



wellnews



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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

How can I take care of my skin as I age?

by Alicia Robbins, Health Coach

Our skin goes through many changes as we age. Besides getting older, our daily movements, sleeping positions, obesity, and gravity are some other reasons our skin changes.

Effective strategies to help your skin look its best.

- **Shield your skin.** Apply sunscreen with SPF 30 or above.
- **Keep showers short.** A quick, five-minute shower will hydrate your skin.
- **Turn down the temperature.** Hot water strips your skin of its natural oils.
- **Moisturize.** A thicker ointment or cream can be more soothing for dry sensitive skin.
- **Keep it mild.** Use a gentle cleanser that's free from fragrances and alcohol
- **Humidify.** In cold weather, turn on a humidifier to add moisture to the air inside.



Visit nia.nih.gov/health/skin-care/skin-care-and-aging to learn more on skin care.

How can I make holiday baking healthier?

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

My kids and I love to bake during the holidays, so finding healthier ways to make all of our treats is a bonus. Here are some simple ways to make your baking a little healthier this holiday season.

- Use applesauce in place of some of the oil or butter in a recipe.
- For flour, try using only half of it as white flour and use whole wheat for the other half.
- When using chocolate, use one with a higher cocoa content which has more antioxidants and magnesium. Some options are dark chocolate bars and chips, cocoa nibs, or unsweetened cocoa powder.
- For oil, use olive or avocado oil instead of canola or vegetable oil.
- Use herbs and spices for flavor instead of salt.



FITNESS

Mindful Movement

by Jackie Geib, BA, Certified Health Coach

Moving your body is very important for your wellness. Not everyone enjoys going to a gym or running 5 miles on a track. Being mindful about your movement includes doing types of activities that you enjoy throughout the day. There are no requirements, just move how you want to move.

Movement can be as simple as your daily gym workout using cardio equipment and/or weights, taking a walk, a run, or a bike ride around your neighborhood. Cleaning your house or doing yard work are also great ways to move your body. However, it is also very important to incorporate movements into your routine that you don't normally do on a daily basis.

Children have a more natural instinct to move in different ways. Daily child play may include multiple movements such as running, jumping, hopping, swinging, scooting, hanging, crawling, moving backwards, swaying and more! These movements come very naturally to children, but adults must purposefully try to incorporate these movements into their day. Being mindful about moving your body can help you achieve fitness but also help with longevity. Each of those movements above incorporates different muscles of the body to help the body stay balanced.

Taking the time each day to think about what activity or movement will best benefit your body that day is making the decision to be mindful. Choose activities and movements that you enjoy but that also help balance your muscles throughout the week. It is best to move throughout the day for optimal health. Try to move your body in different ways throughout your day, especially after sitting for prolonged periods. Working up to at least 30 minutes of activity/exercise most days of the week will benefit your overall health.



SWEET POTATO BROWNIES

1 cup chopped, pitted dates
 ¾ cup cooked sweet potato, mashed
 ¾ cup nut butter of choice
 2 eggs
 ¼ cup applesauce
 ⅓ cup unsweetened cocoa powder
 ½ tsp baking soda
 ⅓ cup dark chocolate chips

DIRECTIONS:

1. Put the dates, sweet potato, and nut butter in a food processor (or high powered blender) and process until smooth
2. Add the eggs and applesauce and process until mixed
3. Add the cocoa and baking soda and pulse until combined
4. Stir in the chocolate chips
5. Spoon into a greased 9x9 pan and bake at 375 degrees for 15-20 minutes until a toothpick inserted comes out clean
6. Optional frosting: when cooled — top with melted nut butter

NUTRITION

What Is Mindful Eating?

by Jessica Robertson MA, RD, LD

When you're on the couch watching TV, chances are you are doing something else at the same time—like munching on snacks. Eating while doing something else can lead to unhealthy habits. Mindless eating is quite easy to do since food is such a part of everyday life. When done on a regular basis, mindless eating can cause you to consume more food than you realize, or eat when you aren't hungry. Embracing a practice known as mindful eating can get you back on track.

What are the benefits of mindful eating?

- Promotes better enjoyment and appreciation of food
- Help curb cravings
- Improves digestion
- Regulates eating patterns
- Supports weight management
- Promotes a more positive attitude towards food — and ourselves

Practicing these mindful eating strategies can help you be more aware of what, when, and how you're eating.



Sit down while you eat. Eating at your desk, in the car, or while making the kids dinner are all examples of mindless eating. Turn off the TV and get rid of distractions. Research indicates that if we sit at a table, that helps us to be mindful of how much we're eating and enjoy our food more because we're focused on it.

Use all your senses. Make an effort to observe the look, smell, and mouthfeel of your food. Take small bites. Chew slowly. This is easier said than done and may require practice. When you're getting started, set a timer for 20 minutes with a small portion of food and make sure it lasts that long. Slow down by using your non-dominant hand to eat.

Be aware of physical hunger. Pause between each bite of food and ask yourself, "Am I really satisfied? Can I stop here?" We often eat a whole plate of food before even taking a pause or a breath.

Mindful eating is about being present in the moment, focusing on what you're eating and noticing when your body is full. This approach builds a healthier relationship with food and gives you a sense of freedom.



STRESS AND MINDFULNESS

The #1 Key to a Happier and Longer Life

by Freddie Holmgren, MS, ACE, Intrinsic Coach

According to the 85-year-old and counting Harvard study on adult development, positive relationships keep us happier, healthier and help us live longer. Human beings are wired for social connection, defined as the degree to which people have and perceive a desired number, quality, and diversity of relationships that create a sense of belonging, being cared for, valued, and supported.

In other words, our relationships with family, friends, coworkers, and community members have a major impact on our health and wellbeing. Yet so many factors in modern life obscure our longing and ability for social connection.

How can we begin to cultivate positive relationships given our busy lives? Here are a few suggestions:

- Practice mindfulness since even a few minutes each day will give you the spaciousness and awareness for better relationships.
- Take a quick inventory of all your relationships. Note the frequency of contact and the quality of the relationships (are they depleting or energizing). For example, a very dear friend may have little or no contact, while frequent contact with someone else is usually depleting.
- Commit to devoting time and attention to developing and maintaining relationships and establishing new ones. It might be a simple phone call to an old friend or connecting with a new colleague at work.
- Join a social group, volunteer, or get to know your neighbors.
- Express gratitude to others for their importance in your life.
- Reach out to others for support and provide support to others. Both can feel really good.
- Share activities like exercise or hobbies with a friend.
- Talk to a health professional if you experience major life changes, or if you're feeling isolated or lonely.

Cultivating positive relationships is the number one thing you can do for your health and wellbeing. Start today.



December Duets

Featured Playlist

spoti.fi/47pl2gR

Spotify playlist by BGREGS INDY

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

