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ASK THE EXPERT

Your Questions Answered
by Health Professionals

What health/wellness podcast do you recommend?

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



I recently found a new podcast that I am really enjoying: TED Health. I like this podcast because of the range of health information it provides; each podcast is quick, lasting usually less than 30 minutes. This makes it perfect to listen to while I answer emails, go through the mail or walk on the treadmill.

The podcasts have an array of speakers from various fields of health and wellness that answer questions to help us all live healthier lives. One podcast I just listened to answered the question “is it possible to increase metabolism”? Some other episodes I plan to listen to are “what does exercise do to the brain”, “the mood-boosting power of crying”, and “the cure for burnout”. There are also topics like vaccines, technology and health, community and many more. Take a listen and see what relates to your life! TED Health on Apple Podcasts at apple.co/3SgS4Jw

How does music effect a workout?

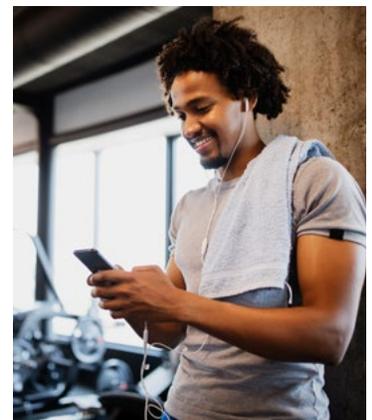
by Beth Gregory, Health Coach

When preparing for a workout, what are some of the essentials you grab? Water bottle, towel, sneakers, headphones? For most, music is a must for a workout. A good playlist can help you focus, improve your mood and can help with motivation. Experts agree.

Studies show that listening to music while exercising can boost performance and even keep you exercising for a longer period of time. What does this mean? If you listen to music you love while getting your heart rate up, you can put in more work with less effort. If you have a difficult workout ahead of you, a bass pumping, high energy tune can push you through and even make it more enjoyable.

Music also stimulates the area of your brain that controls movement and synchronizes your body with the beat. This music/body connection can set the pace and help with coordination.

Our bodies move naturally with music, and listening to music while exercising has countless benefits. So go ahead—pump it up!



FITNESS

Bodyweight Series: Full Body

by Tyler Garretson, Wellness Coordinator

Throughout this year we have covered specific bodyweight exercises for the lower, upper and core areas of the body. This month we are giving you some ideas of full body exercises to try during your next workout.

For those who are not gym goers or may be short on time and space, being able to complete a workout whenever and wherever is very important. These full body exercises incorporate lower body, upper body and core.

Push-up: The push-up challenges all of the muscles in the body in order to be done correctly. This exercise can be broken up into sets of 10-12 repetitions or can be done until failure depending on your fitness level. Some individuals may only be able to do one or two at a time, but what is important is that you set a goal of one or two more each time that you perform them in order to continue progressing.

1. Beginning on all fours, place your palms flat on the ground slightly outside of shoulder width.
2. Straighten your knees and arms so that your body is now completely straight, just like when holding the plank position we discussed the previous article.
3. Bending at the elbows, lower your body down until your chest touches the floor, or as far as is comfortable.
4. Push yourself back up to the starting position.
5. Repeat.

*Modification: Instead of straightening legs and lifting your knees up off of the ground, move your knees back while still on the floor until your body is in a straight line from shoulders and hips to knees. Then bending at the elbow, lower yourself to the floor, and repeat.

Mountain Climber: This movement, when done correctly, will be the most difficult yet. This exercise is usually completed for timed rounds. For example, working 10-15 seconds for 3 to 5 rounds.

1. Start on all fours.
2. Bring your right knee forward under your chest, while straightening the other leg back.
3. Keeping your hands on the floor, tighten core, jump and switch position of legs.
4. Your left knee should now be under your chest and right leg extended back.
5. Repeat.





NUTRITION

Tips and Tricks Series: Dinner

by Robin Stahl, RDN

Whether you are the person responsible for feeding a family after a hectic day at work or you are only responsible for feeding yourself, the pressure of getting dinner ready day after day, can be overwhelming. Let's see if we can simplify things just a bit.

