

Targeting Wellness Newsletter

Good News for Good Health!

January 2021

Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

"Starting over is an acceptance of a past we can't change, an unrelenting conviction that the future can be different, and the stubborn wisdom to use the past to make the future what the past was not." – Craig D. Lounsbrough

Each new year we tend to be filled with optimism and high expectations. We turn the page to a new chapter in the life we wish we had. There is no doubt that we are all grateful to have come through the year we all just experienced. Don't dwell on what could have been. Don't look at what was lost but rather what you gained because I'm sure there were great lessons to be had in 2020.

This year, instead of just turning the page to a new chapter, what about starting, no writing, a new book, your book! Every New Year we meet at this same place. We may approach the podium slightly different, a year older, few more gray hairs, few more pounds around the mid-section, but we always seem to start with great intentions only to be taken off course by something.

Last year we blamed it on the pandemic. What will it be this year? Challenges await, no doubt, but that's what makes life interesting. That is what helps us to grow into the best version of ourselves. So what is it going to be this year?

Are you going to let those same excuses follow you into 2021 or are you going to take a stand and go after what you want? Looking back (just for one moment) there were events that helped build a stronger resilience within you.

Take that drive, those new skills, your new determination into the days ahead and this New Year, regardless of the obstacles, the challenges and yes, uncertainties that come with every year (every day!). Make an agreement with your inner self that you will continue to push forward to reach your full potential one achievement or failure at a time. There is a lesson in everything...if we look for it. Enjoy the journey of 2021!

In this issue

1. Set Your Sights On A NEW Challenge
2. Self-improvement Challenge Tracker
3. Nutritional Nuggets—New section
4. Fit Fitness In
5. Poem—To Dare
6. Recipe Corner—Chilaquiles Casserole



"Every day is a new beginning. Treat it that way. Stay away from what might have been, and look at what can be."

Marsha Petrie Sue

Resources: Debby Schiffer (Opinion)

Make A Commitment to Yourself

Set Your Sights On 2021 With A New Challenge

After reading the title you might be thinking " Heck 2020 was an entire year of new challenges". Am I right? Well the challenge I'm referring to now involves something YOU want to do, something you want to change and something that will invoke empowerment in you once it's completed. With the changing of the calendar to a New Year, we tend to put a lot of pressure on ourselves to change. But often when that change is forced or demanded, we tend to turn that into doubt thinking it's impossible, afterall maybe you've tried this before. We sabotage ourselves before we even start. By the time February rolls arrives, our wish to change is long been abandoned. So this year, instead of focusing on a dramatic year-long change, why not try 30-day "chunks of change". There is a beginning and an end that is obtainable. I have listed a few ideas that might spark your interest. Feel free to come up with one on your own. Choose something that is not overly dramatic, strict or impractical. Small changes add up to huge gains and are more sustainable. Select one or adopt a new one every month this year. It's up to you. Challenges can bring some fun into self-care. Ready? Let your challenge begin and go after what YOU want this year. Believe you can and you will!

Take a Walk Every Day

Make it part of your day, whenever you are most likely to fit it in. Even if it's a short walk, get it in and then try to sprinkle in a few longer ones when you can. Maybe you focus on distance, or time, or number of steps, it's up to you. Don't let weather be an excuse. Get creative and change your location or route if you have to.

Get More Sleep

Most people are walking around somewhat sleep deprived. Think about what you do in the evening that may be keeping you away from more sleep (favorite TV show or scrolling the internet). Aim for bedtime 30 to 60 minutes earlier. Even if you don't get into bed, start winding down by turning off all electronics, perhaps read a book or journal what you are grateful for that day. You will find that you function better the next day and may even find getting up not to be quite as awful. ☺

Less Screen Time—Experience Real Life

Vision Direct commissioned research that showed where the average adult could spend about **44 years** of his/her life staring at a screen. Think about how early young kids are starting with screen time!!!

For the next 30 days, experiment with cutting back on electronics (which could also help with the "get more sleep" challenge). Watch less TV, do a social media detox, or commit to spending less time on your phone (turn it off earlier every day. I know some of you are on-call. Just pick something else.

Try A Daily Meditation Practice

How you start your day can set the tone for the rest of your day. Perhaps build into your morning routine 5 minutes to sit quietly, breath and set your intentions.

Insight Timer app can be a great place to start. It offers free daily guided meditations any length or topic pertinent to you.

This practice can have profound benefits for both mental and physical health. Join me on **Thursday, January 28th**, when I will be offering a short introduction to meditation with a practice and reflection. Look for the invitation later this month.

Breathe.

Let go. And remind yourself that this very moment is the only one you know you have for sure.

Try 30 days of Yoga

Not only can this help you physically with pain, balance and flexibility, it can help to calm the mind of stress and allow for more focus and connection. Yoga with Adriene is offering a free 30-day Breathe Challenge. Check it out.

<https://do.yogawithadriene.com/breath-30-day-yoga-journey>

Try A Reading Challenge

Pick a few books you have been wanting to read. Perhaps make a daily goal of how many pages or chapters you'll read or schedule a specific number of minutes to read. Read for entertainment, relaxation, or to get inspired and learn something new.

