

APRIL NEWSLETTER

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Be Well Aware – Health Article



10,000 Reasons to Walk

The Walking Cure

With the onset of COVID-19 and drastic changes to our daily lives, there is no time like the present to take advantage of walking outside. Read on for some benefits and tips to start your new walking routine.

Make a Walking Goal

You may have heard the recommended daily amount of 10,000 steps. This is the recommendation for the average population. However note that this may be too much or too little for you starting out. Make sure your walking goal is attainable and start out smaller if needed. If you are able to utilize a fitness tracker to count your steps. Even better!

Opt Outside

Taking your walk outside is a great change of scenery from your office or house. The fresh air can clear your mind as you walk. Be aware that some paths and parks may be closed during this time to prevent the spread of Corona Virus. Be sure to check with your local authorities before heading outside for some exercise.

Promotes Blood Flow

Energizing our muscles and bodies is an important part of staying healthy. As we move, we exercise our heart and cardiovascular system, giving our body a boost.

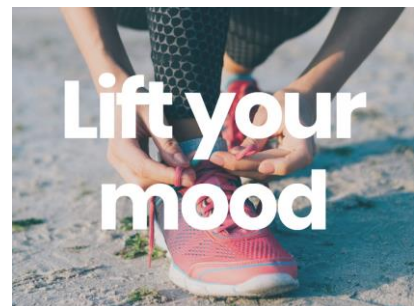
Boosts Immunity

When we exercise, we can actually boost our immune system. This may help prevent us from certain illnesses.

Clear Your Mind

Walking is a great way to take a mental break. It can improve focus and clear the mind. If you are willing, it can also give you an opportunity to meditate or do some deeper thinking.

Overall walking is an easy way to get your daily dose of exercise. Don't miss out on this opportunity right outside your door! Start walking and reap the benefits.



References:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/10000-steps/art-20317391>

Exercise of the Month



Foot Strengthen Exercise at your Desk: Toe Curls

Purpose: Increase overall foot strength and extensibility of the flexor muscles of the toes and foot to improve balance.

Target Muscles: Plantar flexor hallucis longus and brevis, flexor digitorum longus and brevis

Equipment Needed: Chair, Small Towel (or) T-Shirt

Start/Movement:

- Place small towel or t-shirt on the floor with one foot on it.
- Sit up straight on the end of a chair with your heels under your knees, make sure your legs and feet are parallel to each other with toes pointing straight ahead.
- Leave your heel in place on the towel as you reach out as far as possible.
- While extending you foot remember to keep your heel down, you are going to start moving the towel or t-shirt towards the chair by scooping it with your arch and toes.
- Use all five toes and try to create a deep dome under the arch area. You will only grab a little bit of the towel each time you extend and pull back.

How to incorporate into your workday:

- Try to complete at least three sets of five reps each foot throughout the day.
- Did you feel discomfort while walking? Once getting back to your desk do 5 reps on each foot.
- Been sitting behind your desk for more than an hour? Do 5 reps on each foot.



Health-Full Eating & Nutrition



On the Go Snacks!

Between work, family and extracurricular obligations, we tend to be on the go day in and day out. When we are busy, sacrificing health for convenience seems to be common and sometimes the easiest foods to grab are not the ones we should be eating. Eating healthy snacks can help keep our energy level high and our mind alert.

How can I Snack Healthy?

- A snack should consist of 200-300 calories depending on your activity level. Snack options should include whole grains, lean protein or healthy fats.
- Put snacks in small containers or bags so they are easily to carry in your purse or laptop bag. Not only will this make your snacks easier to carry, but you'll be able to eat the right size portion.
- Drink a glass of water with your snack. Drinking water helps you pause between bites and helps prevent overeating.



Check out a few of our favorite snacks that will help keep you feeling full until you have a chance to sit down for your next meal.

Nuts & Seeds

Nuts are a protein-packed snack which are readily available in most convenience stores. Look for varieties without added flavoring or salt and you'll be eating a perfect balance of healthy fat, protein and fiber.

Jerky

Jerky made from grass-fed beef and as few added ingredients as possible provides a high-protein portable snack. Varieties such as chicken, turkey or salmon jerky are also great options as long as the sodium and sugar content is at a minimum.

Vegetable Chips

Veggie chips may not be the usual crunchy snacks you grab from the grocery shelf. Try healthier options such as kale, sweet potato or beet chips. Pay attention to the sodium and check to see if veggies are high on the ingredient list.

Eggs

In less than 15 minutes, you can hard boil eggs and have an inexpensive, perfect package of fat and protein snack ready to go. Eggs also provide all 9 essential amino acids and can help raise your good cholesterol.

Seaweed

Algae doesn't seem like the tastiest snack, but crunchy seaweed snacks come in multiple flavors and are full of antioxidants, calcium and tons of vitamins and minerals. Adding seaweed to your diet may help with digestive health and weight loss as well as protect your heart.



Fruits & Veggies

Finding healthy snack options doesn't need to be complicated. Fruits and raw veggies have a high water and fiber content that will help you feel full and will provide many vitamins and minerals. People who eat more fruits and vegetables tend to have a reduced risk of some chronic diseases. Pair veggies with hummus or fruit with Greek yogurt or nut butter for an extra treat.

References:

1. <https://medlineplus.gov/ency/patientinstructions/000338.htm>
2. <http://www.eatrightpro.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/smart-snacking-for-adults-and-teens.ashx>