

WELCOA* | JANUARY 2019

WELL BALANCED^o

*The
New Year
Issue!*

TAKE CONTROL OF YOUR HEALTH

PREPPING FOR
PREVENTIVE CARE

TERRIFIC TRAVEL TIPS

STOP SICKNESS
IN ITS TRACKS

SKIP THE SCALE

HAVE A WEIGHT
NEUTRAL NEW YEAR



1-15 oz can chickpeas, rinsed
 ½ teaspoon cumin seeds
 ½ teaspoon coriander seeds
 ½ teaspoon sweet paprika
 1 lb small carrots, halved lengthwise (quartered if larger)
 1 tablespoon olive oil
 Kosher salt
 1 cup plain Greek yogurt (any % of fat will work)
 1 tablespoon tahini
 ½ tablespoon lemon juice
 Optional topping: ¼ cup mixed tender herb leaves (such as dill, parsley, cilantro, or mint)

DIRECTIONS

Spread out chickpeas on a clean kitchen towel. Pat dry, then let dry for 30 minutes to an hour (if possible!). Preheat oven to 400°. Toast cumin and coriander seeds in a dry skillet, over medium heat until they are fragrant and slightly golden (about 3 to 5 minutes). Remove from heat and let cool. Lightly crush in a mortar and pestle (or with the back of your knife) until slightly broken.

Toss carrots, on a rimmed baking sheet, with oil, paprika, and the crushed seeds; season with salt. Roast in oven, tossing occasionally, until golden brown and tender, about 25 to 30 minutes. Let cool. On a second rimmed baking sheet, spread chickpeas evenly on the pan. Bake in the oven until crunchy, about 30 minutes, stirring and rotating every 10 minutes (the chickpeas will continue to get crunchy as they cool). The carrots and chickpeas can both be roasted at the same time!

In a small bowl, mix the Greek yogurt, tahini, and lemon juice. Season with a pinch of salt. Taste and adjust seasoning as desired. To assemble: Spread a few tablespoons of the tahini-yogurt on each plate. Top with the roasted carrots, the chickpeas, and a sprinkling of fresh herbs (if using).

SERVES: 4 (as a side dish)

NUTRITION INFO:

**Calories 275kcal, Fat 8g,
 Protein 11g, Carbs 41g,
 Sodium 490mg**



From the Kitchen of

MALLORY UBBELOHDE, MPH, RDN, CD

Based in Salt Lake City, Utah, Mallory Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallory on Instagram (@Mallory.RDN) where she shares daily meal inspiration.

Spiced Carrots

WITH TAHINI YOGURT & CRISPY CHICKPEAS

What's the key to perfectly crispy chickpeas? Let them get completely dry before roasting! This hands-off step will be a total game changer! These crunchy bits of goodness pair perfectly with the creamy tahini yogurt and warm spices of the carrots.



Tasty Tahini

Tahini is a paste made from ground sesame seeds and is commonly used in Middle Eastern cuisine. This versatile ingredient is packed with healthy fats, plant-based protein, plus plenty of vitamins (like vitamin E and many B vitamins) and minerals (including calcium and phosphorus). Look for it near other nut and seed butters at the grocery store.



Skip the Scale!

HAVE A WEIGHT NEUTRAL NEW YEAR

by JEN ARNOLD, MS, RD, LDN

It's no secret that health resolutions are commonly set in January. Typically, one of the top resolutions is weight loss, and many turn to some type of diet for help. We last a few weeks on a diet (if we're lucky), then reality hits. We get busy, overwhelmed and tired of trying to fit this new diet into our lives. We go back to the same old habits we've had and lose some confidence along the way.

It doesn't have to be that way. What if we could still take advantage of the fresh start feeling but turn our attention to eating mindfully? Here are a few ways to do just that.

It's not you...it's them.

Give them enough time and diets will fail you. A diet is any plan, program or service that encourages you to limit foods, limit portions or eat at certain times of the day. We often seek comfort from following an exact prescription of how we should eat, but this moves us further away from our own hunger and fullness cues. You are the only one who truly knows when you're hungry. By tapping into your internal body wisdom, you can start to rely on yourself as the expert in guiding your food choices.

The power of the pause.

Before you eat, pause and ask yourself, "Am I hungry?" Or complete the sentence, "I am eating because _____." It's easy to eat due to triggers like stress, boredom or because it's there. This pause is a simple way to move away from eating mindlessly and to gauge your hunger before

eating. This doesn't mean you can't eat if you're not hungry but rather helps you make a conscious decision.

Take the power back.

What are your forbidden foods? You know, the ones you crave and tell yourself you can't have in the house? Once you label certain foods as "off limits", you put those foods on a pedestal. This gives your food power over you which only increases your cravings. What if you could ditch your list of good and bad foods? Ask yourself, "What is the most nutritious choice I can make without feeling deprived?" and take back the reins!

