

HEALTH AND WELLNESS PROGRAM



The
greatest
wealth
is
Health

-Virgil



Start your day with
a glass of water.

Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health and give you an energy boost.

Begin with
something positive.

Beginning your morning on the right foot can cultivate a positive mindset and set the tone for the entire day.

Get plenty of sleep.

Sleep will improve your productivity and concentration to help support your overall health.

Get some fresh air.

Whether you get outside for some exercise or read a book in the sunshine, you should take at least 30 minutes a day to get some vitamin D.

Track your steps

Tracking your steps will help you see how much you have actually moved throughout the day.

Eat real food.

Real food is whole, single-ingredient foods that are unprocessed and free of additives.

Take your vitamins.

No matter how healthy you eat or what diet you follow, it can be difficult for your body to get all of the nutrients it needs from food.

Try something new.

Try something new at least once a month. Making a point to keep learning throughout your life can keep your mind lively and engaged.

LET'S DO THIS!



Biggest Loser Challenge

**REGISTRATION DEADLINE:
MARCH 10, 2022**

If it doesn't
challenge you,
it doesn't
change you.





While weight loss is neither quick nor easy, you have to start somewhere and sometime in order to protect yourself from diabetes, heart disease, digestive disorders and other ailments. Take the first step of your journey with a positive attitude, and watch for tips from this column throughout the year.

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- Decrease intake of simple sugars and processed carbohydrates. Cut back on sweetened beverages (soda, coffee drinks, energy drinks, and sweetened fruit blends) and white bread products like bread, buns, and donuts as well as white rice and pasta. Rather than feeling deprived, concentrate on the benefits of water and the carbs you can have – whole grains, vegetables, fruits, and dairy.
- Focus on eating protein throughout the day, with every meal and with every snack, if you snack. Dietary protein causes a smaller increase in blood insulin than carbohydrates. A surge in insulin after simple carbohydrate intake can cause a drop in blood sugar that triggers cravings and overeating, a cycle not usually seen after protein intake. This does not mean you should use protein supplements or eliminate all carbs, either; instead, eat a palm-size portion each of a protein and a carb food, such as a chicken thigh with a half cup of wild rice. Fill the rest of your plate with vegetables.
- Eat fewer calories. Start by leaving some food on your plate at every meal. Then begin serving yourself smaller portions, being sure to serve it on a plate, not eat from a container. You can feel satisfied with this smaller intake by drinking water, eating slowly, and filling up on low calorie, high fiber vegetables.
- Replace some of your meat and noodles with legumes, such as beans, peas or lentils. I cook chicken breast with black beans, turkey with lentils, and shrimp with peas. This technique helps meet the first three goals, because legumes contain complex carbohydrates rather than simple, they are a good source of protein, and they have enough fiber to fill you up and leave you satisfied.
- Work on your stress and sleep management. Stress can cause overeating and fat storage thanks to the hormone cortisol, while inadequate sleep increases hunger due to the hormone ghrelin.
- Get physical activity every day. Even without a gym membership, you can be active walking, exercising with an app, or even doing jumping jacks while watching TV.

Our Second Brain

A lot of research has been done showing a link between diet and mental health. There are many elements at play here, from the number of carbohydrates people eat to the way deficiencies in vitamins and minerals affect mental health. The biggest link between nutrition and mental/physical health is found in the gut.

Our intestines are physically linked to our brain through the Vagus nerve, which sends signals both to and from the brain. Interestingly enough, if the nerve is severed the gut can survive without the brain, therefore, the gut has been dubbed our 'second brain'. Another interesting fact is that children's gut-based nervous system develops long before their brain is fully formed.

The link between gut health and mental health is becoming clearer. Our gut contains living microorganisms that are as diverse as the Amazon Rainforest. Diversity is so important in many aspects of our world from ecosystem health to human knowledge / science. Our gut is not so different in that aspect, diversity in microbials is essential for human health, and at the right balance can fight off disease.

Different types of bacteria in our gut control how we think and behave. Types of fats you eat changes the types of bacteria that reside in your intestine. Feeding specific strains of bacteria can enhance memory, stress behavior, and stress hormone levels in animals. Imbalances in microbial bacteria, in kids and adults, has been linked to ADHD, autism, depression/anxiety, obesity, autoimmune diseases, eczema, endocrine disorders, sleep problems, etc...

The intestines produce over 90% of all serotonin in our body, as well as contain 70% of your immune cells. Our health is so dependent not only on nourishing ourselves but feeding other living microorganisms inside of us. Your thoughts, emotions, your behavior and your health are controlled by your gut.

Information Source: Nutrition and Mental Health (Food and Mood) - Nutritionist Resource

There is a great video , if this stuff interests you: <https://www.nutritionist-resource.org.uk/articles/nutrition-and-mental-health.html#guthealthandmentalhealth>