

# WEEKEND HEALTH TIPS



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January 22nd , 2016



In this era of fast-paced everything, even the act of eating a meal has become something we can do on the run. Breakfast comes in bars, lunch can be eaten while speeding down the highway, and dinner is merely an accompaniment to the evening news, squeezed in between other pressing activities. Invariably, when eating plays second string to everything else, every meal becomes “fast food,” as in eaten-very-fast food. If you find yourself wolfing down your meals in a hurry, you’re actually shortchanging yourself in more ways than you might think.

It turns out there’s a reason food tastes so good. You’re supposed to enjoy it—slow down and savor it, not just get it to your stomach as quickly as possible. Chewing your food thoroughly is actually the first step in the complex process of digestion, and if you glaze over it, just chewing the minimum amount of times necessary to get the food down your esophagus, you’re actually compromising this process. And it’s a mistake many people make.

Chewing your food thoroughly and eating your meals more slowly has another benefit. It might shrink your waistline—and not just because you’ll have less bloating and indigestion. Eating more slowly gives your body a chance to tell your mind that it’s full, so that you stop eating before you go overboard.

Here are some practical tips for chewing more thoroughly and eating more slowly:

- Give yourself enough time to eat—at least 20-30 minutes just to eat the meal, plus additional time to prepare it.
- Don’t eat amidst distractions, like the TV, computer, or while driving.
- Be fully present while you eat. Notice the smell, temperature, texture, color, and subtle flavor differences of each food you consume.
- Take smaller portions, taking a break before refilling.
- Put your fork down after each bite.
- Eat mindfully, chewing each bite as many times as necessary to pulverize any texture.
- If you’re eating in a group, be aware of the speed at which others are eating. Challenge yourself to be the last to finish.

Besides all of the physical benefits, perhaps the most pleasant benefit of all is that, if you allow yourself to slow down and chew, you’ll enjoy your food much more.

## In this Issue:

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# THERE'S AN APP FOR THAT

Now a-days there's an app for everything! Below is a list of some of my favorites for Health and Fitness...and the best part....they're all FREE!! Explore...Enjoy...and Have Fun!!!!

## Fitness and Nutrition:

### [MyFitnessPal](#)



Counting calories has never been easier thanks to this robust app. You can log most meals in under a minute by searching MyFitness-Pal's extensive database of brand name foods. If you made something from scratch, you can input the recipe, and the app will estimate it's nutritional information too. And once you start regularly using the app, it gets to know your diet and saves a list of your favorite foods that can be added to your daily intake with just the tap of a button. (Free; [iOS](#) and [Android](#))

### [SparkPeople Mobile](#)

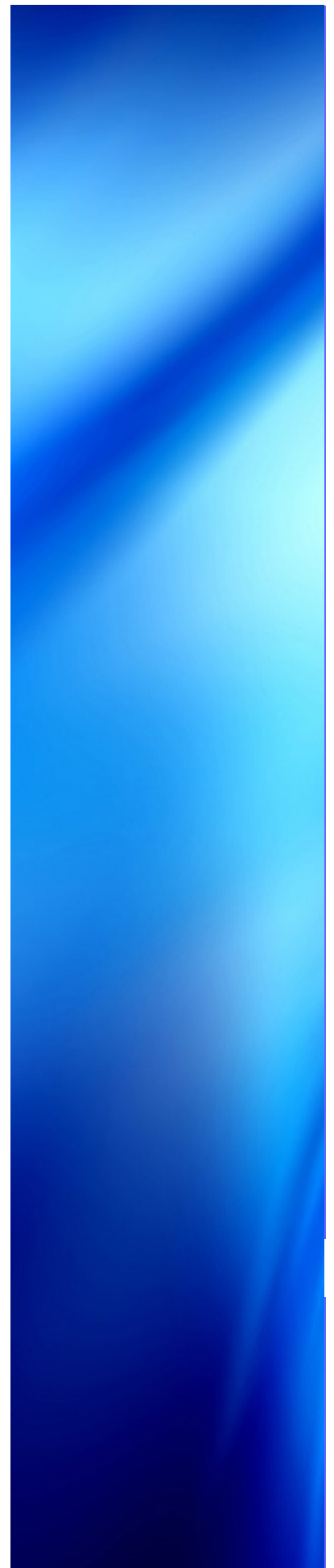


- Easily track food & calories on the go
- Log your fitness & watch exercise demonstrations
- Keep up with the latest trends in health and fitness with our articles, videos and recipes
- Check in with your SparkPeople friends
- Even give the SparkPoints Wheel a spin!

