



WELL~CONNECTED

Winter 2016



FIT TIP: Sneak More Produce Into Your Day

Only 1 in 10
Americans eat
enough fruits and
veggies.

Are you reaching your quota?
Try these sneaky tips below
to increase your daily intake.

Top Off Breakfast

Add diced peppers, tomato and onion into scrambled eggs, or mix berries, sliced peaches or chopped apples to dress up oatmeal, whole-grain waffles and low-fat yogurt.

Whip Up a Smoothie

Blend frozen fruit with low-fat milk or yogurt for a cool and creamy breakfast or snack. Throw in a handful of fresh spinach for an added boost of vitamins!

Become a Purée Pro

Steam and purée cauliflower and zucchini to boost Mac n' Cheese, or blend baby spinach leaves and blueberries together and add to muffin or cake batter.



Finding Balance Amidst the Holiday Hustle & Bustle

The holiday season is one of love, connection and giving. However, the hustle and bustle connected with the holidays inevitably filters in. Our best intentions dissolve into anxiety and stress, depleting us of the time and energy needed to take care of ourselves.

During an emergency, why do flight attendants counsel us to put our oxygen mask on first before assisting others? This ensures we are okay and thriving, allowing us to better respond and nurture those in need around us. Did you know, during the months of November and December, we are likely to socialize more, spend more, do more, eat more and sleep *less*? In light of this, how do we achieve that delicate balance between the holiday "more" without sacrificing our personal health and well-being?

This year, challenge yourself to change the way you approach celebrations. To be emotionally and physically capable of giving to others, *first give to yourself* by practicing a few of the suggestions below:

- ★ **Practice saying "no"** to commitments that don't serve your values rather than "yes" to everything and shorting yourself with each added responsibility.
- ★ **Commit to less**, reduce online time, slow down and simplify tasks.
- ★ **Create sanctuaries of time** each week to relax and just be— rather than waiting for exhaustion to force you to replenish.
- ★ **Become a morning person** and start each day with writing, reading or yoga rather than rushing to work, fighting traffic and always feeling behind.
- ★ **Acknowledge your accomplishments and mini-successes.** Take time to celebrate with small rewards rather than rushing straight into the next task.
- ★ **Ground yourself in the present** and make mental space to find clarity. Replace fears with trust and learn to let go of the things we cannot control.

During the holidays, we are so quick to give of our time and energy that oftentimes we leave ourselves feeling completely depleted afterwards. As you go through the holiday season, take time to care for yourself. It can transform you and the world around you.



Healthy Habits

BUILDING BETTER HABITS ONE STEP AT A TIME

WELLNESS COORDINATOR AWARDS

Vivacious Vocalist

Rose Ann Carroll - Bellville ISD
Wendy Robinson - DeSoto ISD

Newcomer of the "Year"

Dana Rasco - Muleshoe ISD

Outstanding Performance

Melanie Ayala - Cotulla ISD
Monica Reyes, Oralia Acosta & Nancy Torres - Canutillo ISD

Prize



PARTICIPANT DRAWING WINNERS

Cindy Martinez - Crystal City ISD	Lynette Kautz - Stratford ISD
Sonya Edwards - Mineral Wells ISD	Karen Thompson - Spearman ISD
Kesha Watson - Marlin ISD	April Dunn - Frenship ISD
Nadine Cumplido - Dumas ISD	Carol Yanker - Morton ISD

Fitbit® Challenge Winners



August

Beatriz Carillo
Stratford ISD
Emma Morin
Morton ISD
Cindy Smith
Silsbee ISD

September

Jacque Owens
White Deer ISD
Maria Kilpatrick
Frenship ISD
Rebecca Rodriguez
Uvalde CISD

October

Marcie Norman
Marble Falls ISD
Michelle Benson
Denver City ISD
April Pleasant
Nacogdoches ISD

Ask the Health Coach

Q: I have been doing well with my diet and making healthy food choices. With the holiday season here, what are some holiday substitutions I can make and still enjoy holiday foods?

A: Congratulations on making healthy food choices! I am not sure what type of diet you are on, but if it's a fairly strict diet with rigid rules, then the holiday season may be particularly challenging for you. Rather than the "substitutions" you mentioned, I would recommend focusing on maintaining your weight over the holiday season rather than trying to lose weight.

Go ahead and indulge in your favorite holiday treats occasionally, but eat really well 85-90% of the time. This means eating greens at every meal, even breakfast. Try it out and see if this is the case for you. You might find this a more satisfying way of moving through the holiday season than trying to stick to a rigid diet and failing. All in all, remember to focus on family, relationships, giving and love, and fill up on these.

Good Luck!
The Health Coach

Did You Know?

You burn more calories sleeping than you do watching television.



Slow Cooker Harvest Chili

Ingredients

1 T Oil	1/4 cup Uncooked Quinoa
2 T Chili Powder	1 (15-oz) Tomato Sauce
2 tsp Ground Cumin	1 1/2 lb Lean Ground Meat
1 Red Onion, chopped	1/2 cup Low-Sodium Chicken Broth
2 cloves minced Garlic	1 (15-oz) Fire-Roasted Diced Tomatoes
1 lb Sweet Potatoes, cubed	Salt & Pepper to taste
1 (15-oz) Black Beans, drained	

Directions

- 1. Pre-Cook:** Heat oil in skillet, sauté onion & garlic about 3 minutes. Add meat, chili powder & cumin and continue cooking until meat is cooked.
- 2. Slow Cooker:** Combine cooked meat and all remaining ingredients. Cook on high for 4 hours or low for 6-8 hours. Salt & pepper to taste.
- 3. Serve** with your choice of toppings such as shredded cheese, sour cream or tortilla chips.

Yield: 6 servings