



wellnews



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ASK THE EXPERT

Your Questions Answered
by Health Professionals

Do you have a wellness app recommendation?

by Jessica Robertson, MA, RD, CD

I'd like to share my favorite wellness app to get your New Year off to a mindful start. One of the most valuable, easy to use (and free!) mindfulness apps is Insight Timer. Having an app can make meditation convenient, easy, and engaging. There are free courses that teach you the basics, as well as more advanced courses for those that want to deepen their practice. Insight Timer contains a huge library of content on topics such as stress, sleep, healing, relationships, creativity, and more. A mindfulness practice is great for all ages — so get the family involved and set your sights on a mindful 2023!



Insight Timer

How often should I replace my walking shoes?

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



Great question and one that as a personal trainer I am asked often. Typically, the general rule of thumb is to replace your walking shoes every 350 to 500 miles. Tracking miles might be hard to do so if you are walking 30 minutes a day, you should probably replace your shoes every 6 months. If you are walking 60 minutes a day, then every 3 months. Even if shoes still look good, the sole tread, the heel, and the cushioning can be worn down. Walking in shoes that don't offer proper support or cushion can lead to foot, knee or leg pain including plantar fasciitis.

For more information on making sure your walking shoes are still good to go, and ways to extend their life visit [When Should You Replace Your Walking Shoes?](https://www.verywellfit.com/when-should-you-replace-your-walking-shoes/) at [verywellfit.com](https://www.verywellfit.com)



FITNESS

Make Your Goals Happen in 2023

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

Set an exercise goal that you cannot fail to achieve: Move for five minutes. That's actually all it takes to start earning healthy rewards, and the biggest benefits to health come at the beginning of an exercise routine *when you go from doing nothing to doing something*.

You'll gradually build on those five minutes, and the mental and physical health benefits will keep climbing. Consistent exercisers find ways to make exercise a fun and easy choice. Here are some tips to make sure that consistent exerciser is you.

- Write a detailed plan about how, when and where you will exercise. Complete your plan with a list of reasons for making this change — your personal motivation statement.
- Plan exercise sessions that are close (to home or work) and convenient.
- Tell someone your fitness goals — it will strengthen your commitment.
- Do something you love, or work out with people you love to be with... or both! Listening to music, learning something new and being in nature are all ways to make your workouts a pleasure.
- Be kind to your body. Your body responds best to small challenges.
- Track it. Use an app or your calendar to record your daily activity.
- Be choosy about commitments, and schedule your exercise time as you would any other appointment.

Ready for more?

Keep challenging yourself. Add a few minutes to your walk, or try an interval workout. Test out a new strength move or increase resistance, especially if you can do more than 15 repetitions with good technique. Set an intention (or an alarm) to stand up and move around every half hour during your workday or to take 500 more steps each day. Your mantra for 2023: If you're challenging yourself, you're changing yourself.



SHEET-PAN CHICKEN FAJITAS

1 pound boneless, skinless chicken breast
 2 tbsp extra-virgin olive oil
 1 tbsp chili powder
 2 tsp ground cumin
 1 tsp garlic powder
 ½ tsp each salt, oregano
 1 each of red bell pepper, yellow bell pepper:
 each sliced
 2 cups sliced red or white onions
 1 tbsp freshly-squeezed lime juice
 8 corn tortillas, warmed
 Lime wedges, fresh chopped cilantro,
 avocado slices, pico de gallo

DIRECTIONS:

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder, cumin, garlic powder, salt, and oregano in a large bowl; add chicken and stir to coat. Add bell peppers and onion and toss to combine. Transfer the chicken and veggies to the prepared baking sheet and spread in an even layer.
3. Roast on middle rack for 15 minutes. Leave the pan in place and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 4-5 minutes more. Remove from oven and stir in lime juice.
4. Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, avocado slices, and/or pico de gallo, if desired.

Nutritional Information — Per Serving

Serves 4 — Serving size: 2 fajitas
 Calories: 357 Carbohydrate: 33g
 Protein: 30g Fat: 12g
 Fiber: 6g Sodium: 424mg

Adapted from EatingWell

NUTRITION

I Don't Cook, How Do I Start?

by Vanessa Mitchell, RDN

Oh what fun it is to cook! To create a finished product from individual ingredients!

Step One: Gather recipes. Ask family and friends for the recipes of some of your personal favorites that they have made and you've enjoyed. Ask friends and family for their favorite recipes. Search for copycat recipes of some of your favorite restaurant meals. Pin recipes on Pinterest that support your goals.

Step Two: Begin with recipes that have a fairly short list of ingredients and simple-looking techniques. As you gain confidence and savviness in the kitchen, venture into less familiar ingredients and techniques.

Step Three: Read through the recipe in its entirety before beginning. Consider recipes' ingredients and the tools required; determine if you want to invest in certain tools or ingredients that you currently do not have. Do use sharp knives (dull knives are more dangerous). Use quality ingredients.

If you are feeling timid about cooking, perhaps reach out to friends and family whose culinary skills you greatly admire and request cooking lessons from them. Or maybe seek out professional cooking classes available near you.



Viewing instructional videos is another helpful tool.

As with any skill, the more we practice the more we improve. If you're a novice, give yourself lots of patience and forgiveness. You will learn more about cooking, in general, the more that you cook, and you will learn each time you prepare a recipe how you might tweak it next time to make it even better. Make sticky notes on your recipes of what you liked, disliked and what you want to change for next time.

Happy Cooking!

Check these out

Websites, blogs and cookbooks for how-to tips and tricks and delicious recipes.

- America's Test Kitchen americastestkitchen.com
- The Kitchn thekitchn.com
- Ellie Krieger elliekrieger.com
- How To Cook Everything, Mark Bittman howtocookeverything.com
- Cookie and Kate cookieandkate.com



STRESS AND MINDFULNESS

Why It's Important to Rest

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

You might be saying to yourself, "I'll get more time to rest once this project is done, or once the kids go off to college, or once I reach a milestone in my career". Burnout is prevalent because people feel there's no time to rest. We feel guilty if we do because society seems to value usefulness and productivity over our humanity and our astounding potential for creativity and growth. Resting occasionally, let alone every day, seems impossible. Yet, rest improves our brain, regulates emotions, strengthens the immune system, regulates weight, and enhances creativity.

Rest is not work's adversary. Rest is work's partner. Rest and work compliment and complete each other. One cannot happen without the other. Rest restores and replenishes our energy while keeping our creative processes going. When we stop and rest properly, we're not paying a tax on creativity. We're investing in it.

Here are some ways to rest so you get the most out of your investment.

- Humans are not machines. Take purposeful breaks throughout the day. Frequent breaks are an important source of mental and physical recovery.
- Take professional development trips. Even though it's work-related it is rejuvenating.
- Schedule a vacation and days off in advance
- Play. Find activities that are personally rewarding, and physically or mentally challenging like hobbies, physical activities, and volunteering

Structure your day to include rest:

- Allot a maximum of four hours for your most important work and include several small breaks
- Psychologically disconnect from work on weekends and non-work times
- Schedule your play or hobby time
- Make getting 7 to 8 hours of sleep most nights non-negotiable

Rest gives you a chance to experience your best self and to experience life in uniquely meaningful ways.

Rest by Alex Soojung-Kim Pang

Four Thousand Weeks: Time Management for Mortals by Oliver Burkman



New Year's Day Movie Marathon

[Featured Playlist](#)

[spoti.fi/3j2PZ7A](https://open.spotify.com/playlist/3j2PZ7A)

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