LENTIL VEGETABLE SOUP

- 2 tbsp olive oil
- 1½ cups chopped onions
- 1 cup chopped carrots
- 4 cloves of garlic, minced
- 2 tbsp tomato paste
- 4 cups broth, beef, chicken or vegetable
- 1 cup water
- 1 (15oz) can Garbanzo beans, rinsed
- 1 cup dry lentils
- ½ cup chopped sun-dried tomatoes in oil, drained
- ½ tsp salt
- ½ tsp pepper
- 1½ tsp red-wine vinegar

DIRECTIONS:

1. Heat oil in large pot over medium heat.
2. Add onions and carrots, stirring occasionally for 3-4 minutes.
3. Add garlic, stirring constantly for 1 minute.
4. Add tomato paste, stirring constantly to evenly coat the mixture, for 1 minute.
5. Stir in remaining ingredients except vinegar.
6. Heat to boiling over medium-high heat. Simmer over medium-low heat for 30-40 minutes or until lentils are tender.
7. Remove from stove, add vinegar and serve.

Nutritional Information — Per Serving

Serves 6 — Serving size: ½ of recipe
 Calories: 340 Carbohydrate: 47g
 Protein: 15g Fat: 13g
 Fiber: 12g Sodium: 347mg

Adapted from EatingWell

1. Look ahead at the week and determine how many dinner meals you need to plan for.
 - Do I have dinner plans for a meal at a restaurant?
 - Do the kids have commitments during the dinner hour?
 - Will I be working at dinnertime?
2. Plan the meals.
 - Who am I feeding?
 - Left overs for lunch can be part of my plan.
 - Make 2 or more dinner meals at a time – i.e. spaghetti sauce, casseroles, chili, meat for tacos and taco salad.
3. What parts of the meal can you start ahead of time?
 - Use the air fryer, crock-pot, grill or sheet pan to cook the protein ahead of time.
 - Buy frozen vegetables or a veggie tray to save time.
 - Cook grains ahead to add to the meal.
4. Try a new recipe occasionally to keep things interesting.
 - Put needed ingredients on the grocery list.
 - Read through the recipe to determine how long it will take to prepare.
5. Have an emergency plan (and keep ingredients available) for when things do not go the way you pictured.
 - Ten minute bean burritos
 - Yogurt and fruit
 - Deli meat sandwiches
 - Hummus or cheese and whole grain crackers
6. Use weekends / days off work for planning and getting organized for the week.

Finding your own style for getting dinner on the table may take some time and getting used to, but your week will go smoother if you plan.



Engage in caring behaviors like bringing your loved one coffee in the morning



Monsters and Such

Featured Playlist

<https://spoti.fi/3BYr8rn>

Spotify playlist by BGREGS INDY

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



STRESS AND MINDFULNESS

What's Stressing You Series— Relationships: Creating Stronger Connections

by Freddie Holmgren, MS, ACE Personal Trainer, Intrinsic Coach

Relationships are central to our lives. Our most important relationships are with our parents, partner, children, friends, boss, team or colleagues, and they are worth the time and care we put into them. Good relationships are priceless but they don't stay good without effort. Here are some ways to keep them thriving:

- **Give yourself and loved ones space for self-care.** Prioritize sleep and take mini sessions to meet your needs such as short bouts of physical activity, or listen to your favorite music.
- **Be kind to yourself.** We all have that inner critic that gets even louder under stress telling us we're falling short as a partner, friend, parent or employee. Counter critical thoughts with loving self-compassion. The truth is you're doing the very best you can at the moment.
- **Take several deep breaths throughout the day** to reconnect with yourself and counteract the stress response.
- If someone does or says something hurtful or that angers you, **take a short pause before reacting.** Give yourself time to understand your emotions and what you're needing to feel safe and cared for. Sharing what you discover can deepen your relationship.
- **Communicate clearly and honestly.** Choose your words carefully to decrease tension and foster cooperation and understanding. Avoid the silent treatment. Make your needs known. Listen patiently and reflect back what you hear and think you understand. Stay present and avoid language that blames or generalizes.
- **Engage in caring behaviors** like bringing your loved one coffee in the morning or taking the kids out for a play date. Small, intentional, caring behaviors can be a powerful way to express gratitude and show that you value each other.
- **Schedule downtime for your important relationships.** Turn off all your devices and do nothing productive for 20 minutes. Be silly, play, dance, go for a jog, have dinner together. Positive stress-free connection with your friend, colleague, partner or family replenishes your energy reserves.