



# WELL-AWARE

December 2017

"Your Source For A Happy and Healthy Lifestyle"

## Inspire To Move

## Fitness; To Track or Not To Track?

Technology has taken center stage with fitness tracking devices. You can wear a watch, band or even download an APP to track or share just about any work out. So, as technology and tools get "smarter" why aren't people getting healthier?

While technology can be an instrumental tool for health and well-being, it is not the total solution. Let's say that again. Technology is a tool, not the solution.

**Wearable Fitness Devices:** Wearables have grown in popularity from basic pedometers to Fitbits, Jawbones and the iWatch. A survey from Juniper Research says that almost 60 million fitness trackers will be in use by 2018.

**Do wearable fitness devices work?** They work to track physical activity. The real question is, do the devices motivate one to exercise? Last year results of a study by the IDEA trial were published, showing that after two years, people in the study without access to wearable technology lost an average of 13 pounds. Those with the wearable tech lost an average of 7.7 pounds. In this trial those who wore the technology were no more physically active or more fit than the other group!

**Do wearable fitness devices hurt?** There is no harm. Wearable devices provide a benefit. They can be fun, informative and offer helpful reminders, but they are not "the solution".

The key to ongoing motivation for physical activity is the human touch behind the technology. Make exercise fun by doing the things you love. Create a habit by going the same time everyday, reinforcing your habit with realistic goals and by celebrating your accomplishments.

"We should be taught  
**Not to wait for  
inspiration to start a thing.**  
Action always generates  
inspiration. Inspiration seldom  
generates action."

*Frank Tibolt*



# Tis The Season TO EAT GREEN

December is not the month to count calories, but we all need a way to eat the things we enjoy without over indulging. Why not try thinking about the foods we eat the same as the colors of a traffic light? A traffic light-based food system simplifies making healthier eating choices with nothing off limits.



**RED FOODS** are LOW in Nutrients and HIGH in calories, fat, sugar and salt. Examples are cookies, cakes, stuffing and gravy. Eat red foods as a treat on special occasions. Strive for moderation rather than perfection.



**YELLOW FOODS** have nutritional value, but have some added sugar, salt or fat. Examples include vegetables with added fat and sauces, like green bean casserole, low-fat milk and cheese or turkey with the skin. Pay attention to serving and portion sizes of yellow foods.



**GREEN FOODS** are your GO foods. These are nutrient rich and low in saturated fat and salt. Green food examples are fresh, frozen and canned vegetables and fruits, whole grains, fat-free milk or cheese and extra-lean meats like skinless poultry and fish. Eat all the green foods you need.

Remember that green foods can easily be transformed into yellow or red foods based on how they are cooked or prepared. Whatever you eat this holiday, savor the flavor and take the time to enjoy your food.

## HOT Brews

Hot tea is the perfect winter weather drink to warm up and give your skin a moisturizing boost. Sipping tea is great for hydrating dry skin, to help you feel soft and smooth. It's a common myth that tea or other drinks containing caffeine, lower your hydration level. Drinking tea contributes to hydration, plus, has the added benefit of antioxidants!

### FOUR POPULAR VARIETIES OF TEA INCLUDE:

1. Black tea is what those in the west usually prefer. Strong in flavor these leaves are used to make the popular iced tea, English Breakfast, Earl Grey blends and Orange Peko.
2. Green tea is made of a smaller leaf with lighter color and flavor than black tea. Green tea has a lot of benefits because of the antioxidants it contains.
3. Rooibos tea is an infusion made of twigs and leaves of the rooibos bush. Try it for a sweet and nutty taste.
4. Fruit and herbal teas come in a wonderful assortment of aromatic infusions from chamomile to peppermint.

*Next time you're thirsty, consider a steaming cup of tea.*



## Turkey Pot Pie

Use leftover turkey and frozen vegetables for this lightened treat!

2 cups frozen (thawed)  
mixed vegetables  
½ cup diced onion  
2 cups chopped cooked turkey meat  
1 tsp canola oil  
¼ cup cornstarch

¼ cup low-fat sour cream  
¼ tsp salt  
¼ tsp pepper  
1 ⅔ cups low sodium  
chicken broth  
¾ cup low-fat milk  
6 phyllo sheets

Preheat oven to 425°F. Heat the oil in a pan over medium heat. Add the onion and cook until tender, then add the thawed vegetables. In a measuring cup, mix the low-fat milk with cornstarch. Pour the chicken broth into the pan, then stir in the cornstarch/milk mixture. Cook until sauce thickens (about 2 minutes). Take the pan off the heat and stir in sour cream and turkey pieces, salt and pepper to taste. Transfer the filling to a baking dish. Arrange phyllo sheets on top of filling and lightly brush with oil. Bake for 30 minutes or until top is golden brown and filling is bubbling.



# Self-Indulgence or Self-Compassion

When you look in the mirror, are your thoughts for yourself kind, or critical? Do you see extra weight and tired eyes, or are you admiring how much your posture has improved?

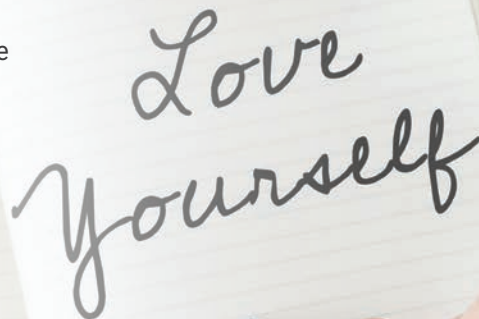
If your perspective is focused on what needs changing, then start first with your attitude towards yourself. Adopting an attitude of self-kindness means doing things that are nurturing, caring and compassionate towards yourself.

