

WELCOA | JULY 2019

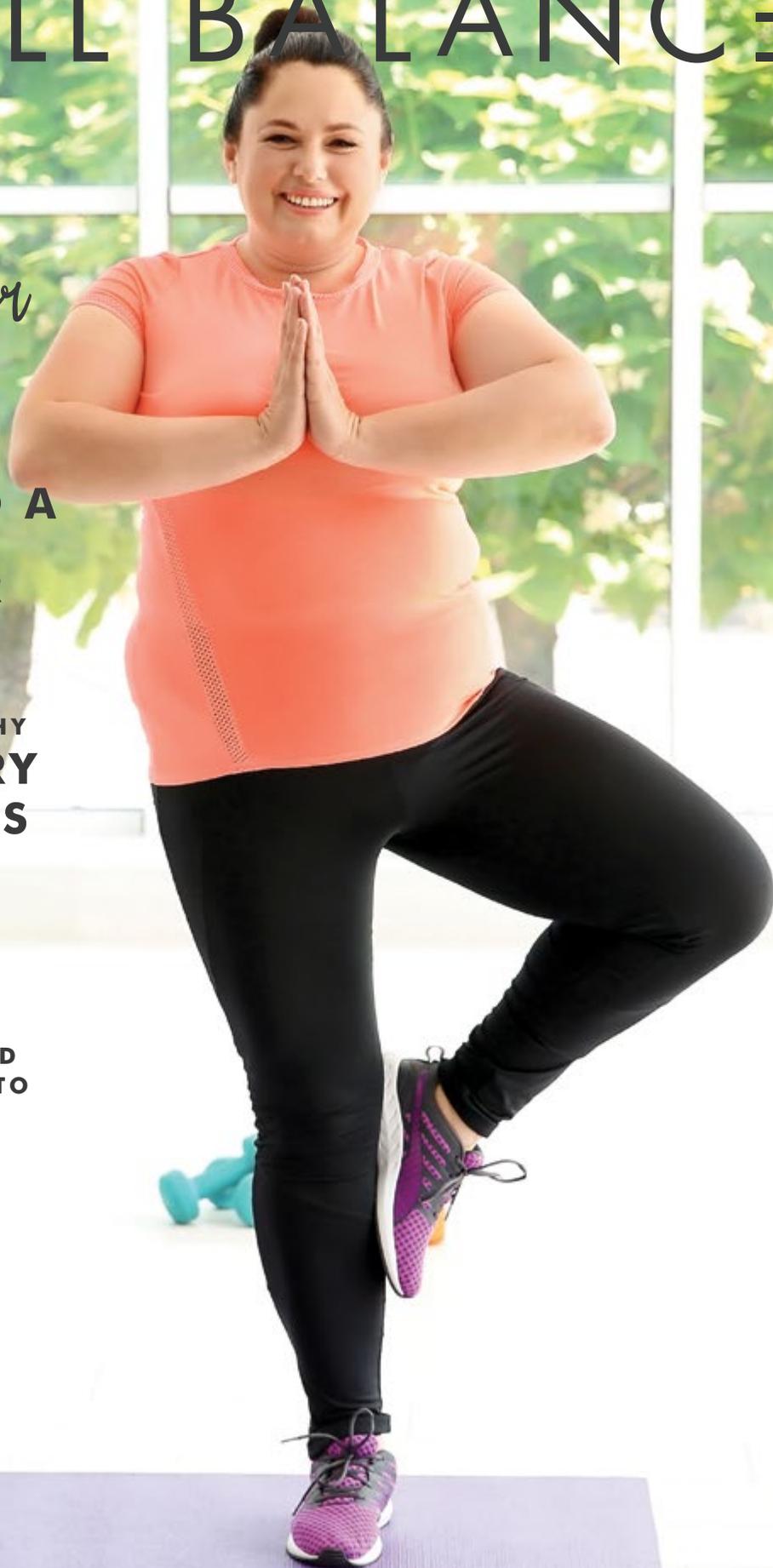
WELL BALANCED^o

*The Summer
Fun Issue*

**4 WAYS TO A
FABULOUS
SUMMER**

**SWEET & HEALTHY
BLUEBERRY
PANCAKES**

**POWER
PACKED**
12 PLANT-BASED
FOODS TO ADD TO
YOUR DIET



2 cups oat flour (blend old fashioned oats until flour consistency)
 2 cups oat milk (any plant-based milk will work)
 1 tsp cinnamon
 1 tsp vanilla
 2 Tbsp milled flax with 6 Tbsp water
 ¼ cup walnuts, chopped
 1 cup frozen blueberries
 1 medium, ripe banana

DIRECTIONS

In a good blender or food processor, add 2 Tbsp milled flax with 6 Tbsp water and let sit for 10 minutes. Add oat flour, milk of choice, cinnamon, vanilla, and banana. Blend until batter consistency is achieved. Fold in frozen blueberries and chopped walnuts. Pour ¼ - ½ cup batter onto heated non-stick griddle.

