

January 2016

Happy New Year!

Wellness Corner Connection

The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

WHAT'S COMING UP?

- What are S.M.A.R.T. Goals?
- How to find time to work out.
- The 7 Super Spices to make meals healthier
- Get to a healthy weight
- Stop back pain
- Sitting can cause many health problems
- Workouts that burn 100 calories

Did you know...it takes 21 days to start to form a habit but we need 66 days or roughly 2 months of practice in order for lasting change to take hold. The key to success is taking the first step. Start your journey to achieving your goals this year by taking that step today. Do it for YOU!!! I know you can if you persevere!

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

Here We Go Again!

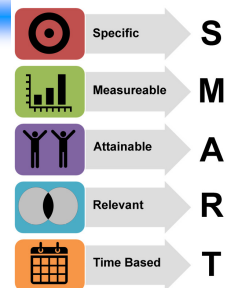
As the ball drops on Dec 31st, I am filled with mixed emotions. Have I done all I could do in the last 365 days? Did I accomplish the goals I set for myself at the beginning of the year? Did I even set any goals or did I leave life to chance? With every count down to the new year, I feel a nostalgia for the past but at the same time an excitement for what opportunities lay ahead. It's a chance to start over. Clear the slate. Take a breath and try again.

So I ask *you*, how can you approach this year with a new outlook? What can you do differently to reach the goals you set? Think about what you really want out of life and make plans to go after it. Don't focus on *resolutions*. Focus on dreams. Dream it. Believe it. Achieve it!

Why Goal Setting is Important

This year, instead of focusing on a New Year's Resolution, really look at what you want out of your life and set some goals on getting there. Just make sure these goals are S.M.A.R.T. ones...goals that can be very reachable and rewarding!

Goal setting is important and many of us set them constantly it's just we aren't aware of it. Goals determine the degree of success we feel we have achieved in life. But when we set goals unconsciously, we are missing out on a lot of opportunities. Here are five powerful reasons why goal setting is important:



→ MEANING

Once you know how to set S.M.A.R.T. goals, your ability to focus on and attach meaning to what is most important to you will result in a level of motivation that is necessary to actually achieve what you set out to accomplish. Setting goals helps to give our life more direction, purpose and passion! Maybe try this: Instead of a long list of things to accomplish, choose one word. One word that sums up what you want to focus on, how you want to live your life or who you want to be.

→ TIME

Without goals we tend to drift from one thing to another which can leave us feeling time was wasted on things that are irrelevant, irresponsible or unimportant. Goals allow us to put effort in those things that align with our values—what you do has a point and a purpose.

→ TRUTH

Well chosen goals take you out of your comfort zone. This invites the opportunity for you to grow. Although sometimes the process of reaching our goals may be uncomfortable and difficult, it is always a challenge that will help us discover valuable truths about ourselves. This heightened awareness can enable you to do something positive about it.

→ FEELING

The process can be painful but the journey is often one of life's lessons that help us feel good about ourselves. Goals give you something to work for in the present while giving you something to look forward to in the future.

→ CHOICE

You choose the direction your life takes -- you assume full responsibility for your actions and their consequences. You're nobody's puppet, or a victim of circumstance. You've always got a choice in what you think, say or do. This is a mindset that many people don't consider. They feel trapped, as if they 'have to'. It doesn't matter whether your goal is to get something good or leave something bad; accept that you chose everything in your life now, and exercise your freedom to choose from now on.

How will you make this year different from the rest?

Don't set a goal just because you feel you have to....

Do it because you want to achieve something for yourself.

Do it because you believe you can.

Work on it this year and next December you can say "I DID it!!!!!"

"People who do not have goals are doomed to work forever for those who do."



Too Busy to Workout? The Secret to Finding Time is Simple.

If you don't make time for your health now, what will happen when you no longer have your health?