Ditch the scale.

Have you ever considered if your current weight was actually exactly the weight you should be? What if your weight was okay where it is, right now? This thought has stumped many people who spend their precious energy trying to get the scale to budge. When you throw the scale (and your weight) out of the equation, you can then turn inward and focus on how you feel physically, mentally and emotionally. Toss the scale, remove insecurities, and get back on track to a healthier, happier life.

Mindful eating is so much more than just paying attention and slowing down when we eat. It involves the entire process of eating from awareness of why you're eating when you start, to where you invest your energy when you're done eating. By taking time to appreciate what your body does for you, you'll begin to understand that food is fuel and your body — and mind — deserve the best!



About JEN ARNOLD, MS, RD, LDN

Jen's on a mission to help employers foster human connections in the workplace. She started her company and podcast, Redesigning Wellness, to address the full employee (mind, body and spirit) and challenge employers to think outside of the box when it comes to corporate wellness programs. For the 16 years prior to starting her business, Jen held various wellness roles including leading organizational health and wellness efforts, advising employers on their wellness efforts and facilitating wellness education classes. Most recently, she worked at Blue Cross Blue Shield of NC for over 8 years leading a team of health promotion professionals. Jen lives in Raleigh, NC with her husband, two kids and dog.

YOUR HEALTH IS IN YOUR HANDS



Take Advantage of Preventive Care and Screenings

Most of us are right on schedule with our children's required check-ups, but when it comes to ourselves, we may not be as diligent. To be sure, annual check-ups and preventive care are an essential component to staying healthy throughout your life. Preventive care includes health services like screenings, check-ups, and patient counseling that are used to prevent illnesses, disease, and other health problems, or to detect illness at an early stage when treatment is likely to work best. Getting recommended preventive services and making healthy lifestyle choices are key steps to good health and well-being. Here's what you need to know:

What Preventive Care & Screenings Do I Need?

The preventive exams and screenings you need depend on your age, gender, family history and lifestyle choices such as what you eat, how much you exercise and whether you smoke. Your doctor will let you know which tests you need and when. In general, health professionals commonly screen for conditions including, but not limited to the following:

- High blood pressure
- High cholesterol
- Breast cancer and cervical cancer in women (*January is Cervical Cancer Awareness Month, check out the sidebar for additional information and tips on this topic*)
- Colorectal cancer
- Type 2 diabetes
- Osteoporosis
- Obesity
- Prostate cancer in men
- Heart disease
- Lung cancer

How to Prep for Preventive Care

Your healthcare professional will guide and recommend what tests and screenings you need, but you should be prepared to ask questions and be ready to play an active and informed role in your care. There are a variety of factors to consider when it comes to preventive care and screenings. If your doctor is recommending specific screenings, you should ask the following questions (be sure to write these questions down and bring them to your appointment so you don't forget to ask them!):

- Why do you need this test?
- What will it show about your health?
- What will it cost and will your insurance cover it?
- What do you need to do to prepare for the screening?
- Are there any harms or side effects that could result from the test?
- How long will it take to get the results?
- What will we know after the test?
- Are you comfortable with getting results that you may need to act on?



The Price of Prevention

Most health insurance companies pay for all or at least some preventive services. If you're not sure, read your health plan patient manual or call the health plan's office. In the long run, annual screenings can probably reduce your total health care spending. If you've been putting your annual physical off, take the time to schedule it now. It's one of the best things you can do to take charge of your health.



Spotlight on Cervical Cancer

Cervical cancer was once one of the most common causes of cancer death for American women. Fortunately, the death rate from this disease has dropped significantly over the last few decades due to the increased use of preventive screenings like the Pap and HPV test. A Pap test is a screening that can find changes in the cervix before cancer develops. It can also find cervical cancer early, when the cancer is in its initial stage and easier to cure. The HPV test looks for the human papillomavirus which can cause cervical cell changes. You should start getting Pap tests at age 21. If your Pap test result is normal, your doctor may tell you that you can wait three years until your next Pap test. Your doctor will also let you know if you should get the HPV test along with your Pap test. Talk to your doctor about which testing options are right for you.



Small Steps Make a Big Difference

Taking control of your health doesn't have to mean completely overhauling your daily routine. Small changes, like drinking more water every day or adding an extra fruit or veggie to your meals, can make a big difference when it comes to your overall health and preventing chronic disease.

Ask the Expert

Which type of care should I put more focus on? Preventive Care or Lifestyle Medicine?

