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## 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

James Enyart  
JEnyart@eCommunity.com

## ASK THE EXPERT

*Your Questions Answered  
by Health Professionals*

### I don't eat a lot of dairy, so how can I get calcium in my diet?

*by Katie Thorne, BA*

We have all heard that we should have calcium in our diets to strengthen our bones. A common way to consume calcium is through dairy products. However, what if you do not consume dairy, how can your diet include calcium rich alternatives? Several foods from the earth can provide us with some amount of calcium. Here is an extensive list of calcium rich foods:

- |               |                   |                            |                          |
|---------------|-------------------|----------------------------|--------------------------|
| • chia seeds  | • tofu            | • sesame seeds             | • oranges & orange juice |
| • soy milk    | • white beans     | • broccoli                 | • butternut squash       |
| • almond milk | • sunflower seeds | • sweet potatoes           | • arugula                |
| • almonds     | • edamame         | • mustard & collard greens |                          |
| • dried figs  | • kale            |                            |                          |

Try new recipes with these foods to add calcium to your diet. Several of these choices would be good salad toppings, too! For more on calcium rich foods, visit "Top 15 Calcium-Rich Foods (Many Are Nondairy)" [bit.ly/4bcyvfy](https://bit.ly/4bcyvfy)

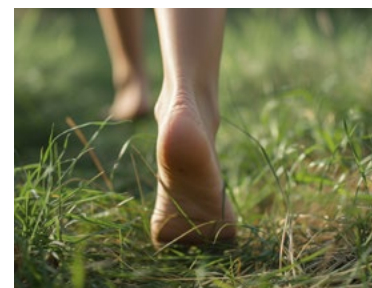
### What is grounding?

*by Alicia Robbins, Health Coach*

Need that extra push to schedule that next beach vacation? Or what about an excuse to play in the dirt like you once did as a kid? What if I told you there were benefits to your health by doing so? There are many types of grounding. Grounding or "earthing" is a therapeutic technique that focuses on reconnecting yourself to the earth. This practice relies on science and physics to explain how electrical changes from the earth can have positive effects on your body. Grounding is an under-researched topic; however, the most recent scientific research has explored grounding for inflammation, cardiovascular disease, muscle damage, chronic pain, and mood. Studies have shown grounding yourself for sessions as short as 30 minutes a day can be beneficial.

#### Types of grounding

- Walking barefoot
- Lying on the ground
- Laying in the sand
- Gardening/Play in the dirt
- Swimming in the ocean
- Indoor Grounding mat or blanket





## FITNESS

# Exercise Strategies for Those With Cardiovascular Disease

*by James Enyart, B.S. Health Coach*

Engaging in regular exercise is important for maintaining cardiovascular health, even for those with pre-existing conditions such as cardiovascular disease (CVD). Individuals with CVD should approach exercise with caution and adopt tailored strategies to ensure both safety and effectiveness.

It is first essential for individuals with cardiovascular disease to consult their healthcare provider before starting any exercise program. Medical professionals can provide personalized recommendations based on the individual's specific condition, medications, and overall health status.

Low-to-moderate intensity aerobic exercises are generally well-tolerated by individuals with cardiovascular disease. Activities such as walking, cycling, and swimming can improve cardiovascular fitness without putting excessive strain on the heart. These exercises should be performed regularly but gradually, allowing the body to adapt over time.

Interval training, which involves alternating between short bursts of higher intensity and periods of lower intensity or rest, can also be a beneficial strategy. This approach helps improve cardiovascular fitness while allowing for adequate recovery periods; however, it's crucial to start with low-intensity intervals and gradually progress to more challenging levels.

Resistance training, focusing on major muscle groups, is also important for individuals with cardiovascular disease. Strength training can enhance overall muscle function, supporting cardiovascular health. It's recommended to use lighter weights and perform more repetitions to minimize strain on the heart.

Monitoring heart rate during exercise is a key aspect of safety. Utilizing a heart rate monitor and paying attention to signs of discomfort such as chest pain, shortness of breath, or dizziness is essential, and individuals should stop exercising and seek medical attention if these symptoms arise.

A carefully structured exercise program, in consultation with healthcare professionals, can greatly benefit individuals with cardiovascular disease. By incorporating a combination of aerobic and resistance training, along with proper monitoring, individuals can enhance their cardiovascular health and overall well-being.



## BANANA DATE FLAXSEED BREAD

½ cup ground flax seed  
3 bananas, mashed  
¼ cup vegetable oil  
½ cups sugar  
2 eggs  
1 ½ cups flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
½ cup chopped pitted dates

### DIRECTIONS:

1. Preheat oven to 350.
2. Beat together banana, oil, sugar, and eggs in a large bowl. Mix together flour, baking powder, baking soda, salt, ground flax seed.
3. Gradually stir flour mixture into banana mixture. Fold in dates. Spoon batter into greased 8x4-inch loaf pan.
4. Bake 55 to 60 minutes. Toothpick inserted into the loaf should come out clean.