As a Personal Trainer and Group Exercise Instructor, I have heard a lot of "reasons" why folks can't keep to a regular exercise program. The number one reason is "there isn't enough time in a day". Their schedules are just too busy to incorporate exercise. Every new year, the fitness facilities get packed with those determined to make THIS year the year they start exercising. But come February, the fitness floor is back to the few dedicated members who stick it out.

Have you ever told yourself, "If I can just get through the next day/week/month/holiday, things will calm down and I'll be less busy?" You're never going to *find* time. If you want time, you have to *take* it!!

Today is the day to start a new relationship with "busy". By making time, you start to take control back. Control of your life and your body. The kind of control that will make you feel more focused, more confident, more in charge, and ultimately happier.

1. **MAKE AN APPOINTMENT WITH YOURSELF**—decide how much time, realistically, you can devote to your health and fitness goals. It doesn't have to be an hour. It just needs to be an amount of time you can commit to each day. Set aside an appointment with yourself in advance to do your workouts, take a walk, prepare a healthy meal, whatever you want your healthy habit to be.
2. **DEFEND YOUR TIME**—Tell others you're booked. Plan ahead for others to want to monopolize your time. Stick to it! Get someone to watch the kids. Pack your workout clothes the night before and put it in your car.
3. **IF YOU DON'T FOLLOW THROUGH, MAKE ADJUSTMENTS**—We all get knocked off track sometimes. That's okay. If one aspect of your plan isn't working, don't abandon it, just make some tweaks and keep trying. For example, if dragging yourself out of bed at 5 am to workout just isn't happening, consider adjusting your schedule to fit it in over lunch or right after work.

- Set reminders for your healthy habit appointment. Post sticky notes.
- Let others know you are busy at that time.
- Make it work for you!!

The main thing is, keep trying until you find what works for *you*. Making time is essential for getting in shape. Yes, it can be difficult. But it's also empowering. Welcome to a whole new way of being 'busy'.

SPICE UP YOUR MEALS AND YOUR HEALTH

Benefits and Definitions to be aware of when talking about spices and herbs:

Antioxidants—protect cells against effects from free radicals.

Free Radicals—molecules produced when your body breaks down food, or by environmental exposures such as tobacco smoke and radiation.

Anti-inflammatory properties—Studies show that some spices help reduce inflammation.

Inflammation—in the body has been identified as a precursor to many chronic diseases such as heart disease, allergies, and Alzheimer's.

Weight loss—some spices are linked to possibly adding in weight loss because they boost ones metabolism, promote satiety, aid weight management and enhance overall quality of a diet.

Cinnamon

May improve blood sugar and blood pressure levels. May also help blood lipid levels as well as reduce inflammation.

Oregano

Highest in antioxidants of the dried herbs. One teaspoon has as much as three cups of chopped broccoli (but don't ditch the broccoli, have both!)

Rosemary

Helps reduce inflammation and is being studied for its role in heart health.

Turmeric

Commonly found in curry powder, researchers are looking into its role in brain health and protecting against cognitive decline associated with aging.

Thyme

In addition to its antioxidant advantages, research is looking at the role it plays in relation to respiratory function.

Ginger

Just one teaspoon has similar antioxidant levels as one cup of spinach. Researchers are looking into its role for digestive issues (such as nausea) along with its role in reducing pain.

Dried Red Pepper (including cayenne, crushed red pepper flakes and paprika)

Shows promise for enhancing metabolism, increasing satiety and potentially stimulating fat burning.

DID YOU KNOW?

Spices and herbs are botanically classified as fruits and vegetables. But since they no longer contain water which makes up most of the fresh produce, spices and herbs offer an even higher level of antioxidants.

7 SUPER SPICES

rich in antioxidants



CRUSHED RED PEPPERS



TURMERIC



THYME



OREGANO



ROSEMARY



GINGER



CINNAMON

If you are on any type of medication, please consult with your doctor before taking certain spices and herbs due to potential interactions.

Get recipe ideas: www.eatingwell.com—Spices to save your life.