Hint: *The smaller the cakes the easier they are to flip.* Let batter sit until cakes are golden brown and firm on the bottom. Flip and cook until the other side is done. Serve with your favorite pancake toppings. Ideas include sliced fruit, maple syrup, fruit compote, peanut butter, or honey.

SERVES: 4

NUTRITION INFO (per serving)

*Calories 290, Fat 10g,
 Carbs 47g, Protein 8g,
 Sodium 59mg,
 Sugar 21g*

BLUEBERRY BANANA Pancakes

This sweet and sticky treat is the perfect kickstart to your morning. Add fresh blueberries, raspberries, or strawberries on top for an antioxidant packed breakfast.



Frozen Blueberries

Despite what you may have heard about the nutrient content of frozen foods, many of the foods you find in the grocery store are picked at peak ripeness and flash frozen to maintain some of the highest levels of nutrients and antioxidants. Blueberries are no different.

¹ Rich in the antioxidant anthocyanin, which is responsible for its blue color and health benefits, the blueberry has powerful free radical fighting properties and ranks among the most nutrient dense of fruits.

Packed with fiber, vitamin C, potassium, phytonutrients, and other compounds, blueberries have been shown to protect against cancer, heart disease, diabetes, high blood pressure, digestive issues, and mental health problems.

1. Lohachoompol V., Srzednicki G., Craske J. The Change of Total Anthocyanins in Blueberries and Their Antioxidant Effect After Drying and Freezing. *J Biomed Biotechnol.* 2004;2004(5):248-252.



PACKED WITH A POWERFUL PUNCH: Plant-Based Antioxidants

by KAYLI DICE, MS, RD, LD & DENISE POUDRIER NORMANDIN, MA, RD, LD

Every day, we are exposed to free radicals from poor diet, alcohol, tobacco, and more. This build up causes oxidative stress, which contributes to aging and the development of many chronic diseases. Antioxidants fight against oxidative stress and inflammation from free radicals in the body, so it's crucial that we eat them daily.

Antioxidant values of foods are expressed in Oxygen Radical Absorbance Capacity (ORAC) units, a unit of measurement for antioxidant content which was originally developed by the National Institute on Aging (NIA) at the National Institutes of Health (NIH). We need to get a daily minimum of 8,000 to 11,000 antioxidant units in our diet just to stay out of oxidative debt. This number increases if we are sick, stressed, or even sleep deprived.

Where do you find antioxidants? Plant-based foods have, on average, 64 times more antioxidants than animal-based foods, so a plant-based eating plan rich in a colorful array of fruits, vegetables,

herbs, and spices will give you the most antioxidant power. Although any fruits and vegetables are a great start, some pack a much more powerful antioxidant punch than others.

Try these top antioxidant-rich foods:

Acai Berries: These Brazilian berries are considered one of the most antioxidant-rich foods on the planet. Find pureed acai berries in the frozen section and blend them into smoothies.

Apples: Many are surprised to find out that the humble apple is an antioxidant superstar. Much of its power is in the skin, so be sure to enjoy your apples unpeeled.

Purple Cabbage: If a daily dose of acai berries isn't in your budget, no problem. Purple cabbage is one of the most economical antioxidant-rich foods you can buy. Sprinkle shreds of it into salads, stir-fry, and on sandwiches for a superfood crunch. Bonus: it stays fresh for weeks in the refrigerator!

Red Leaf Lettuce: Another superstar! Many are surprised to learn that red oak leaf lettuce has a substantially higher antioxidant value than kale or spinach.

Herbs and Spices: Along with antioxidant-rich foods, certain herbs and spices derived from nutrient-dense plants can add a powerful punch to your eating plan.