Try Something /Learn Something New Every Day

Research actually suggests that too much routine and/or the fear of change may actually shorten one's life. For 30 days, try to learn something new, no matter how small. It helps with brain power, improves creativity, enhances focus and makes life more interesting!



30 Day Self Improvement Challenge Tracker

- Steps To Take:
1. Pick a challenge that is meaningful to you.
 2. Commit time every day
 3. Set yourself up for success
 4. Even if you miss a day, keep going!

Challenges are what make life interesting.

Overcoming them is what makes life meaningful!

New Section

Nutritional Nuggets

Throughout the year it is my goal to bring you evidence-based information on nutrition and explore ways that food can help us fight disease! If there is anything in particular you'd like to hear about, please send me an email anytime. I'm in the process of creating a program I'll be piloting sometime over the next several weeks. If you are interested, please read on for a little more information. Let's take back control of our health by developing a good relationship with food.



Science-based evidence has shown that changes in ones dietary choices towards more plant-based whole foods can prevent and even reverse chronic diseases such as high blood pressure, high cholesterol, Type 2 diabetes, Alzheimer's, heart disease, and even some cancers, not to mention promote healthy, sustainable weight loss. Fad diets come and go with little to no maintainable results. The food industry bombards us with conflicting information making nutrition seem impossible to figure out on our own. They planned it that way!

Wouldn't it be great to feel empowered with tools that allow you to experience:

- More energy throughout the day
- Sustainable weight loss without restrictions and constant calculations
- Prevention, reduction or even elimination of chronic diseases

I have been living this evidence-based approach to nutrition for nearly three years and now I am offering three ways to guide you on your own journey:



1. **Coaching:** I am a National Board Certified Health and Wellness Coach and I love to help people eat healthy. [Email me at debby_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com).
2. **"Powered Thru Plants" Program:** a group education/coaching course (coming soon). [Email me if interested in getting a spot.](#)
3. **Survey:** By taking just 3 minutes to complete this survey, you could well be on your way to taking back control of your overall health and well-being.

Type this link into your browser: <https://www.surveymonkey.com/r/C7GWNDL>



Fit Fitness In—It Can Be Easy and Fun

It's a fact that I'm sure you already know...the many ways we move and incorporate different types of physical activity into our day has a profound effect on our physical health. However, exercise is one of the **top ways** to improve mental and emotional well-being too! Exercise is a stress-buster! It helps decrease anxiety and depression. It improves our quality of sleep and strengthens our immune system to fight off sickness. Plus it builds resilience, hardiness and grit that pushes us through challenging times.

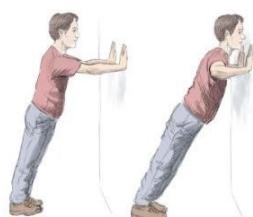
Where does your workout fit in? You may feel you already have too much on your plate during the day, how could you possibly fit in exercise? Perhaps you don't even enjoy working out in the first place. Now is not the time to incorporate a grueling workout that you will dread in the hours leading up to it and curse through every moment you are in it. Now is the time for workouts that are easy to incorporate, can be done at home or work, and don't take much time yet are effective. They are great ways to give you a mental break from the other "daily chores" you have on your To-Do list. Perhaps you are motivated when working out with others. Keeping social distancing right now could make that seem impossible. Get creative! Set a time with a friend, even if not in the same location, to get up and move "together". Download an app that allows for short workouts to do on your breaks. Maybe start with a suggestion below. Pick a few to do throughout your day.

Key word: Move



Walk/Jog in Place

30-45 seconds. 3-5 times. Simply stand up and focus on bringing your knees up towards your waist.



Wall Push ups

Seeing as you probably will NOT want to get on the office floor try a wall push up. Try 10 reps, 3 times.