## ACTS OF SELF- KINDNESS THAT LEAD TO BETTER SELF-CARE MAY INCLUDE:

- Taking a warm bath
- Going for a walk or jog
- Eating a nourishing meal
- Enjoying a well-deserved day off


These behaviors of self-compassion relate positively to the body and mind simultaneously. Treating oneself with compassion is a skill set that can be learned. It starts with understanding that treating oneself harshly is only going to make it harder to get through the tough times in life. Additionally, self-soothing behaviors that are calming, generally help us get through the roadblocks of life and make distress more tolerable.

Over the last decade, research has shown a consistent positive correlation between self-compassion and psychological well-being. People with self-compassion have also been shown to have greater social connectedness, emotional intelligence and overall life satisfaction. Self-compassion is not self-indulgence.



Love Yourself

## Fighting FEELINGS



Feeling depressed or anxious around the holidays or with family, isn't unusual. Festive television shows, plans with family or seeing old friends can be joyous and bring feelings of sadness and loss at the same time. Events we are excited for can also bring up memories of disappointments, and be even more stressful for those who have experienced a loss, divorce or just be living far away from family and friends.

### If you're feeling down, instead of trying to beat the blues:

- 1. Don't resist your feelings.** Acknowledge them and give them the time and attention they deserve. Once you allow those feelings to surface, you make room for joy.
- 2. Feel what you feel, even if it's uncomfortable.** Allowing yourself to feel bad for a short time can be the key to feeling better.
- 3. It's okay not to feel positive or upbeat all the time.** If you numb sadness, you also numb happiness and joy. No feeling lasts forever. Keep processing them and use healthy coping strategies for a full and meaningful life.

### Let It Go! Dissolve stress and negative emotions

#### Live in the moment, not the past.

Don't worry about things that have not yet happened.

**Forgive.** Let go of past hurts.

**Be Kind.** Daily acts of compassion toward animals or people are healing.

"Don't be afraid to cry. It will free your mind of sorrowful thoughts." *Hopi*

# Optimism vs. Pessimism?

By definition, an optimist tends to be confident and hopeful about the future. A pessimist generally sees the worst aspect of things. This is a difference in attitude and general life perspective. Optimists are generally more successful in life, and studies have shown they live longer too.

THESE COMPARISONS OF ATTITUDE ILLUSTRATE WHY:

OPTIMIST	PESSIMIST
Believes their actions can affect their life	Feels powerless to improve their life situation
Works harder and longer to solve problems or complete tasks	Don't try very hard and give up quickly
Expect to succeed	Expect failure

If you identify with the pessimist, don't despair and give up! Labels can be changed, just as attitudes can change.

Here are a few thoughts to become an optimist:

- Everything is easier when we take it one step at a time.
- Take one positive thing and celebrate it. Just one tiny success should be recognized and rewarded.
- Ignore the disappointments of the day and focus on the success.

Focus your energy and attention on the successes and let go of the disappointments.



“A **PESSIMIST** sees the difficulty in every opportunity; an **OPTIMIST** sees the opportunity in every difficulty.”

Winston Churchill

## QUIZ

1. What is a good example of a green food?

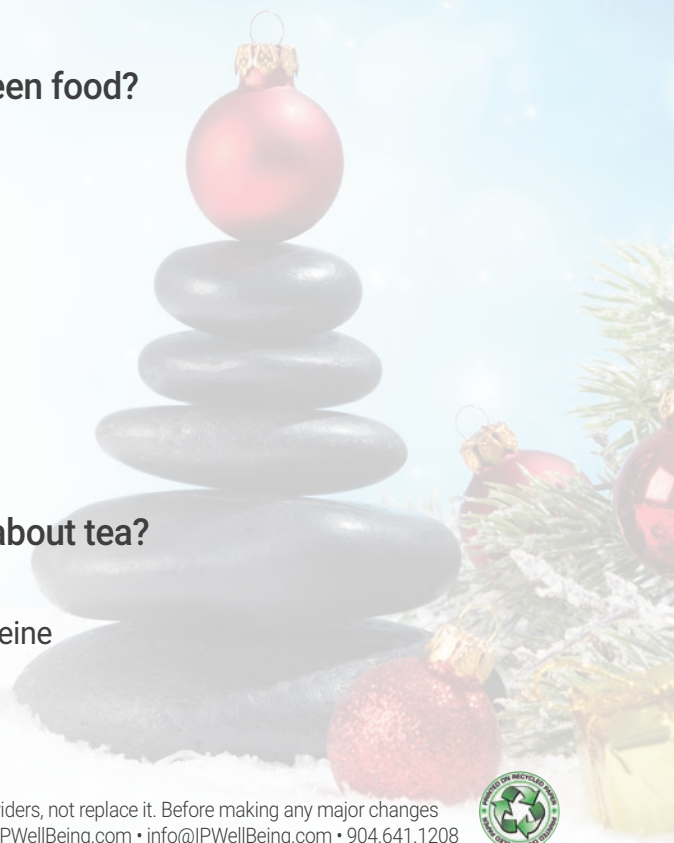
- a. Stuffing
- b. Cake
- c. Skinless chicken breast

2. What is an act of self-kindness?

- a. Taking a warm bath
- b. Going for a long walk
- c. Both of the above

3. Which is NOT a true statement about tea?

- a. It's a hydrating drink
- b. Should be avoided because of caffeine
- c. Perfect to warm up



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