Preventive care usually refers to the immunizations or screenings done to identify disease processes early. Examples might be a colonoscopy, mammograms, or vaccines. You can quickly learn what preventive services you or your loved ones need by visiting healthfinder.gov/myHealthfinder and entering age, sex and pregnancy status. Lifestyle Medicine focuses on our lifestyle choices such as a whole food, plant-based diet, adequate sleep, stress management, physical activity, hydration and others. These things may be preventive, but can also be therapeutic to the point of possibly reversing chronic disease. A combination of the two will create an informed, prepared, and holistic approach to a long and healthy life.



George Guthrie, MD, MPH, FACLM
President of the American College of Lifestyle Medicine

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

Have a question? Ask our experts by going to welcoa.org/expert.

If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue*.

*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.



TERRIFIC TRAVEL TIPS

Plan Your Visit Without the Virus

by SEAN FOY, MA

Most of us look forward to the special trips planned around the holidays. It's not necessarily the "travel" we look forward to, but rather reaching our destination and interacting with our loved ones. Regardless of your travel schedule, method of transportation, or who you plan to visit, you are likely looking for ways to stay healthy and fit during the holidays. Here are some great moves to help you boost your immune system, increase your energy, and stay clear of unwanted germs.

Move #1 Wash, Wipe Down & Repeat.



Studies done by biologist Jane Carlton during the *Dirty Money Project* at New York University showed that money carries 3,000 different types of bacteria! From purchasing gifts, to traveling, to dining out, money is used during the holidays more than any other time of the year.

To protect yourself try this: Wash your hands as much as possible throughout your day. Before your trip you may also consider buying a few mini hand sanitizers to keep around. If you are flying, make it a point to wash your hands both before and after you get on a plane. In addition to clean hands you also need a clean environment! As Dr. Michael Perskin, Assistant Professor of Medicine at New York University once said, "You're constantly touching surfaces

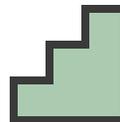
that people have sneezed and coughed on, and then because you're in a crowded airport or on a plane you may get hot or sweaty, you wipe your eyes, nose or mouth and can spread germs." So, wipe it down! Antibacterial wipes are fairly cheap, easily accessible and can keep you from getting sick over your holiday break. Make sure you wipe down areas that are commonly touched by people such as door handles, seat belts, remote controls, armrests, and even head phones!

Move #2 Soar to New Heights. Take a Quick Walk.

Walking gets the blood pumping throughout your body. Try standing and walking around as much as possible before you board your plane or get in your vehicle. Sitting has shown increased feelings of sadness and depression. Studies from Victoria University and the University of Queensland found that people who sit for seven hours or more experience feelings of "in the moment" depression. The longer we sit, the sadder we get. So take a walk to boost your mood.



Move #3 Schedule the Stairs.



One of the best ways to stay in shape during the holidays is by taking the stairs instead of using the elevator. If you are traveling and don't have time to get to a gym, make it a point to schedule the stairs. Whether you trek up one flight or eight, taking the stairs instead of the elevator will rev up your metabolism, burn calories, increase your energy, clear out the "cobwebs" and enhance muscle, tendon, and ligament strength.

Did you know that taking the stairs may also be beneficial to your brain? Concordia University Professor, Jason Steffener, found that people with younger looking brains climbed more stairs than those that didn't. The findings published in *Neurobiology of Aging*, showed that brain age decreases by .58 years for every flight of stairs climbed. "For every daily flight of stairs climbed, the brain appeared six-months younger on MRI scans," said Steffener. "Every day we're assessed with the choice of taking the stairs, taking the elevator, taking the escalator...It's something that can easily be added to our daily routine." Whether you are traveling or shopping, instead of taking the elevator or escalator, take the stairs! While using your own power to move between floors is a huge benefit to your physical and mental health, taking the stairs is also an easy way to go green!



About SEAN FOY, MA | President & Founder, Personal Wellness Corporation

Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as "America's Fast Fitness Expert". His upbeat and sensible "simple moves" message—even with the busiest of schedules—has inspired many people all over the world. Sean has helped thousands of individuals with their wellness needs and is committed to encouraging everyone to attain optimal well-being for body, mind and spirit! Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.

Is Mindfulness

The Missing Ingredient?

When we think about mindfulness we often think about meditating or practicing yoga. But the concept of mindfulness has garnered more attention in the business world recently as a way to navigate stress and improve performance at work. Mindfulness requires us to slow down, avoid multitasking, and be present in the moment. That being said, how can mindfulness actually help individuals and leaders get more done?

Benefits of Mindfulness

At its core, mindfulness is a state of awareness.¹ Leading mindfulness researcher Jon Kabat-Zinn defines it as “paying attention in the present moment, non-judgmentally.”² Other researchers say that mindfulness is a “focus on the here and now,” and “paying close attention to both internal and external phenomena.”³ When we’re mindful, we’re not just going through life on auto-pilot.