Squats

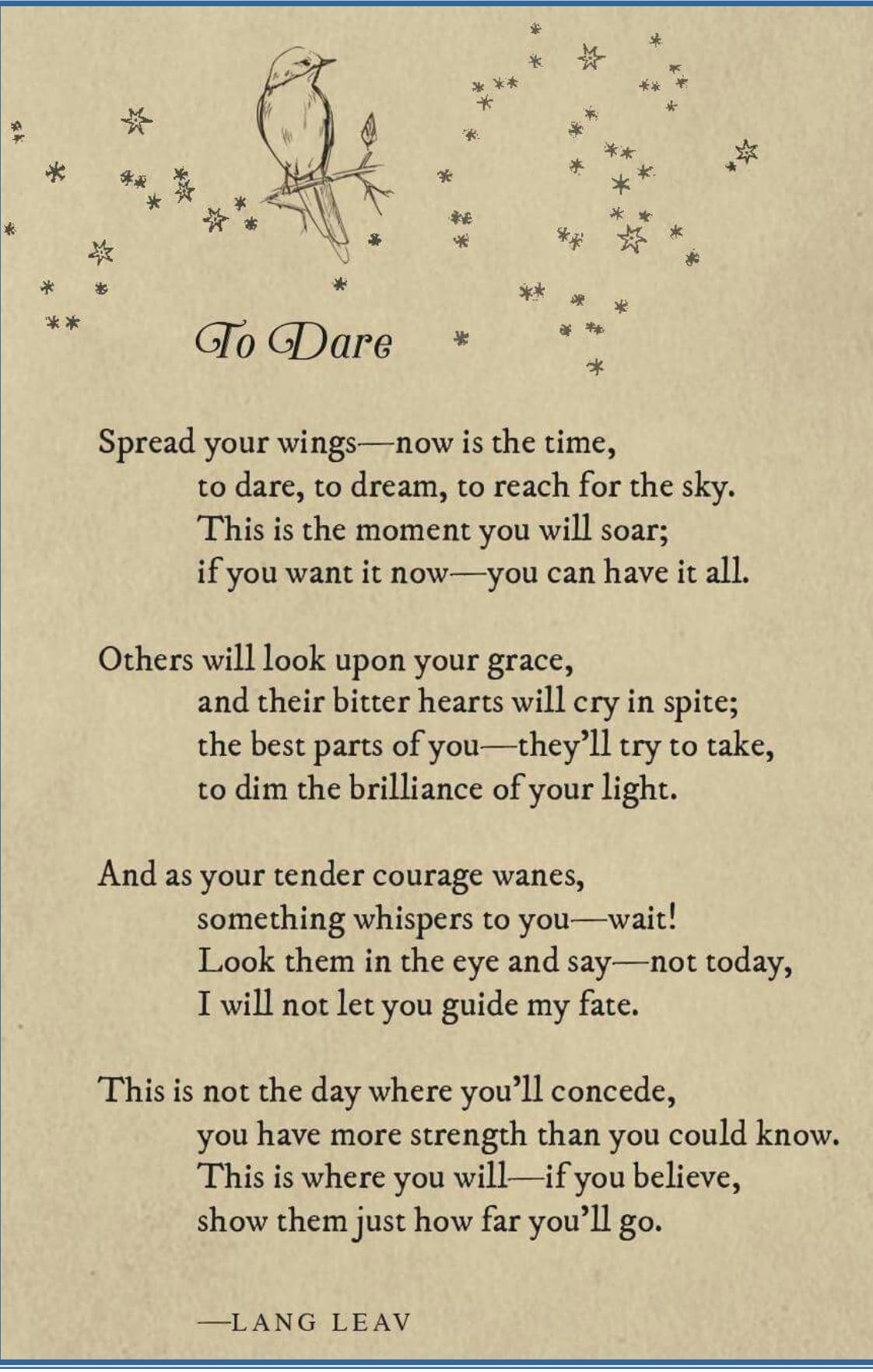
From your chair, stand up, sit back down and repeat 10 more times. Maybe rest 30 seconds and do another set of 10.



Or try a Wall Sit. Stand with your back against the wall. Slowly lower into a seated position and hold 10-30 seconds. Try several times and then start to add on seconds. Make sure your knees are not tracking over your toes.

Try setting a timer to stand up every hour and just stretch!





To Dare

Spread your wings—now is the time,
to dare, to dream, to reach for the sky.
This is the moment you will soar;
if you want it now—you can have it all.

Others will look upon your grace,
and their bitter hearts will cry in spite;
the best parts of you—they'll try to take,
to dim the brilliance of your light.

And as your tender courage wanes,
something whispers to you—wait!
Look them in the eye and say—not today,
I will not let you guide my fate.

This is not the day where you'll concede,
you have more strength than you could know.
This is where you will—if you believe,
show them just how far you'll go.

—LANG LEAV





Chilaquiles Casserole

This enchilada-style chilaquiles casserole is packed with nutritious beans and vegetables. Canned prepared enchilada sauce has great flavor and keeps the prep time quick (but be sure to check the label to be sure it's not loaded with salt and sugar). It can vary in heat level so find one that suits your taste. If you want to eliminate the heat altogether, try a green enchilada sauce (which is often milder than red) or substitute two 8-ounce cans of plain tomato sauce.

Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 (19 ounce) can 1 19-ounce can black beans, rinsed
- 1 (14.1 ounce) can 1 14-ounce can diced tomatoes, drained
- 1 ½ cups 1 1/2 cups corn, frozen (thawed) or fresh
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 12 corn tortillas, quartered
- 1 (19 ounce) can 1 19-ounce can mild red or green enchilada sauce



EatingWell Test Kitchen

Instructions:

Step 1

Preheat oven to 400 degrees F. Lightly coat a 9-by-13-inch baking pan with cooking spray.

Step 2

Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.

Step 3

Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.

Step 4

Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

A Few Suggested Changes:

Step 1

Line your baking pan with parchment paper instead of cooking spray.

Step 2

Cook your onion in a small amount of water or broth instead of oil. You may need to add in a few more tablespoons of water/broth to avoid vegetables from sticking.

Step 3

Use a non-dairy cheese, nutritional yeast or skip the cheese all together.

Step 4

Top your finished dish with sliced avocado and extra salsa.

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**Don't wait your turn. Bet on yourself and have the confidence to stand up and say
'my time is now.'**