTRITION All About Eggs

by Jessica Robertson, MA, RD, CD



Let's explore 5 egg-cellent facts

1. The color of the shell can range from white to brown to olive green. The difference lies in the breed of the hen. Nutritional content is the same, regardless of shell color.
2. The color of the yolk is determined by the hen's diet. The rule of thumb here is the darker the yolk, the more likely the hen was free-range. Darker yolks are attributed to diets higher in green plants and deeply pigmented plant material — easily accessible by free range chickens. Lighter yolks are a result of a diet high in wheat, barley, and corn meal.
3. What do the labels mean? **Cage free** hens are not confined to a cage; however, they may not be running happily around a field. Cage-free can mean a wide variety of environments, from cramped in a warehouse to wandering around outside. **Free range** hens are allowed to roam outside for at least part of the day. "Natural" is not a regulated term, so this could be whatever the manufacturer wants it to mean. **Certified organic** hens are fed organic vegetarian diets free from GMO's or foods produced with pesticides.
4. Are eggs healthy? One egg gives you 6 grams of protein and they're packed with vitamin A, vitamin E, vitamin B12, folate, choline and lutein. Eggs are a good, inexpensive source of nutrients and high quality protein.
5. What are the best eggs to buy? Pasture raised and organic eggs have a darker yellow yolk and are found to have less cholesterol. They are also richer in omega-3 fatty acids (more than 2x!) and beta carotene. Support local if you can — your farmers market is a convenient place to buy fresh eggs directly from nearby farms.

Though they come in a small and affordable package, eggs pack an impressive nutrition punch. The combination of protein and healthy fat gives eggs some staying power, so you feel full longer.



STRESS AND MINDFULNESS

Speaking-up About Burnout

by Freddie Holmgren, MS, ACE, Intrinsic Coach

Leading burnout researcher and consultant, Christina Maslach describes burnout as "... the response to prolonged chronic situational stressors on the job. It's the everyday stuff that wears people down."

The World Health Organization defines burnout by 3 characteristics:

- **Feelings of energy depletion or exhaustion** — This is our physical stress response to burnout. It's when you just can't take it anymore.
- **Increased mental distance from one's job, feeling negativism or cynicism** — One feels negative, even hostile about the job, and might be highly critical of others, or do the least needed to get by. This is the heart of burnout.
- **Reduced professional efficacy** — This involves negative self- evaluation, believing you're not good enough. You might feel like your very soul is eroding, that you have no future, or feel stuck.

Caregivers, decision-makers, entrepreneurs, and high achievers are especially vulnerable to burnout. Furthermore, toxic work conditions and bosses, long hours, lack of autonomy or safety, low social support, and poor work-life integration foster burnout.

Burnout is hard for the employee to talk about because it can feel like a personal failing, and it's hard for the organization to talk about for the same reason. Burnout becomes a taboo topic. Yet it is exactly what every worker and organization needs to talk about, on a regular basis.

If you're suffering from burnout, don't suffer in silence. Reach out to your team, a trusted colleague, a friend, your manager, HR, or your mental health resources. The benefits of acknowledging the condition is a greater sense of control, freedom and connection.

Other steps to reduce burnout:

- Process the stress through physical activity, affection, art, or laughter
- Know your part of something larger. Finding meaning helps you feel a part of something greater
- Monitor your workload. Set boundaries, check on alignment with your values and core goals, focus on what is in your control.
- Practice self-compassion, often!
- Self-care practices such as rest, nutrition, movement, social connection, positive self-talk, and mindfulness



Eclipse 2024

Featured Playlist

spoti.fi/3ETDnHm

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