Some of the top antioxidant-rich herbs and spices include:

- » Cloves
- » Cinnamon
- » Oregano
- » Rosemary
- » Thyme
- » Turmeric
- » Cocoa
- » Vanilla bean

Aim to consume two or three servings of these daily. Adding a pinch to your favorite salad, main meal, side dishes, and/or beverages dramatically increases the nutritional value.

REFERENCES

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<https://nutritionfacts.org/video/superfood-bargains-2/>
<https://nutritionfacts.org/video/antioxidants-in-a-pinch/>
<http://www.nia.nih.gov/>



About Kayli Dice, MS, RD, LD • Chair for the ACLM Registered Dietitian Member Interest Group // As a registered dietitian and food and nutrition expert, Kayli Dice has devoted her entire career to helping people shift toward eating more plants. She believes food should be enjoyable, simple, and nourishing. Kayli authored the Plant-Based Nutrition Quick Start Guide, chairs the American College of Lifestyle Medicine Registered Dietitian Member Interest Group, and is Director of Nutrition & Healthcare at Lighter, Inc.



About Denise Poudrier Normandin, MA, RD, LD • Vice-Chair for the ACLM Registered Dietitian Working Group // Denise is a registered dietitian nutritionist and has over two decades of experience in the health and wellness industry. She is the founder and CEO of Enlighten Nutrition and Wellness, a member of Plymouth State University's Adjunct Faculty and the Project Director for Healthy PSU, a nationally recognized, research-based organizational health and wellness campaign. She resides in the Lakes Region with her husband and four children where she enjoys healthy cooking, hiking, skiing, and watching her kids play sports.

4 WAYS TO A FABULOUS SUMMER



You know that physical activity can help you live a longer, healthier life. But did you know you don't need to join a gym or be a trained athlete to be physically active? No matter your lifestyle, you may be able to improve your health if you move more and sit less! Being physically active may help you to stay fit and feel fabulous over the years.

Moving more and sitting less can reduce your risk for many serious health conditions, including heart disease, diabetes, and certain kinds of cancer. Some studies suggest that physical activity can have mental health benefits as well, helping to relieve depression and maintain thinking abilities as you age. Healthful physical activity includes exercise as well as many everyday activities, such as doing active chores around the house, yard work, or walking the dog. Your family and friends can be great sources of support as you adopt a healthier lifestyle. Ask them to join you in eating healthy and physical activity.

Some communities don't have safe playgrounds or sidewalks, so kids tend to spend their free time indoors. Sitting instead of moving makes it hard to maintain a healthy weight. Many adults sit behind the wheel driving to work and then sit most of the day at a computer, taking few breaks to stand up and move around. In suburban neighborhoods, people often have to drive rather than walk to get to grocery stores, shops, and even public transportation.

Although your environment can affect how active you are, you can still look for new ways to use the world around you to add some movement to your day.



Community Calisthenics

- » Start a walking group with friends, neighbors, or co-workers.
- » Make the streets safer for walking by driving the speed limit and yielding to people who walk.

- » Consider joining a low- or no-cost exercise group or an office sports team such as softball or kickball, and enroll kids in community sports teams or lessons.
- » Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.
- » Work with parents and schools to encourage kids to safely walk or ride bikes to school.
- » Join other parents to ask for more physical activity at school.



Start Small

Even though many of us know that physical activity is a good thing, most adults nationwide don't meet even the minimum recommended amounts of physical activity. Fitting in physical activity is not as hard as you may think. Start with a 10-minute session three times a day, then move to 15 minutes twice a day. Work your way up to 30 minutes of continuous moderately

intense physical activity on most or all days of the week. Moderately intense activities, like brisk walking or dancing, speed up your heart rate and breathing. Getting 150 total minutes spread over the week is suggested. But even 60 total minutes a week of activity that is moderately intense may bring you health benefits.

Strengthen Your Muscles

Try performing activities to strengthen your muscles at least two times a week. If you have weights or a rubber exercise band, they are good options to use. You can also lift canned food as weights for strengthening your arms and back. These activities are important because older adults—especially women—tend to lose muscle and bone mass over time. Activities to strengthen your muscles may help prevent or reduce this loss. Use canned foods or filled water bottles as weights to work your arms, shoulders, and back. If you are able to, walk up stairs because lifting your body weight strengthens your legs and hips.

Battle Your Barriers

If physical activity feels like a chore or that you just don't have enough time, try different activities to find the ones you really enjoy, and have fun while being active!

Go green. Start a small garden in your yard or in a community space.

Break it down. Break physical activity into short blocks of time. Take three 10-minute walks during your day.

