

WELCOA\* | NOVEMBER 2018

# WELL BALANCED<sup>o</sup>

**DEFEAT  
DIABETES**  
NUTRITIONAL  
NUDGES FOR A  
HEALTHIER HOLIDAY  
SEASON

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**ATTITUDE  
OF  
GRATITUDE**  
WAKING UP  
THANKFUL

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**SMALL BUT  
MIGHTY**  
POWER PACKED  
LENTILS



# Simple LENTIL STEW

Lentils are arguably the cream of the legume crop both for health and ease of preparation.

1 ½ cups lentils

2 Tbsp canola oil

1 large carrot, peeled and finely diced

1 large yellow onion, peeled and finely diced

1 large clove garlic, peeled and minced

1 medium bay leaf

5 cups chicken stock

¼ tsp freshly ground black pepper

Salt to taste

## DIRECTIONS

Place the lentils in a colander and pick over and remove any stones or foreign objects. Rinse under cold running water until the water runs clear.

Heat the oil in a heavy stock pot. Add the carrot, onion, garlic, and bay leaf. Sauté over low heat for about 5 minutes, or until soft. Add the lentils and chicken stock to the pot and bring to a boil. Reduce the heat to a simmer, cover and cook for 20-25 minutes or until the lentils are tender throughout, but still hold their shape. Remove from the heat. Season and serve.

**SERVES:** 4

**NUTRITION INFO:** *Calories 146, Fat 7.3g, Carbs 15.4g, Protein 5.1g, Sodium 287mg*



### *Did You Know?*

Like their bean cousins, lentils are cheap, versatile, filling, and power-packed full of fiber, B-vitamins, protein, minerals, and antioxidant polyphenols. They provide more folate than any other food and have an edge over other legumes because they cook quickly, require no pre-soaking, and tend to cause less gas.



*From the Kitchen of* **DR. ANN** // With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world. The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

**Dr. Ann**  
WELLNESS

For more, visit [DrAnnWellness.com](http://DrAnnWellness.com).



# LIFESTYLE MODIFICATIONS to Prevent & Manage Diabetes

by KAITLYN PAULY, MS, RD, LMNT

According to the American Diabetes Association, in 2015 30.3 million adults had diabetes and 84.1 million had pre-diabetes.<sup>1</sup> About 90-95% of adult diabetes is type 2<sup>2</sup> and can be prevented and managed through lifestyle modifications. Pre-diabetes is when your blood sugar is higher than normal but not high enough to be classified as type 2 diabetes.<sup>3</sup> Pre-diabetes can also be prevented through increased physical activity and improved nutrition. Whether you have been diagnosed with diabetes or want to reduce your risk for developing diabetes, here are a few nutrition-related modifications that can help.



**1 | EAT MORE REAL FOOD.** Roughly 60% of the food consumed in

America is “ultra-processed.”<sup>4</sup> You can see this when you look at the items in the grocery store, none of which look anything like farmers market produce, bulk bin whole grains, or wild caught seafood. Real foods that had a root (plant foods)

or a mother (lean meat/eggs/fish) have less of an impact on blood sugar and are full of complex carbohydrates, fiber, fat and protein that collectively help slow the release of sugar into the blood stream. This steady release of sugar reduces sudden spikes and dips in blood glucose often caused by ultra-processed items. Ideally, we eat more real foods than ultra-processed foods, but when it does happen, look for items with less than 3-5 grams of fiber, a short ingredient list and ingredients you can identify.

**Ultra-processed defined:** Formulations of several ingredients which, besides salt, sugar, oils, and fats, include food substances not used in culinary preparations, in particular additives used to imitate sensorial qualities of minimally processed foods and their culinary preparations.<sup>4</sup>



**2 | FILL UP ON FIBER.** Fiber is the indigestible part of plants that increases feelings of fullness, promotes

good gut bacteria, lowers cholesterol and slows the release of sugar into the blood stream. Most Americans get about half of the recommended daily amount of fiber, which is 25 grams for women and 30 grams for men. Get more fiber by eating more fruits, vegetables, whole grains and beans, which also have powerful disease-fighting abilities.

## Did you know?

Animal proteins including meat, fish and low-fat dairy contain no fiber. Swapping out animal proteins for beans, lentils, soy or nuts is a great way to get fiber while still getting protein.