### [Charity Miles](#)



Running, biking, and walking can do way more than just helping you stay healthy and fit. Every mile of exercise can earn money for dozens of different charities. With the help of corporate sponsors, Charity Miles donates 10 cents for every mile biked and 25 cents for every mile walked or ran. As those miles add up, you can make a big difference for an organization that matters to you. (Free; [iOS](#) and [Android](#))



## Fitness and Nutrition (cont....):

### SworKit



No gym? No time? No problem! SworKit is designed with busy people in mind with high-intensity bodyweight workouts that you can make as short as five minutes and as long as an hour. Choose the style of exercise you're looking for (strength, cardio, yoga, or stretching) and discover dozens of different workouts—or go ahead and use the app to create a custom workout. Every workout set is super easy to follow with high-quality videos and a countdown clock of the number of reps you have left.

(Free; [iOS](#) and [Android](#))

## Cooking and Grocery Shopping:

### Spark Recipes



- Free app featuring over 500,000 healthy recipes from SparkRecipes.com
- Search by ingredient, course, dietary needs, occasion, and more
- See nutritional and calorie information for every recipe before you make it
- Watch video demonstrations for recipes and cooking techniques

### Quick & Easy Recipes—by SparkPeople



- Detailed, easy-to-follow recipe instructions for every recipe
- A complete nutritional breakdown of every recipe, including calories, fat, cholesterol, sodium, protein, carbs and more
- Honest recipe ratings from our large community of home cooks
- Simple social integration with Facebook and Pinterest so you can share your favorite recipes with your friends
- A recipe box to save your favorite recipes all in one place

### ShopWell



Take the mystery out of staring at nutrition labels. (Sure, this says it's low sodium, but is it low enough for me?) ShopWell users create personal profiles with their age, gender, health goals, things they find important to their diet, things they want to avoid, and things they're allergic to. Then head to the nearest grocery aisle and start scanning barcodes. The app will give each item a score—avoid foods with low scores and scoop up the ones closest to a perfect 100. (Free; [iOS](#) and [Android](#))

### Want to Know More?!

Be sure to stop in during our school visits to pick up a copy of “My Favorite Apps” Handout which includes even more!!!! Or contact Sarah for an email copy!

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# SASD Wellness News

## Power of 10 Challenge

### Last week to Weigh-in!

*Employees and spouses MUST weigh –in with Jeri or Sarah to participate.*

If you haven't registered your account to be sure to today! It's not too late! Click [HERE](#) for Registration Instructions!

*Be sure to log your exercise for January to earn your points!!*



## Interra Health New Hire!!!

Interra Health has hired a 3rd Nurse Practitioner to the team!

Please welcome Ms. Laurie Benkley! Laurie started last week and is excited to be serving the Healthcare needs of SASD.

## Fitness Classes: (Drop-ins Always Welcome!!!!)

### SPARK

Tues & Thurs 4:30pm  
Horace Mann Gym C  
Instructor: Sarah

### IGNITE

Tues & Thurs 5:15pm  
Horace Mann Gym C  
Instructor: Sarah

### BootCamp

Mondays 4:30pm  
South H.S. Room 116  
Instructor: Nikki

### Yoga

Tuesdays 3:30 & 4:30pm  
South H.S. Room 116  
Instructor: Nikki

### Zumba

Mon & Wed 4:45pm  
Jackson  
Instructor: Penny

## Rec Dept. Classes

Click [HERE](#) for schedule

### Pickleball

Thursdays 6:45 - 8:45pm  
Jefferson

## Commit to be Fit

Jeri will be sending out an email this week containing a google link to report your Commit to be Fit success. Be sure to complete the form to receive your 25 points! (*Points are awarded for those that successfully completed their commitment.*)

## NEW!!! SASD LiveWell Series

Begins February 3rd! The series will feature nutrition, exercise, and balanced living topics!

Earn Wellness Points for Attending:  
**10 Points per session Topic / or**  
**Attend all 8 earn 100 Points**



**Spouses are welcome to attend and earn points as well!**

Sessions are scheduled to last approx. 1 hour.  
No Registration Needed.

## What's New in School Nutrition (by Meredith Duchaine)

Taste Testing with students continues throughout the month of January. Students from all over the district are sampling and voting for main entree items including chicken, beef, pork, pizza, cheese, and breakfast products. The results of the sampling will dictate what is put on the school breakfast and lunch menus for 2016-17 school year.