Assign activity. Make activity part of your daily routine to walk after breakfast or dinner.

Dismiss devices. Take breaks from sitting at the computer or watching TV.

Cubicle challenge. If you have a job that requires a lot of sitting or standing, send computer files to the furthest printer or ask a co-worker to take a walk around the building.

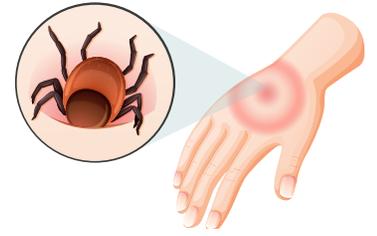
AMAZING AEROBICS

Activities that cause you to breathe harder are called aerobic activities. These make your heart and blood vessels healthier. Aerobic activities include brisk walking, dancing, swimming, and playing basketball. Strengthening activities, like push-ups and lifting weights, help make your muscles and bones stronger and can also improve your balance.

Ask the Expert...

Can I get Lyme Disease from ticks?

In a word, YES! And ticks don't have to bite you. Even if they lick your skin, you are vulnerable for infection. The telltale sign of a tick bite with Lyme Disease is a bulls-eye ring, but not all tick bites are visible, so don't be fooled. Moreover, current research suggests that Lyme Disease can be transmitted by fleas and mosquitoes as well. Lyme Disease is called the great mimicker. Its symptoms mimic rheumatoid arthritis, Chronic Fatigue Syndrome, Alzheimer's, and many others chronic diseases. There is no definitive medical test for Lyme Disease and because of its nature is hard to detect. Left untreated, Chronic Lyme Disease is very difficult to treat and there is no known cure.



BRIAN LUKE SEAWARD, Ph.D.

Brian Luke is the executive director of The Paramount Wellness Institute in Boulder, CO and the author of two WELCOA books, *A Good Night's Sleep*, and *The Road to Wellness*.

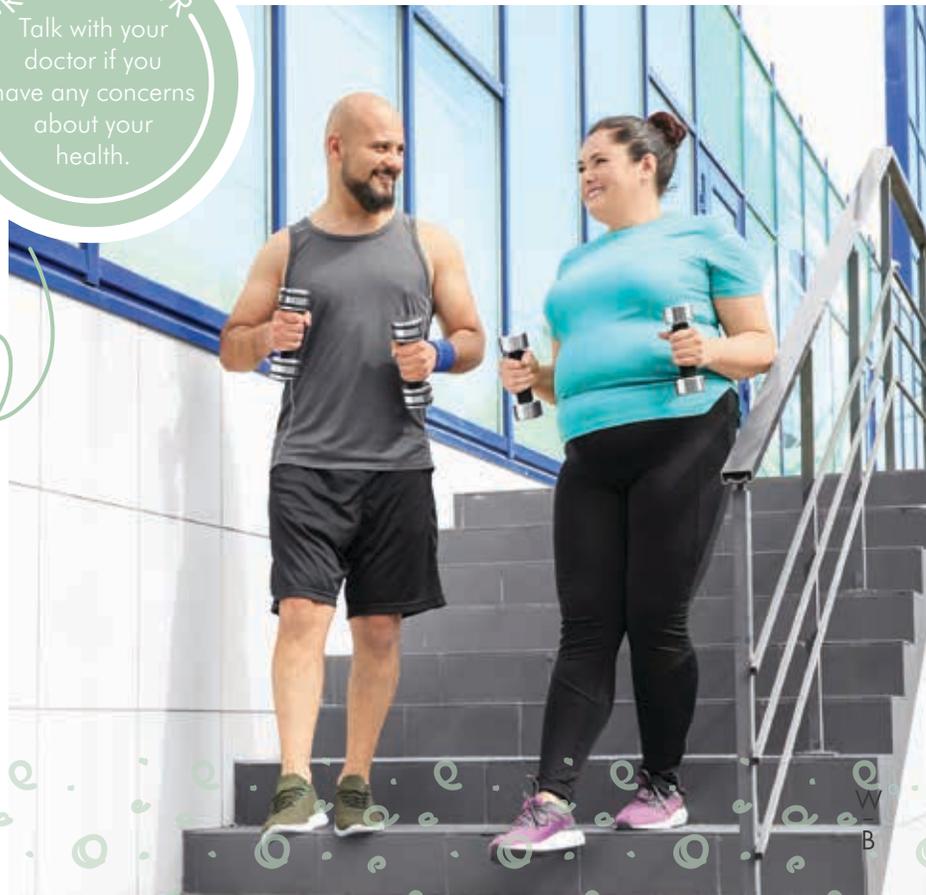
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Have a question? Ask our experts by going to www.welcoa.org/expert. If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue*.