**3 | SATISFY, DON'T STUFF.** Eating too much in one setting, even of healthy

food, forces your body to process the overall load. Avoid overwhelming your pancreas (the organ that helps manage ingested sugar) by eating until satisfied, not stuffed. Use more caution when it comes to ultra-processed sugary items such as

cakes, candy, soda, ice cream and syrups.

## SOURCES

1 <http://www.diabetes.org/diabetes-basics/statistics/>

2 <https://www.cdc.gov/diabetes/pdfs/data/2014-report-estimates-of-diabetes-and-its-burden-in-the-united-states.pdf>

3 <https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278>

4 <https://bmjopen.bmj.com/content/6/3/e009892>



About **KAITLYN PAULY**,  
MS, RD, LMNT

Kaitlyn Pauly is a Registered Dietitian at the Omaha VA Medical Center. Through her experiences as a Weight Management Dietitian, a college Nutrition Instructor, a Foodservice Dietitian and at the Wellness Council of America, she has gained a diverse perspective and passion for using nutrition to promote optimal health and maintain wellbeing in the individuals and populations she serves.

# ATTITUDE OF GRATITUDE



## Discover the Impact Gratitude Can Have On Your Life

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

I'm going to share with you one of the best-kept secrets to dramatically increase your happiness. Among the many scientifically proven benefits—the impact this attitude can have on your health, happiness and life will change the way you experience and express thankfulness.

At the end of 2007, John Kralik was in a bad spot. His business was failing, his relationships were a mess, and his life was spiraling out of control. He was depressed, his weight was at an all-time high, and his physical health was in shambles. He felt like he had little in life to be thankful for. But then one day he had an epiphany. He thought, "What if I took the time to write a short "thank you" note to someone in my life, every day, for the next 365 days? What if I began to focus on what I had instead of what I didn't have? Could it make a difference?"

Fast-forward one year later, and his "gratitude experiment," completely transformed his life. In his thought-provoking book, *365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life*, Kralik describes his thoughtful journey of simply sending daily thank you notes to individuals in his life. Incredibly, by the time the year was over he had lost weight, ran a marathon, transformed his business, raised money for charities, and reconnected with old friends and family

members, with a renewed sense of hope and passion for life.

### Gratitude Benefits

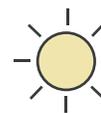
Like Kralik, happiness scientists around the world are uncovering mountains of evidence to support the impact gratitude can have on one's life. For example, researchers at the Universities of California Berkeley and Davis are discovering a plethora of reasons we all should consider saying "Thank you" more frequently. The latest research demonstrates individuals who practice gratefulness have lower blood pressure and stronger immune systems, experience less depression and higher levels of positive feelings, feel less lonely, more optimistic, compassionate and generous.

*"Gratitude enriches human life. It elevates, energizes, inspires and transforms. People are moved, opened and humbled through expressions of gratitude."*

-ROBERT A. EMMONS, PH.D.

Emmons is the world's leading scientific expert on gratitude and author of *Thanks! How the New Science of Gratitude Can Make You Happier*.

Is there a way to create an "attitude of gratitude" to naturally create habits of thankfulness, and the ability to express meaningful appreciation for all we have in our lives? Consider these ideas to help you gain ground on becoming a grateful person.



#### 1. WAKE UP THANKFUL.

Every morning before your feet hit the floor, take a moment to scan your body and consider all it does for you day in and day out. Close your eyes—but don't go back to sleep—breathe deeply and mindfully focus on each area of your body. If you are experiencing pain or discomfort in a particular area, try to think of this body part as a loving family member or friend who is trying their best to be there for you and help you out. Think of all your brain does for you day in and day out, then say out loud, "Thank you." Then move your attention to your neck, shoulders, chest,

heart, lungs, stomach, hips, legs, ankles and feet, sharing your gratitude for each body part. By performing this simple move you'll start your day thankful and energized.

**2. THREE GOOD THINGS.** Keep a "Good Things Journal." Taking the time to recognize the many blessings you had in your day can have a profound impact upon your happiness. Researchers at the University of California-Berkeley studied individuals who wrote down three things at the end of each day they were thankful for, how it made them feel, and why they thought each good thing happened. By writing down these three things, researchers discovered participant's happiness levels increased immediately, and continued up to six months later. At the end of your day reflect on three good things that happened to you. Jot them down and describe how they made you feel and why you thought these good things happened. By performing this simple move at the end of the day, you'll go to bed with a smile on your face.