### Nutritional Information — Per Serving

Makes 10 servings  
263 calories, 11g fat (1g saturated fat),  
37mg cholesterol, 219mg sodium,  
43g carbohydrate (19g sugars, 7g fiber),  
7g protein

## NUTRITION

# Three Nutritional Powerhouses That Could Improve Cholesterol

by Carla Ficorilli, MS

Cholesterol can be tricky: there's both bad cholesterol (low-density lipoprotein or LDL), which is bad for arteries and the heart; and good cholesterol (high-density lipoprotein or HDL), which is good for arteries and the heart. Your diet can influence your overall risk for several conditions including heart disease.

There are some things that you can try before taking medication.

**1. Chia seeds:** These small, black seeds are high in omega-3 fatty acid known as alpha-linolenic acid (ALA). Diets high in ALA have been linked to a lower risk of heart disease. Chia seeds are also high in insoluble fiber, which may help lower harmful LDL cholesterol levels. The healthy fats in chia seeds can reduce triglyceride levels while increasing the amount of HDL cholesterol in your blood. Research on the health effects of chia seeds is still in its early stages, but the results so far are positive.

Mixing two parts water with one part chia seeds creates what is called a "chia egg" and is a popular egg substitute for vegan baking. Other ways to include chia seeds in your diet include

- Mixing into whole grain pancakes or muffins.
- Topping cereal, yogurt, oatmeal or even soups or salads.
- Mixing chia seeds into your granola or other healthy snacks

**2. Wheat germ:** Wheat germ contains various nutrients, including fiber, vitamins, minerals, proteins, and fats. The germ is the part of the plant that provides all the necessary nutrients for the plant to reproduce. Wheat germ is also high in antioxidants.

**3. Flaxseed:** Flaxseed is chock-full of ALA, so the use of flaxseed has been advocated to combat heart disease. Most people can benefit from adding flaxseed to their diets. It has also been shown to help with diabetes and menopause.

Talk with your doctor or cardiologist before starting any of these.







## MAKING WELLNESS WORK

# Who Wants to Be a Millionaire?

by Chris Garrity, MA, Certified Personal Trainer

Wealth may mean certain things to certain people. Being financially secure and healthy is a critical piece of your overall wellness. If you have high levels of financial stress, it can affect your physical and mental health, and can lead to issues like headaches or migraines, high blood pressure, sleep problems, heart arrhythmia, anxiety, and/or depression. In this first of four articles, we will examine what it means to be wealthy.

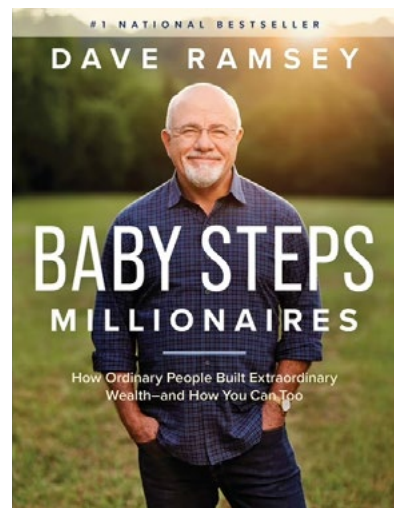
Sometimes, wealth is inherited or comes quickly, such as a sports contract or winning the lottery. Our focus, however, is on the person next door, working diligently, saving regularly, investing wisely, spending frugally, and being patient and persistent. It's the people we see every day: nurses, teachers, and managers who work hard, save their money, and invest wisely. Remember, the tortoise always wins over the hare no matter how many times we read the fable.

A millionaire is NOT a billionaire. The definition of a millionaire is simply having assets that accumulate to more than a million dollars: savings, retirement accounts, other investments, and a paid-for home. Total debt does not subtract the total below the million-dollar mark.

A study called *The National Study of Millionaires* looked at 10,000 millionaires. It found it took an average of 17 years for millionaire status to be reached following the 7 Baby Steps created by Dave Ramsey.

Being wealthy as a millionaire is discussed in the books, "*Baby Steps Millionaires*" and "*The Millionaire Next Door*," and we will refer to these sources in several articles this year.

The specifics of becoming a millionaire will come out in future articles, but for now do you have the patience and persistence to treat finances like the tortoise treated the race?



### Skating Party

Featured Playlist

[spoti.fi/47RLmAN](https://spoti.fi/47RLmAN)

Spotify playlist by BGREGS INDY

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