Healthy Weight For a Healthy Life

A recent study by the American Heart Association found that for every nine-pound increase in body weight, a person's risk of developing heart disease increases by 50%.

As mentioned on page one of this newsletter, it's important to set S.M.A.R.T. goals. Don't just focus on a weight goal but a HEALTH goal. Reducing your risk of heart disease or preventing Type 2 diabetes, is a great goal to have.

Start small. If you set your sights too high or make your goal too challenging, you may become frustrated and give up too quickly. Ten pounds is a great place to start. Consider these 3 easy weight-loss tips:

Keep a food diary. Record every single thing you eat and drink. Studies show this is the single most effective weight-loss tactic. The act of documenting your meals will impact the food choices you make. Plus it may surprise you just how often you pick and don't realize it.



Weigh yourself—every day. Keeping close tabs on your weight will keep you honest with yourself and warn you if you start to stray in the wrong direction. But don't let the scale discourage you. If you know you are honestly doing your best, just keep going.

Get enough sleep. Research shows that sleeping more than seven hours each night is associated with weight loss. Sleep tips your hunger hormones in the right direction.

1 pound of fat is
3,500
calories
(If you want to lose one pound a week, just burn 500 calories a day or more than you eat. Fitness is a science, not magic.)

Fiber is very important for our health and managing our weight

Soluble fiber -- in foods like oat bran, nuts, beans, and some fruits and vegetables -- helps prevent your body from reabsorbing bile acids in your gastrointestinal tract, which can help lower your cholesterol without medication.

Insoluble fiber -- found in wheat bran, whole wheat bread, and many vegetables -- absorbs water in your colon and can help keep you regular. Because fiber absorbs water, it can also help you feel fuller after taking in fewer calories. Most of us get fewer than the 25 grams of daily fiber recommended by the American Heart Association. Consuming this recommended amount can help you lose weight while improving your heart health. Simply increasing your intake of fruits and vegetables can make the difference.

How to Prevent Back Pain

Exercise—recommended that you do 150 minutes a week of moderate aerobic exercise.

Carrying less weight will relieve pressure from your back.

Strengthen your Core—do simple strengthening exercises for 5 minutes a day (i.e. Plank hold or pelvic lift as well as yoga and stretching exercises.)

Remember safety tips—when lifting, bend from the knees and hold heavy objects close to your body.

Practice good posture—pay attention to how you are sitting in a chair or standing. Prop your feet on a little stool or box to keep knees higher than your hips. Don't hold a phone against your shoulder causing undo strain on your neck.

Stand up- AT LEAST every hour and move. Stand while on the phone. Walk a message to a coworker vs. emailing.

Stop smoking- it actually restricts the flow of nutrient-containing blood to spinal discs, so smokers are especially vulnerable to back pain.

HOW LONG SINCE YOU LAST STOOD UP?



SIT LESS, STAND MORE, FEEL GOOD

Take it Serious...TOO MUCH SITTING IS DETRIMENTAL TO YOUR HEALTH!

Think of sitting and exercise as two separate behaviors, each contributing to your health in it's own way. 1-hour jog is great for you but it does not undo the 8 hours of sitting at your desk or in your vehicle each day.

Sitting has been linked to heart attacks, heart disease, and death from cancer. Also linked to high blood pressure, obesity, bad cholesterol and too much belly fat because sitting causes muscles to burn less fat and blood to flow more sluggishly.

Sitting may lead us to eating more.

I realize that our jobs often require us to sit for several hours every day. The key is to become more aware of the length of time you sit and try to get up every 30-60 minutes to walk around, stretch or just stand. Set reminders on your phone or computer. Wear an activity tracker to monitor your daily steps. (good place to set a goal)

Once people sit less, typically they often are open to the idea of moving more and to being more active.