**3. COUNT YOUR BLESSINGS.** Spiritual traditions all over the world have taught us the benefits of taking time throughout our day to be thankful and count our blessings. Whether you are religious or not, one tradition you can easily follow is to be thankful before your meals, and reflect upon all you have in your life. Each meal can be a wonderful cue and reminder to be thankful.



**4. GRATITUDE GESTURES.** This week, focus on using words grateful people typically utilize. Science has demonstrated using words like, "I am so grateful," or "I feel so blessed," are all ways to boost your happiness. So this week, when someone comes to you and asks how you are doing, give one of these responses a try. Watch what happens to both your moods!

**5. DELIVER THANKS.** Like John Kralik, researcher and positive psychologist Dr. Martin Seligman discovered the amazing impact a simple act of writing and delivering a thank you note has on happiness. Dr. Seligman and his research team observed a significant boost in happiness after delivering a thank you note immediately and up to one month later! Think of someone in your life who

has been a positive influence and write them a thank you note. This could be a parent, child, coach, teacher, co-worker, mailman or server at a restaurant. Share with them how they impacted you and thank them! You can mail it, or even better, take the time to deliver the note in person. You'll see first-hand how delivering thanks will boost your happiness for weeks to come.



**6. THANK YOU JAR.** Consider doing this with your family, department at work, or maybe a team you are coaching or participating in. Grab a mason jar, decorate it, and incorporate a simple sign that reads, "Thank You Jar." Provide the following instructions to your family, work staff or team: "Whenever you are thankful for someone or something, take a moment to write a quick thank you note. It will be shared at the end of the week." Watch how gratitude and happiness becomes contagious!

**7. SAVOR THE MOVEMENT.** Gratitude scientists have determined our happiness can increase exponentially by "savoring"—paying special attention to sights, smells and sounds when walking. Being more mindful and grateful of your surroundings while taking a walk—like smelling the roses, admiring the trees, and feeling the breeze—can have a profound impact on your level of happiness.



**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.

*"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."*

-WILLIAM ARTHUR WARD



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**Have a question?** Ask our experts by going to [welcoa.org/expert](http://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\*.

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# GETTING A MOVE-ON WHILE BEING GRATEFUL

Did you know that being grateful and consistently showing gratitude is good for your overall health? According to a study published in the *Clinical Psychology Review*, making a habit out of giving thanks has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life and kinder behavior toward others.

Why does gratitude do so much good? Gratitude essentially forces you to acknowledge how much you value other people and things—being grateful enables you to pause and reflect on how lucky and truly blessed you are. Researchers point out that practicing gratitude also helps you:

**FIGHT NEGATIVITY.** When you take time to think about what you're grateful for, it changes your focus from the bad things in your life to the good things. Take time to be grateful, and just see how quickly your negative thoughts dissipate.

**IMPROVE YOUR RELATIONSHIPS.** Expressing gratitude helps others understand how much you appreciate and value them, which in turn helps to strengthen your bond with that person.

**REDUCE COMPLAINING.** Grateful people don't tend to focus their time and attention on pain and problems. Instead of complaining, they are more apt to just ask friends and family for advice or help when they need it.

Take note of these tips to get started:

**SING OR LISTEN TO YOUR FAVORITE SONG WHILE TAKING A WALK.** Find music that is inspirational or upbeat—something that fills your heart and spirit and boosts your hope.

**WALK WITH A FRIEND OR LOVED ONE.** Talk about the day's events, share a joke, give your walking companion a

compliment or tell them how much you appreciate them—walking with a friend or loved one will certainly boost your level of gratitude.

**TAKE IN THE BEAUTY OF YOUR SURROUNDINGS.** Take a walk outside and connect with nature—pay close attention to your breathing and enjoy and acknowledge all the details of nature before you.

**PERFORM A RANDOM ACT OF KINDNESS WHILE YOU WALK.** Think about taking a walk to someone's home or work and perform a random act of kindness—pull some weeds, bring them a small gift, etc. Gratitude is all about showing kindness and appreciation towards others.

## Gratitude in Action



Practicing and maintaining gratitude is all about showing appreciation and kindness towards others. So, try to perform a daily act of kindness—smile at a stranger, open the door for someone, donate spare change to a charity, etc.

