

# December Newsletter 2019



## Table of Contents

**Health Promotion Article**

**Pg. 2-3**

**Exercise of the Month**

**Pg. 4**

**Healthy Eating Tip**

**Pg. 5**

**@CohoFitness**

**FOLLOW  
US**



**COHO Fitness Center**



**Contact  
US**

Phone: (202)482-0437

Email:

[cohofitness@teamcfw.com](mailto:cohofitness@teamcfw.com)

Web: [cohofitness.com](http://cohofitness.com)

# Be Well Aware - Health Article



## Benefits of Meditation

**Overview:** Meditation comes in many different forms, but the base elements remain the same throughout; A quiet place with few distractions; a specific, comfortable posture; a focus of attention (a word, phrase, object or sensation); and an open attitude (taking note of distractions without letting them bother you). Some forms influence the mind and body in different ways, and we are still discovering the depth to which meditation can benefit us. More and more people have taken up meditative practices in recent years and with that increase, we have learned a few things about the benefits of meditation.

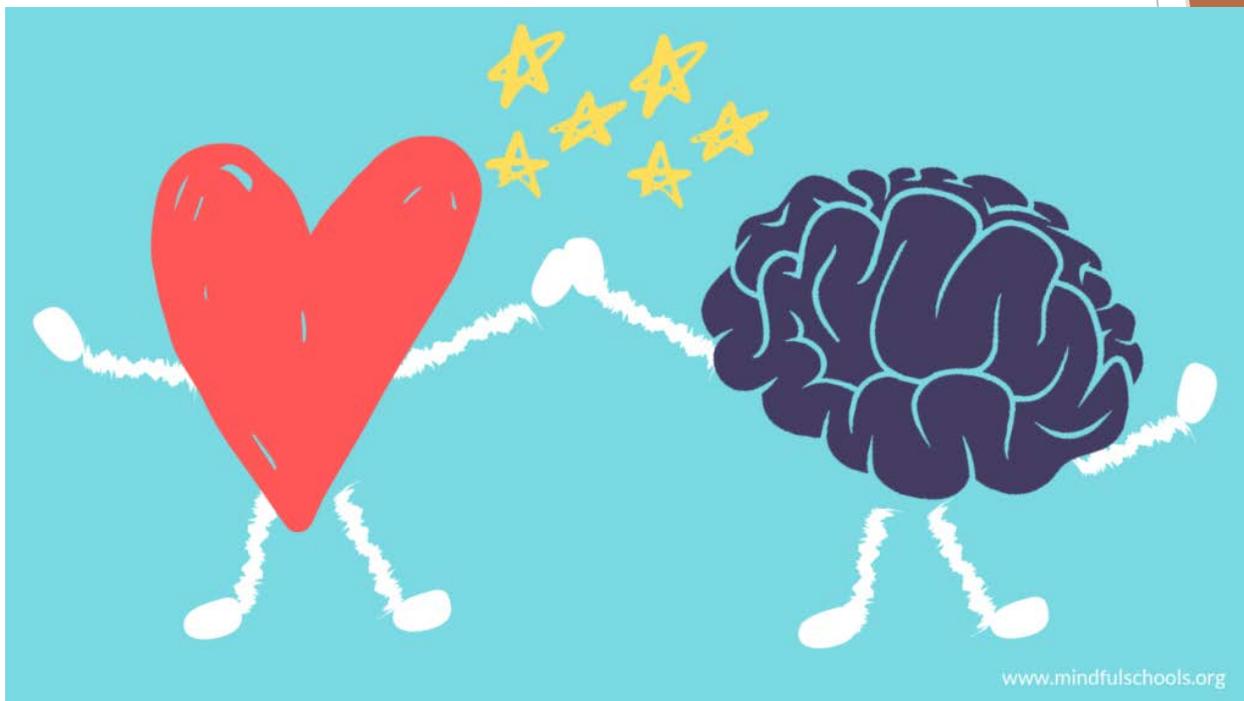
studied for its effects on different conditions and the evidence suggests that a consistent practice can ease multiple symptoms. The severity of symptoms from irritable bowel syndrome, ulcerative colitis, stress, anxiety, depression, insomnia, fatigue, menopause, and inflammation appear to be improved by meditation. Blood pressure may be lowered in individuals at increased risk for high blood pressure through Transcendental Meditation. The research around meditation and its effects on relieving pain and aiding in smoking cessation is not in total agreement but there is evidence to suggest chronic low-back pain and smoking cravings can be reduced by mindfulness training. Smoking cessation and relapse prevention also appear to be improved by meditation. All in all, there are many health benefits associated with meditation, but it should not be used to replace conventional care or delay having a medical problem addressed by a healthcare provider.