Easy Ways to Burn 100 Calories

Some of these 100-calorie workouts take just minutes to complete. Others may take a little bit longer. No need to change into workout gear! No need to drive to a health club! No need to shower afterwards so no excuse you can't do some of these during work breaks! **Also will improve strength, increase your flexibility and boost your energy level and alertness.**

All of these activities burn an estimated 100 calories:

1. Climbing stairs for 10 minutes (also builds strong, sexy legs)
2. Stretch or do an easy yoga workout for 30 minutes (will help increase range of motion in joints, decrease stress and may improve quality of sleep.)
3. Playing ping pong for 20 minutes (improves hand-eye coordination as well.)
4. You will burn 10 extra calories for every 10 minutes you stand rather than sit.
5. Jumping rope for 7 minutes (also improves coordination and builds strength in lower legs) Can't jump for a solid 7 minutes? Work your way up until you build your stamina.
6. Go dancing. 30 minutes of casual dancing burns about 100 calories.
7. Standard housecleaning burns 100 calories in 30 minutes.
8. Hiking burns more calories than walking because of the difference in terrain. 15 minutes can burn 100 calories. (Builds leg strength and core stability)
9. Childhood games like kickball or tag burn mega calories. Playing with your kids or grandkids for 15 minutes can burn these calories while having fun.
10. Roller blades collecting dust? Gear up and in just 10 minutes you could burn 100 calories.
11. Run a 10-minute mile for 10 minutes to burn 100 calories—not ready to run a mile? Try to do run/walk intervals to build stamina and still burn fat. Or walk for 20 minutes at a brisk pace.
12. Got a green thumb? Gardening burns about 100 calories for each 25 minutes you spend digging, weeding and planting. Remember this come spring...start a flower or vegetable garden. Not only will you create beauty and healthy foods but burn calories caring for them!

So you see it doesn't have to take up much time or special equipment, it just requires you to think about it and incorporate movement into every day.

Fun Tip:

Keep a 100-calorie workout jar on your kitchen counter or your desk at work. Keep these and other easy workout ideas on slips of paper in the jar. Encourage coworkers, friends and family members to pull out a slip and complete a workout two or three times throughout the day to promote healthy movement and weight loss all day long.

Just Move!

Fresh Herb & Lemon Bulgur Pilaf

This dish may be simple but all the spices gives it a taste that will seem like you were cooking all day. Note that two of the spices were listed on the "7 Super Spice" list contained on page 2 of this newsletter.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onion
- 1 clove garlic, finely chopped
- 1 1/2 cups bulgur, preferably medium or coarse (see Note)
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 2 cups vegetable broth, or reduced-sodium chicken broth

- 1 1/2 cups chopped carrot
- 2 teaspoons grated or finely chopped fresh ginger
- 1 teaspoon coarse salt
- 1/4 cup lightly packed finely chopped fresh dill
- 1/4 cup lightly packed finely chopped fresh mint
- 1/4 cup lightly packed finely chopped flat-leaf parsley
- 3 tablespoons lemon juice, or more to taste
- 1/2 cup chopped walnuts, toasted



Preparation:

1. Heat oil in a large high-sided skillet or broad shallow saucepan with a tight-fitting lid over medium heat until hot enough to sizzle a piece of onion. Add onion, reduce heat to medium-low and cook, stirring often, until golden brown, 12 to 18 minutes. Stir in garlic and cook, stirring, for 1 minute. Add bulgur, turmeric and cumin and cook, stirring, until the bulgur is coated with oil, about 1 minute.
2. Add broth, carrot, ginger and salt and bring to a boil, stirring. Cover and cook over medium-low heat until all the broth is absorbed and there are "eyes" or indentations in the surface of the bulgur, about 15 minutes. (Do not stir the pilaf.) Remove from the heat and let stand, covered, for 5 minutes.
3. Stir dill, mint, parsley and lemon juice into the pilaf. Serve topped with walnuts.

Recipe from Eatingwell.com. Check out the nutritional values.



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Discipline is the bridge between goals and accomplishment.