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REMEMBER

Talk with your doctor if you have any concerns about your health.





DEVICE DETOX AND WELLNESS

by BRIAN LUKE SEAWARD, Ph.D.

When originally created, technology promised to increase our productivity at work, increase leisure time, and connect us with loved ones. Unfortunately, devices have become a source of tremendous stress and tension in America. "Digital toxicity" is a term recently coined to describe our social, personal, emotional, and spiritual dilemmas with excessive exposure to these screens.

Distracted driving, such as texting on a cell phone, is one of the leading causes of car accidents in the United States. According to a Kaiser Family Foundation study, Millennials devote more than 7 hours a day to electronic media and children ages 11-14 are spending as much as 12 hours per day on Smart phones and video games. While these statistics highlight the use of technology among youth, digital toxicity effects all walks of life. "Email stress" is a term given to people who are overwhelmed with more than 50 emails per day.

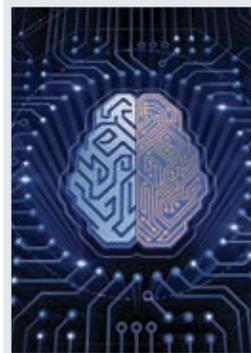
One form of digital toxicity is "screen addiction", the accepted term to describe people who have an uncontrollable urge to use their devices. This addiction disrupts work, family relationships, driving skills, and more. The need to constantly check emails, text, or view likes on social media is based on ego. Studies show that a small amount of dopamine (a neurotransmitter associated with addiction) is released upon receiving text alerts and social media pings. Even when a person thinks they are getting a text alert (known as phantom pings) they get the dopamine buzz.

Technology itself isn't bad, but the use of technology can be problematic for our health. Excessive use of our devices can lead to increased obesity, blood pressure, anxiety, depression, isolation, and even alienation from peers.

Tips for Digital Detox

- 1. Maintain healthy boundaries.** Be assertive with your use of technology. Block out times each day to be tech-free and avoid distractions. Start a media and device curfew an hour before bedtime each evening and stick to it!
- 2. Designate a "Tech-free zone".** Less than 50% of Americans claim to get a good night's sleep. While stress plays a huge role in our ability to rest, so does technology. Improve your sleep by placing all technology (Smart phones, laptops, iPads, etc.) in another room before going to bed.
- 3. Spend more time outdoors.** Nature provides a great way to recalibrate your circadian rhythm, a 24-hour cycle regulated by sunlight and temperature. When the sun is up, get outside!
- 4. Make a daily habit of mindful meditation.** If digital toxicity is a poison, then mindfulness is the antidote. Carve out 5-10 minutes a day (and more if possible) to sit quietly without your Smart phone and focus on your breathing.

Cultivating a healthy relationship with technology is one way we can begin to improve our relationships, our sleep, and our health overall.



Did you know?

The constant use of technology impedes the brain's ability to create long-term memories resulting in what is now called "digital dementia." In essence, we are outsourcing our memory capabilities to technology.



About BRIAN LUKE SEAWARD, Ph.D.

Brian Luke is the executive director of The Paramount Wellness Institute in Boulder, CO and the author of two WELCOA books, *A Good Night's Sleep*, and *The Road to Wellness*.



Small Steps TOWARD CHANGE

by MAGGIE GOUGH, RD

With busy schedules and little to no free time in our days, it's hard to create space just to think. To check in with ourselves and just see how we're feeling. When we're able to find the time, it's important to think about the goals and dreams we'd like to achieve in the future. One way to break down these big, bold goals is to think about how we can make small adjustments to shape our daily lives. Some examples of these small achievements might be to focus on your physical self-care or financial accountability. Whatever your achievements, make sure you write them down as a promise to yourself. Consider these:

- » Monitor your finances each week
- » Get moving every morning

While it is tempting to set a goal that is relatively easy to accomplish such as eating a single piece of fruit a day, it is the big leaps and hard habits to break that are the most rewarding. If your goal is to get moving every morning, set yourself up for success!