*Continued on next page...*

**Meditation and the brain:** It appears that meditation practiced over a long period of time can cause the brain to physically change by adding folds in the outer layer which can increase our ability to process information. Research also suggests that practicing meditation may slow, stall or even reverse age-related changes to the brain. Meditation also seems to have an impact on the amygdala, part of the brain that processes emotions, and that different types of meditation effect it in different ways.

**Safety considerations:** Meditation is considered safe for pretty much everyone. With forms of meditation that include movement, it may be difficult for individuals with a physical limitation. There have also been a few cases where meditation may have worsened symptoms in individuals with certain psychiatric problems such as anxiety and depression. It is recommended that these individuals speak with their healthcare provider and meditation instructor to make them aware of the practice and condition.



---

**References:**

- <https://nccih.nih.gov/health/meditation/overview.htm>
- <http://dbhdid.ky.gov/dbh/documents/ksaods/2015/Snyder1.pdf?t=14515404212019>
- [https://www.va.gov/PATIENTCENTEREDCARE/Veteran-Handouts/Introduction\\_to\\_Mindful\\_Awareness.asp](https://www.va.gov/PATIENTCENTEREDCARE/Veteran-Handouts/Introduction_to_Mindful_Awareness.asp)

# Exercise of the Month



## Savasana (Corpse Pose)

**Purpose:** Surrender to stillness and calmness. Let go of tension in the body.

**Equipment Needed:** Mat, pillow or blanket optional

**Start/Movement:**

- Lay down on your mat
- Tuck the hips under to avoid excessive back arch
- Allow feet to fall naturally to the sides
- Using hands, lift the base of the skull away from the back of the neck to create a neutral spine
- Let arms fall naturally to the sides, palms up

Now, relax and breathe! Allow yourself to settle into this pose and release any tension you feel in your body. To exit, roll into fetal position on one side. Use hands to push yourself back to seated with the head coming up last.

**If you experience any low back pain, try this modification!**

- Take feet as wide as the mat and let knees come in until they touch
- Relax and rest!





# Health-Full Eating & Nutrition



## Eating for Health in a Stressful World

Throughout our lives we may experience periods of stress either due to a single event or slow build-up over time. These periods of stress can lead us to unhealthy eating habits. Americans often reach for unhealthy foods that are filled with fat and sugar when in a stressful period. Overeating or not eating at all are also often the result of stress. However be encouraged, while stressful events may happen in our life that we can't control, we can focus on the good and take control of our eating to combat our stress and feel good about our bodies. Below are some tips and ideas to help you succeed.

### Stock Up On Healthy Snacks

By consistently keeping healthy snacks in your house, you have the opportunity keep your energy up rather than feeling like you are going to crash by making a quick grab for the candy or cookies. Think apples and peanut butter or celery and cream cheese.

### Cook With a Friend

We often rely on our friends and family in times of need, so why not spend some quality time with them while being encouraged to share a healthy meal. Try a new recipe or food together!

### Make a Smoothie

If you're in a hurry, smoothies are a great way to pack a lot of nutrition and get an extra dose of vitamins and nutrients especially if you're eating is off due to stress.

### Treat Yourself

You do not have to give up all your favorite treats. Enjoy something you love maybe once a week and control that portion size. So go ahead and grab that ice cream, just scoop it into a bowl rather than eating it out of the container so you can control your intake.

Happy Eating!

### References:

<https://www.apa.org/news/press/releases/stress/2013/eating>

<https://www.health.harvard.edu/staying-healthy/why-stress-causes-people-to-overeat>