



March

Newsletter

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Be Well Aware – Health Article



Maximizing Workday Efficiency

Work Effectively

We all have busy lives. And when it comes to the workplace, it can feel just as overwhelming. How do we key into ourselves to be more effective workers? It all begins with our mindset and having a plan. Workday efficiency is built around goals, motivation, and yes even rest. Read on for some tips to maximize your workday efficiency.

Make a Plan

Having a plan for your workday should include both short-term and long-term plans. Have a vision set out ahead of time, but don't forget to stay in the present! This includes making a daily checklist of items you want to accomplish throughout the day. It can be helpful to prioritize your tasks with numbers based off of importance so you know what needs to be completed and what things can wait until the next day.

Work in 90 Minute Increments

Research has shown that we are more efficient when we work in shorter intervals. If you choose to work on a task, dedicate yourself to that task for no more than 90 minutes. In those 90 minutes try and only focus on one task. We are less focused and easily distracted when we try and multi-task.

Take a Real Break

A real break should allow your brain to rest or do something completely different from your job. It is recommended to take a minimum of 10-minute breaks. If you have a high energy or dynamic job, consider doing 10 minutes of meditation in a quiet area. If you work in an isolated environment, consider finding a coworker or friend you can have a quick conversation with and ask about their day. If you feel stressed out from your job or work at a desk consistently be sure to get up and get active! Take a walk outside. If you have a fitness center, go get a quick workout in. Getting your blood flowing is healthy not only for your body but also your brain. It can improve concentration and thinking patterns.



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Rely on Teamwork

We are better together! Don't become overwhelmed with tasks and responsibilities. Encourage an environment of team leadership where you build your team up and support them as needed. Through this team leadership, your team will be more likely to step up and help you out when needed knowing you have modeled positive teamwork.

Track Your Progress

Tracking your progress is essential for growth and also positive reinforcement. Keep a notebook with your wins and even your mistakes. At the end of each month reflect on what you have accomplished. Be proud of your wins! A win can be as simple as making a coworker laugh or as complex as completing a new innovative system to improve your workers efficiency.

At the end of the day, you can rest easy knowing you put your best foot forward and are giving it your all! Having a positive attitude and mantra can help you to start every new workday with the motivation you need to press forward and be successful!



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Exercise of the Month



Warrior Pose

Purpose: Improves focus, balance and stability while encouraging circulation and respiration as it energizes the entire body.

Target Muscles: Hamstrings, quadriceps, glutes, calves, feet and ankles.

Equipment: A mat (optional).

Movement:

- Begin in a standing position with arms at your sides facing the top of your mat. Step lightly back with your left foot until your feet are around 4 feet apart.
- Pivot your left foot outwards at a 45-degree angle.
- Align your front heel with the arch of your back foot, while keeping your pelvis turned toward the front of your mat.
- Press your weight through your left heel. Then, exhale as you bend your right knee above your right ankle. Your shin should be perpendicular to the floor.
- Reach your arms up strongly overhead, lift through your chest and tighten the core as your fingers are actively reaching.
- Gently tilt your head back and gaze up at your thumbs, keep your shoulders dropped away from your ears. Press down through your back foot and hold for one minute, remembering to breathe.

Benefits:

- Builds core power and facilitates the internal rotation of the leg while opening the chest.
- Teaches body awareness and increases the body-mind connection.



See it in action!
[Click here](#) to view in video format.



Health-Full Eating & Nutrition



Eating For Energy

Eating for energy can sometimes be tricky, and with so many food options out there it can be hard to find the right combination. But have no fear, using the right steps and the right nutrition you can eat and be energized throughout the day, maybe even without coffee.

Smaller Meals

The first step is eating smaller more frequent meals. Eating smaller meals can have many great benefits within the body. One of those benefits is feeling less tired and bloated. When you eat three large meals in a day your body takes longer to digest all of the food. You also tend to eat more at one time thus possibly causing weight gain. Six meals a day can help boost your metabolism, giving you more energy and helping with weight loss. It also helps the body break down foods faster by making you feel less hungry throughout the day.

Avoid Crash Diets

Crash diets put the body into a shock which can cause rapid weight loss in a short amount of time. With this being said, these sorts of diets can cause massive fatigue. This is due to the rapid change that these diets require. For example, the Keto diet changes your body to run off of fats instead of carbs. "Ketosis is a metabolic adaptation to allow the body to survive in a period of famine. Your body will break down ketone bodies, a type of fuel the liver produces from fat, instead of sugar or glucose from carbohydrates."

With this change in the body, one could experience the "Keto Flu." Which in turn causes symptoms of dizziness, nausea, decreased energy and mood swings. If you are looking to lose weight, do so gradually and without skimping on essentials. Poor nutrition and insufficient calorie intake can cause fatigue. Don't cut your food intake below 1,200 calories a day for women or 1,500 for men unless you are under supervision of a health care professional.

Food Choice

It all comes down to food choice and what foods one should pick to not only keep a healthy lifestyle but to increase one's energy. One of the ways is to eat a balanced breakfast. The majority of people have extremely busy lives between work and family they don't have time to go and make breakfast. A simple breakfast like eggs or hot oatmeal with fruit can help you stay fuller throughout the day and boost your metabolism thus boosting your energy. Another way is making everything homemade. Again with a busy lifestyle, most people will either eat out or buy processed foods from the grocery store. "Your body is designed to digest and metabolize food to get the energy it needs, so if you're routinely eating highly processed foods over whole foods, you're shortchanging this process." This could leave one feeling very lethargic.

27 Foods That Can Give You More Energy

1. Bananas
2. Fatty Fish
3. Brown Rice
4. Sweet Potatoes
5. Coffee
6. Eggs
7. Apples
8. Water
9. Dark Chocolate
10. Yerba Mate
11. Goji Berries
12. Quinoa
13. Leafy Green Vegetables
14. Oatmeal
15. Yogurt
16. Hummus
17. Edamame
18. Lentils
19. Avocados
20. Oranges
21. Strawberries
22. Seeds
23. Beans
24. Green Tea
25. Nuts
26. Popcorn
27. Beets



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