A number of studies have been conducted on the benefits of both meditation mindfulness and trait mindfulness, which include increased cognitive flexibility⁴, better job performance, and reduced stress⁵. According to a survey of nearly 50 scientific trials⁶, researchers at Johns Hopkins University in Maryland found that mindful meditation can ease anxiety, depression, and even physical pain.

Sources

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Mindfulness can help your relationships with coworkers and colleagues in the workplace as well. One study⁷ found that mindfulness promotes healthier ways to relate to others by encouraging employees to take another’s perspective and reducing knee-jerk reactions that might escalate a conflict. Put yourself in someone else’s shoes and think about how they might feel, act or even react to a situation before taking action.

Marc Benioff, CEO of Salesforce, has famously introduced mindfulness programs throughout the organization, with the consultation of Vietnamese Zen master Thich Nhat Hanh and 30 monastics, and Wisdom Labs. Benioff says that this focus on mindfulness is “really important to cultivating innovation.” Not surprisingly, Forbes magazine rates Salesforce⁸ as one of the world’s top 10 most innovative companies. A list that includes Tesla, Amazon.com, Netflix and Facebook.

Mindfulness in a Busy Workday

But who has the time to really cultivate a mindfulness practice, with all of our to-do’s? Surprisingly—it doesn’t take much according to Kabat-Zinn. Try these mindful moves.

Motivating Mindful Moves

1. **Take a moment** to notice your breathing, particularly when feeling stressed or angry.
2. **Observe your surroundings**—become aware of the sounds, sights, and smells you might not otherwise think of.
3. **Look inward** to your body’s physical sensations, from the feeling of your clothing to the touch of your fingers on your lap.
4. **Recognize your emotions and thoughts** without judgment, acknowledging that they do not define you.

Over time, these mindful moments will add up!



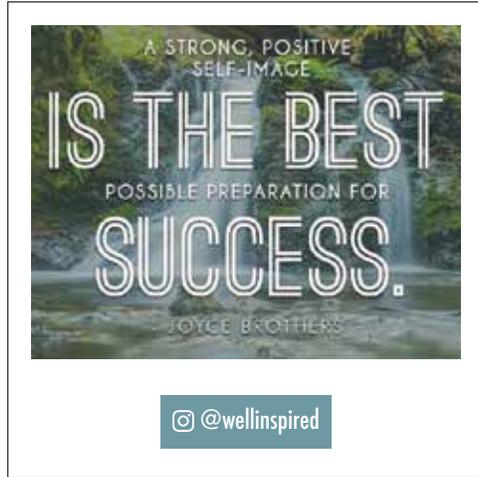
About MEGHNA MAJMUDAR, HEAD OF MARKETING AND COMMUNICATIONS, WISDOM LABS

Meghna is an entrepreneurial sales, marketing, and business development leader focused on building organizations that make a difference in people’s lives, and in the world. Meghna has worked with a number of consulting and creative agencies, serving clients such as Roche-Genentech, The Coca-Cola Company, Microsoft, Shire Pharmaceuticals, the Acumen Fund, and numerous startups. In addition to a bachelor’s in anthropology from Harvard University, Meghna has an MPH from the University of Cape Town in South Africa and an MBA from UC Berkeley’s Haas School of Business.



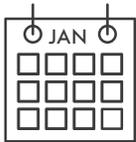
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Cervical Health Awareness MONTH

The United States Congress has designated January as Cervical Health Awareness Month. The disease can prove deadly but is preventable with vaccination and appropriate screenings.



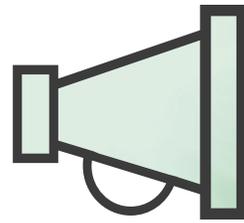
NEW ADVANCEMENTS OFFER HOPE

With timely screenings and the proper prevention methods, cervical cancer can be found early—when a cure is most possible—or avoided all together. Thanks to advancements like the human papillomavirus (HPV) vaccine and new screening guidelines, cervical cancer is claiming fewer lives every year.



MORE COMMON IN MIDLIFE

Cervical cancer tends to occur in midlife and is most frequently diagnosed in women between the ages of 35 and 44. It rarely develops in women younger than 20.



SPREAD THE KNOWLEDGE

Many women remain unaware that there are proven and effective ways to lower their risk of cervical cancer. Every year nearly 13,000 women in the U.S are diagnosed with cervical cancer and more than 4,000 women die from it.

KEEP UP WITH YOUR DOCTOR APPOINTMENTS

Your doctor will let you know what screenings and tests are right for you. Pap or HPV tests can find abnormal cells in your cervix before the cancer starts.



MAINTAIN A HEALTHY LIFESTYLE TO LOWER YOUR RISK

Work to keep a healthy weight, eat lots of fruits and veggies and don't smoke. Smokers are twice as likely to get cervical cancer.

