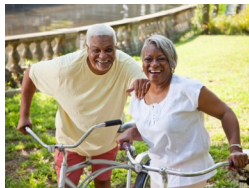


Wellness Works Coordinators' Bulletin

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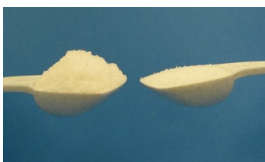
Providing your wellness committee
with updates and relevant health
information!



Everyone Should Be Physically Active

Even a little is better
than none!

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Scale Back On Sugar

Know how to find
added sugars.

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Why Should I Exercise?

**I think most of us know the multitude of
reasons we should exercise...**

...feel better, more energy, lose weight, reduce disease risk,
etc...so why is it so hard to stick with an exercise plan?

The simple answer—MOTIVATION.

Many of us have the intellectual knowledge of why we should exercise, but we are lacking the emotional knowledge about WHY we will exercise. Starting to exercise is the easy part, sticking with it is when things get tough. Unless you can clearly answer WHY you are exercising, you will probably continue to cycle between exercising and not exercising.

Attached to this month's Bulletin is a great article about motivation from the American College of Sports Medicine (ACSM). Feel free to print and post around your worksites to get people thinking about their why!



Everyone Should Be Physically Active

Physical activity is an important part of your overall physical and mental health. According to the new Physical Activity Guidelines for Americans, all Americans should be active, even older adults and those who are disabled or managing a chronic illness. All adults gain substantial health benefits from a combination of aerobic and muscle strengthening activity that enhance their physical fitness.

If you have been inactive, don't be discouraged. Some activity is better than none! Start at a comfortable level and add a little more activity over time. The more physically active you are, the more health benefits you gain. If you are physically fit, you are very likely to look, feel, and do your best physically and mentally. Activity of any kind reduces the risk of many diseases and dying prematurely, helps prevent injury and keeps you in shape to enjoy leisure activities as well as improves mental ability.

Source: www.livestrong.com

For more information on physical activity, contact Danielle Yale at dyale@memun.org to schedule, “Fit ME” or “Fit over 40.”

Scale Back on



Sugar is added to so many foods that a person could blow through the recommended daily level well before the end of the day. The best way to know how much added sugar you are eating is to look at the Nutrition Facts Label. The new label lists added sugars in addition to the total sugars in a serving of food. In addition to label reading, the Academy of Nutrition and Dietetics suggests cutting back on added sugars by:

- Learning the many label names that indicate added sugar, such as corn syrup, dextrose, corn sweetener or cane crystals.
- Watching for potential "hidden" sources of added sugar, such as in granola, whole-grain cereal, oatmeal, dried fruit, canned fruit and ketchup.
- Sticking to just milk or water for a beverage.
- Opting for plain yogurt over flavored yogurt, which could contain added sugar.

Want to learn more about curbing the sugar in your diet or label reading?

Contact Danielle (dyale@memun.org) to schedule the “Kick the Sugar Habit” class

or

Abby (adipasquale@memun.org) to schedule “A New Look at the Nutrition Label” class.





Prepare a Nutritious Smoothie

Summer is just around the corner and soon we will be looking for something to cool us down on a hot summer day...while many of us might first think of ice cream, a more nutritious treat is a smoothie—made with your favorite ingredients! Smoothies aren't just for summertime though, many people have smoothies instead of a typical breakfast or as a tasty snack in the middle of the day. Regardless of when you choose to enjoy your smoothie, it is important to make sure that you are getting something that is good for you and not something that is loaded with sugar and empty calories.

Here are some quick tips to help add a nutritional boost to your blender:

1. Load up on your greens. Add heaping portions of Swiss chard, kale, parsley, spinach or mint to your blender to add a powerful punch to your smoothie.
2. Add fruit to sweeten the smoothie instead of added sugar. But ensure that the mix of greens is twice as much as fruit to keep calories down. Your fruit can be frozen or fresh- whichever you prefer!
3. Don't forget protein in the form of non-fat milk, Greek yogurt, nuts, nut butter or hemp seeds. Protein will help fill you up and keep you satisfied.
4. Add a liquid to make it easier to blend, such as water or unsweetened nut milk. Avoid using fruit juices if possible, these are full of sugar and calories.

Don't take our word for how great smoothies can be...**consider hosting a smoothie day at your worksite** and allow employees to mix and match ingredients to create their own smoothies!

Source: Health Day News, 2018



Contact Us:

Wellness Works
60 Community Drive
Augusta, ME 04330
1-800-452-8786

Wellness_Department@memun.org