

Healthy Workplace

Your monthly Anthem wellness newsletter

March 2018 Edition

March is National Nutrition Month!

Here's your recipe for a healthy lifestyle

Whether it's starting your day with a healthy breakfast or fueling up before a 5K run, the foods you choose to eat can make a real difference. And it doesn't have to be about changing your diet completely; all you have to do is make small changes to lead a healthier life.

Start with these 5 simple tips:

- **Sip water between bites of your meal.** Water can help fill you up so you won't be tempted to overeat.
- **Practice portion control.** Stick to one serving of whatever you're eating. Check the nutrition label on the product to see the serving size. Use a measuring cup when serving foods like potatoes, rice or pasta to help you stick to a reasonable portion.
- **Balance your plate.** Fill half your plate with non-starchy veggies, ¼ with protein and ¼ with grain or starch.
- **Think before you drink.** Drink water or low-fat milk instead of soda, lemonade or ice tea, which can be loaded with sugar and calories.
- **Learn about the importance of micronutrients in your diet.** Calcium and vitamin D, for example, can improve bone health, while potassium can reduce blood pressure.

Stuck? Rev up your weight loss. If the weight came off quickly at first and now you're at a point where it won't budge, we can help.

Tune in to [this podcast](#) to get some expert tips on ways to break through a weight-loss plateau.

Getting enough Fruit and Vegetables?

Did you know, only 1 in 10 adults meet the federal fruit or vegetable daily recommendations? According to the CDC, consuming enough fruits and vegetables as part of an overall healthy diet reduces the risk of many chronic diseases, including cardiovascular disease, type 2 diabetes, some cancers, and obesity. Experts suggest that we eat 5-9 servings of fruits and vegetables daily, which based on a 2000 calorie diet is roughly 2 1/2—3 or more cups of vegetables and 2 cups of fruit each day.

A serving would be:

- ½ cup of fruit or 1 medium piece of fruit
- ¼ cup of dried fruit
- ½ cup (4 ounces) of 100% fruit or vegetable juice
- 1 cup of leafy vegetables
- ½ cup of cooked or raw vegetables



Source: <http://www.snap4ct.org/what-is-enough-fruits-and-vegetables.html>

Amazing Paleo Banana Nut Muffins

Servings: 12 Muffins

Ingredients

1. 1 lb. or 4 bananas, mashed with a fork (the more ripe, the better)
2. 4 eggs
3. 1/2 cup almond butter
4. 2 tbsp. coconut oil, melted
5. 1 tsp vanilla
6. 1/2 cup coconut flour
7. 2 tsp cinnamon
8. 1/2 tsp nutmeg
9. 1 tsp baking powder
10. 1 tsp baking soda
11. 1/4 tsp salt



Preparation

1. Preheat oven to 350 degrees. Line a muffin tin with cups. In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.
2. Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.
3. Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a re-sealable bag.



Notes: Preheat the oven to 25 degrees warmer than the recipe calls for, then lower it to the baking temperature when you put the muffins into the oven. For example, for these I actually preheated my oven to 375 degrees, and then lowered it to 350 to bake the muffins. It seems to be very effective in helping muffins or cupcakes get that extra little dome on top. Old farmwives tale or something like that.

For full facts visit <http://paleogrubs.com/banana-nut-muffins-recipe>

BY REBECCA BOHL

Wellness Corner



Each month we are featuring one of our Health and Wellness Managers and what we personally are doing for our own health!

With National Nutrition month as our featured monthly topic, this month Registered Dietitian, Cerina Savino from Connecticut is sharing her personal tips to keeping a healthy diet and lifestyle.

1. **Breakfast.** I aim for a protein rich breakfast daily, such as two organic eggs with greens, 1/2 cup of plain steel cut oats with cinnamon and fresh berries.
2. **My Morning Ritual.** Each morning before I drink my coffee and eat breakfast, I drink 2- 8oz glasses of water, a cup of warm water with fresh lemon juice and a tablespoon of raw apple cider vinegar.
3. **Veggie Overload.** I load up on veggies, especially GREENS! My overall approach is to go heavier on the vegetables, (approximately 5 -7 servings) and lighter on the fruit (approximately 2 servings).
4. **Hydration.** I stay hydrated by drinking a lot of water throughout the day, roughly 75oz/day
5. **Indulge 1-2x's a Week.** I love baked goods and ice cream, so I treat myself once a week. I also experiment with healthier dessert recipes such as a chocolate cake made with chickpeas and paleo banana muffins and pumpkin bread.
6. **Exercise.** I started cross fit two years ago and I love it! I train 3-4x's a week and dedicate a day for stretching.
7. **Meal Prep.** I grocery shop and prep my meals on Sundays which gives me control on what I am eating throughout the work week and not over indulge. I make large batches of food such as greens (broccoli, kale salads), oven sweet potato fries, over night oat-meal, and grilled organic chicken breast.
8. **Mindfulness Meditation.** I have a daily meditation practice which helps me stay centered throughout my day.
9. **Sleep.** I aim for 7-8 hours of sleep and have a night time ritual before I go to bed. I put on deep sleep meditative music, read or journal before bed and do a 5 minute reflective meditation on my day.
10. **Gratitude Practice.** Each day before I wake and go to sleep, I say three things I am grateful for.