- » Set several incremental alarms to remind you to wake up
- » Think positively about your morning ritual as a chance to get the day going
- » Display visual reminders of the goal you are achieving around your house or apartment

» Lay out your outfit the night before and prepare your coffee pot for a fresh cup in the morning

These small adjustments will give birth to a new way of thinking. What tiny steps can you take today and in the next three days so that next week it won't feel so hard?

Ask Yourself...

- What promise do you want to keep for yourself this week?
- Are you willing to take it step by step?
- Are you willing to relapse sometimes and get back to it?

Author Rachel Hollis said, "When things are hard we reach for our lowest bar." But she also said, our lowest bar is our highest level of training. It might be just waking up that is really challenging at first, yet your highest level of training is actually convincing yourself to find another time to work out and to go back to bed.

Your goal does not, and should not, be perfection. Your goal could be to change your highest level of training. And to keep doing this and making small steps in the right direction to improve the exercise you will do. Many health and wellness goals are set to perfection right out of the gate. And when we trip over that first step, we revert

back to our highest level of training, which is missing the first step.

The thing about training is that it gets easier as you go along. Think of lifting weights. We get stronger and what used to feel too heavy and too hard over time feels easier. Changing our lifestyle habits is similar. Maybe your goal is to make half of every plate fruits and vegetables. Maybe you only achieve that for this week's lunches, but that's a new level of training for you that becomes second nature over time. Once that is second nature you can move on to dinners.

We don't have to fix everything about ourselves in one day. We wouldn't expect that of other people and we shouldn't expect that of ourselves. So stay the course! Set reasonable (but challenging) expectations to push yourself out of your comfort zone and into a new horizon of success and achievement. The future is bright.



About MAGGIE GOUGH, RD

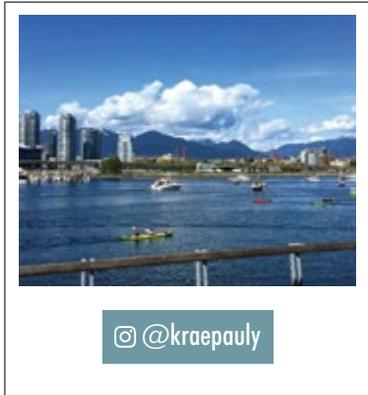
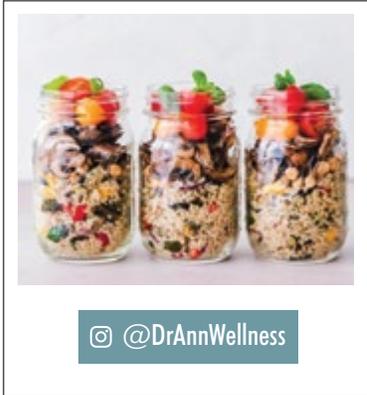
Maggie Gough has developed consumer-facing health and wellness platforms, created and implemented wellness programs and provided consulting to clients about how to create more meaningful wellness initiatives. Her mission is to create workplaces that allow people to live fully into their divine human experience. Maggie lives in Kentucky with her husband Brad and their three kids. For more information on Maggie and her holistic approach to healthy eating, visit her Facebook page—www.facebook.com/realizewellbeing



EMPLOYEE HEALTH & WELLNESS PROGRAM

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SMALL STEPS FOR SUCCESS

If your goal is to get moving every morning, set yourself up for success by laying out your outfit the night before.



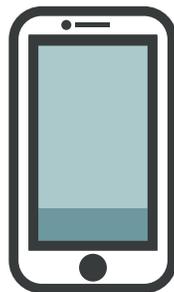
GET MOVING

Moving more and sitting less can reduce your risk for many serious health conditions and has mental health benefits.



TAKE A DIGITAL DETOX

Put your phone on silent or keep it in your pocket or purse while driving.



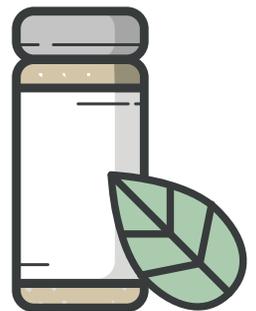
DON'T SKIP OUT ON FROZEN PRODUCE

Many grocery store frozen fruits and vegetables are picked at peak ripeness and flash frozen to maintain some of the highest levels of nutrients and antioxidants.



SHAKE IT UP

Herbs and spices can be used as powerful antioxidants in a pinch.



STRENGTHEN YOUR MUSCLES

Use canned foods or filled water bottles as weights to work the muscles in your arms, shoulders, and back.