## Make it a Family Affair



Show your appreciation for your family by spending healthy, quality time with them. Aim for everyone to get 20 to 30 minutes of daily activity together. Shooting hoops, playing tag and family walks are all great ways to bond and stay active together.

# FUELING FOR FESTIVITIES

by SEAN FOY, MA

I once asked a highly respected dietitian and health professional, “If you could share only one piece of advice with your clients to help them improve their energy, boost their mood and enhance their health during the holidays what would it be?” Without hesitation she said, “eat REAL food frequently!” She pointed out that people have a tendency to skip meals before a party or during the holidays and later, when we have our favorite treats in front of us, we often eat more than we intended. Some of us settle for imitation, processed, packaged products devoid of nutrients and loaded with empty calories. Most of us find ourselves overfed but undernourished throughout the holidays. So what to do? Fuel your body!

Research shows you can maximize your metabolism, increase your energy, enhance your mood, and balance your blood sugar by simply eating “real” food (i.e. fruits, vegetables, and lean protein) frequently throughout your day.

## Eat Real Foods Frequently

Here are a few tips to help you eat real foods frequently for the holidays:

» **Try a veggie snack pack.** Create or buy single-serving packages of celery, carrots, and other veggies, then add a bit of hummus or healthy dip for flavor. Enjoy for a mid-morning or afternoon snack or even before you go to your event. Not only are these good for you but they are quick and convenient during a busy work day, while traveling, or before festivities to curb hunger.

» **Get more out of your salad.** If you already eat salad, make it bigger! But not with cheese or croutons. Instead add more veggies like broccoli, carrots, squash, green peppers, eggplant, red peppers, mushrooms or cauliflower. You can also add nuts like almonds, pine nuts or cashews.

↳ **Add more!** Stir-fry, soups, sandwiches, omelets, pizza, wraps and kabobs! All foods you can add veggies to that you probably already eat!

» **Stash healthy snacks at work.** Load up your office area with healthy snacks (almonds, fruits, veggies) to help you take care of your hunger before holiday work parties. Don't deprive yourself of your favorite foods. Remind yourself when going to a holiday party—everything in moderation.



Eating a wide variety of “real foods” throughout your day is one of the best ways to ensure you get all the vitamins, minerals, antioxidants, and phytonutrients your body needs. In addition, by eating nutrient-rich foods frequently you'll be able to sample some of your favorite treats without feeling out of control.



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

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# EMPLOYEE HEALTH & WELLNESS PROGRAM

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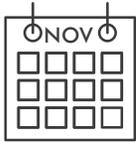
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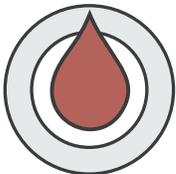
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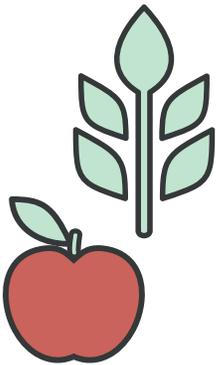
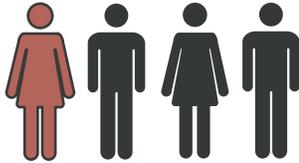
## NOVEMBER IS NATIONAL Diabetes MONTH

Although there's no cure for diabetes, there's a lot you can do to prevent and manage the condition for a longer, healthier life.



### 1 OUT OF 4

One out of 4 adults don't know they have diabetes.



## SMALL CHANGES

People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These can include small changes like eating more fruits and veggies and getting a little more activity every day.

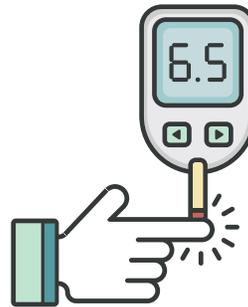
### 30 MILLION

Nearly 30 million Americans suffer from diabetes, and another 86 million have pre-diabetes.



## TALK TO YOUR DOC

You need to get your blood sugar tested to find out for sure if you have diabetes. Talk to your doctor about if and/or when you should get tested.



## LEARN YOUR RISK

You're at a higher risk for developing diabetes if you have pre-diabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes), are overweight, 45 years or older and/or have a parent, brother or sister with type 2 diabetes.

## KNOW YOUR ABC'S

- ✓ Regular **A**1C Test
- ✓ **B**lood Pressure Below 140/90 mm Hg
- ✓ Control **C**holesterol
- ✓ Stop/Don't Start **S**moking