14 Tools and Tips that could be Game-changers for your Wellness Routine

Nutrition

Stock your freezer and pantry: Find frozen, canned and jarred products that can be incorporated into your routine so you always have food ready to go. I have blueberries, spinach, burgers and bread in my freezer and canned soup, tuna, beans, almond butter and olives in my pantry. Life is easier when you have food available for dinner. Read the ingredients on the label to ensure you're eating whole and real ingredients, and watch sodium levels based on your dietary needs.



Outfit your kitchen: A slow cooker, sharp knife, quality blender, programmable coffee maker, airtight storage containers and an all-purpose pan can make cooking and prepping into much easier tasks. If you always notice one step of your cooking is slowing you down, it might be worth investing in a product that will make you more efficient.

Stash on-the-go snacks: Find single-serve options for your favorites so you can eat in line with your values no matter where you are. Coffee, tea, nut/seed butter, nuts and seeds, crackers, oils, fruit, bars and powders can help you eat nutritiously during a busy day.

Pack your lunch the night before: When cooking dinner, prep lunches for you and your family so the next morning there is one less task on the to-do list.

Grocery shop online: You'd be amazed what can be bought online. Delivery will let you avoid grocery shopping trips altogether, but some stores also have a cheaper pickup option.

Prep food in batches: If you're going to take precious time to prep food, make several servings at a time. Chop vegetables and cook proteins and starches to last the entire week instead of one meal.

Exercise

Choose your clothes the night before: Incredibly basic, but a true game-changer! I do this every night. If you want a morning workout, have your gym clothes ready at your bed and pack your work clothes the night before. If you want an evening workout, have your gym bag ready at the door so you never have the "forgot my gym clothes" excuse.



Add squats and push-ups: These two exercises can work many muscles. Adding a five-minute workout into your day — three sets of 10 squats and push-ups while watching television — can be a step toward improving wellness.

Try a tracker: Tracking data for exercise can keep you accountable, focused, challenged, motivated and informed. Track steps, heart rate, mileage, breath rate, speed, frequency or intensity using a wearable device. One or more of these pieces of information can be the game-changer to improve your exercise routine.

Treat yourself to some gear: Waterproof headphones to wear while swimming, a yoga mat that's just right, a running jacket that's perfect for the weather, an at-home spin bike, a pullup bar in a doorway at the office or wireless headphones that sound fantastic. These can make exercise enjoyable and convenient.

Other Life Hacks

Improve sleep hygiene: For ideal sleep, a bedroom will be dark, cool, clean and have no noise distractions. A comfortable eye mask, blackout curtains, fan, humidifier, white noise machine and a storage container to hold clutter could all be small things to improve a night's sleep.

Take advantage of technology: There are all sorts of apps and services that can assist in wellness, or in all the errands that take away from the time we have to improve our wellness. Examples include workout routines, recipes and meal plans, ordering groceries and takeout, pay your parking meter, ordering prescriptions, guided meditations with prompts, sleep cues, reminders to floss, gratitude journals, scheduling assistants and so much more. Research online and in your phone's app store to experiment.

Ask for help: It can seem extraordinarily difficult to ask for help. But something as simple as ordering groceries online is an example of asking for help. There are also services to run errands, put together furniture, fix that one thing in the house you've been meaning to fix, declutter your garage, or any of the other tasks on your list.

Invest in yourself: A skilled personal trainer, dietitian, bodyworker or health specialist may be the person you need. Or maybe your game-changer is a phenomenal mattress, piece of sports equipment, kitchen tool, furniture or other technology.

Article Sources: Jae Berman. https://www.washingtonpost.com/lifestyle/wellness/14-tools-and-tips-that-could-be-game-changers-for-your-wellness-routine/2017/11/08/c3e43814-bd9b-11e7-8444-a0d4f04b89eb_story.html?utm_term=.72b96c3cb763

National March Health Observances	Website for More Information
Academy of Nutrition and Dietetics Anthem Weight Center	www.eatright.org www.anthem.com/theweightcenter
National Kidney Month National Colorectal Cancer Awareness Month	www.kidney.org www.preventcancer.org