



Helpful On-line Tools/Apps for Tracking Movement & Calorie Intake

- mapmywalk.com is a useful (free) site and app to track activity and log your foods
- myfitnesspal.com offers an easy to use calorie counter app that takes exercise into account
- <http://www.choosemyplate.gov/> has the "SuperTracker" which helps you to plan and analyze diet in relation to your level of physical activity

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Wellness in Balance

Mindful Eating

By Katharine Beberman & Richelle Gomez

What's the deal with mindful eating?



How many times do we find ourselves sitting, zoned out, in front of the TV with our hand going in and out of a bag of chips, seemingly on its own? Have you ever prepared a wonderful meal to sit down and eat it so fast you don't even remember that it happened? By practicing mindful eating, you can learn to savor every bite, focus on the taste and texture of your food, and become aware of your

own eating habits. Mindful eating focuses on how you eat, and not what you can and cannot eat. Benefits of mindful eating include a regained sense of hunger and fullness, weight loss or maintenance, increased self-esteem, and a sense of empowerment.

Practicing mindful eating is quite simple! Follow these tips to become more mindful:

- Eat away from distractions like the television and computers, instead, put on soft, slow music
- Recognize when you may slip into mindless eating
- Eat slowly, taking breaks

during bites and chewing more

- Utilize all of your senses to fully appreciate the food
- Envision the food nourishing your body as you eat
- Taste each bite before reaching for the next

-Become aware of feelings of hunger and fullness- eat when you're hungry and stop when you're full, avoiding emotional eating

-Acknowledge your body's response to food, such as positive, negative, and neutral

-Be non-judgmental of yourself and your body if you accidentally overeat

To gain experience eating

Mindful—Cont'd Pg 2

Cardio Exercise Training

By: Jessica Gadas

As some may know, there are many benefits of exercise. Exercise provides preservation of bone, muscular enhancement, management of chronic diseases, increased longevity, and promotes weight loss. Whether it's "walking with purpose" around the track, tracing miles on the bike, or

climbing those stairs that seem to go nowhere, it's all about the cardio exercise. Cardiovascular exercise is any type of exercise that increases your heart rate for a prolonged period of time. Cardiovascular exercise strengthens the heart, and when conditioned it can move more blood



Cardio—Cont'd Pg 2

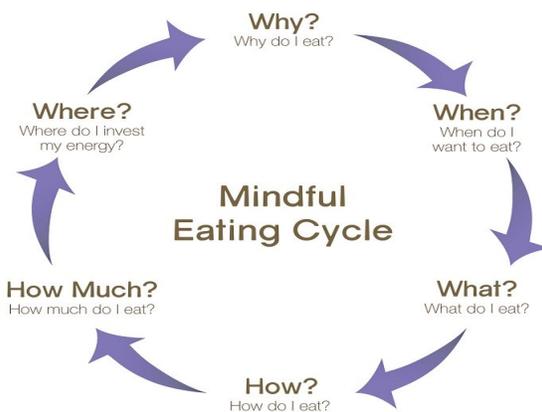
Mindful—Cont'd from Pg 1

mindfully, try this exercise:

Take a piece of dried fruit, such as a cherry or raisin. Hold it in your hand and feel its texture, close your eyes and bring it up to your nose and smell it. How does it smell to you? Is it appetizing? Place the piece of fruit in your mouth, close your eyes, and let it sit on your tongue. Notice how it feels in your mouth. Begin chewing slowly, noting how long you chew it for, the mouthfeel of the fruit, and different flavors you experience throughout different taste buds. Be aware of any feelings associated with the food—being positive, negative, or neutral. Swallow the food once you have chewed it entirely. Do you

desire more, or was the sensory experience fulfilling on its own? Next, try this exercise with a piece of highly processed food

(such as chips, Cheetos, a candy bar, etc.). Pay attention to the flavors and textures while eating the processed food.



“One cannot think well, love well, sleep well, if one has not dined well”

-Virginia Wolf

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Cardio—Cont'd from Pg 1

with less work. When conditioned, the heart will beat more slowly at rest and there is an increased efficiency of the heart’s pumping ability.

For healthy adults it is recommended to engage in aerobic exercise at a moderate intensity at least 5 days/week for 30 minutes or at a vigorous intensity for at least 3 days/week for 20 minutes. If you are just starting out, it is recommended to start with 10 minute bout sessions 3 times per day. Eventually you want to build up to at least 30 minutes of continuous exercise. In addition to the increased efficiency of the heart’s pumping ability, cardio provides benefits that include decreased resting blood pressure, reduction in cardiovascular risk factors, decreased morbidity and mortality, and can provide better quality of life.

Cardiovascular training should never be the dreaded exercise. Instead, try to make it fun and enjoyable! Examples of cardio exercises include: jogging, running, walking, biking, and swimming. If those are not of interest to you, there are many aerobic-type classes such

as step aerobics, aqua aerobics, Zumba and many more! Today is the day to take control of your body and start moving!



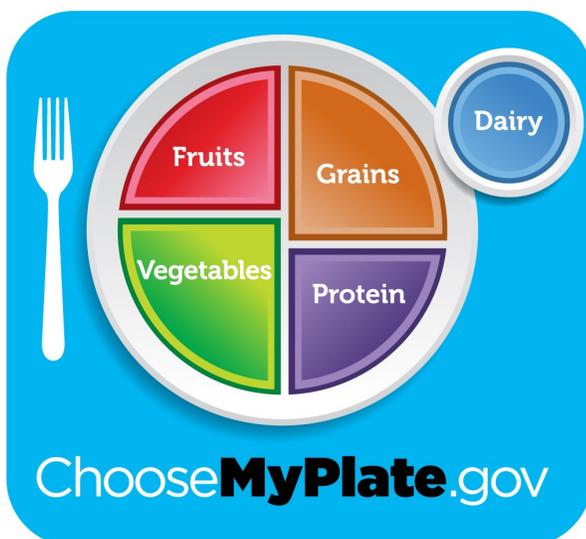
Tips for Eating Healthy When Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from over-eating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
- Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.

On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

From www.choosemyplate.gov

Check the website for many more helpful tips for healthy eating!



Mediterranean Couscous Salad with Chickpeas

recommended by the American Heart Association

Ingredients

1 1/4 cups water
1 cup whole-wheat couscous
2 medium cucumbers
1 1/2 cups grapes, halved
3 green onions
15.5 oz. canned chickpeas (aka garbanzo beans),
low-sodium, drained, rinsed
1/3 cup chopped black or Kalamata olives
1/2 cup chopped fresh parsley
sub— 2T dried
1 1/2 T olive or canola oil
1 T lemon juice
4 T feta cheese crumbles



Cooking Instructions

- Using the microwave or a teapot, bring 1 1/4 cups water to a boil. Add into a medium-sized heatproof container, along with couscous. Stir together and cover with a lid or very tightly with plastic wrap. Let couscous sit for 10 minutes.
- Meanwhile, peel cucumbers. Quarter each cucumber and then cut into 1-inch chunks. Add into a large bowl. If desired, halve the grapes or add them whole into the bowl. Chop the scallions, about 1/4 cup, and add into the bowl.

When couscous is finished, use a fork to fluff it and then add into the bowl along with the olives, chickpeas, parsley, oil, and lemon juice. Use a large spoon or spatula to stir to combine. Serve, topping each portion with 1 tablespoon feta cheese.

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Mediterranean-Couscous-Salad-with-Chickpeas_UCM_468653_RecipeDetail.jsp —nutritional information on this dish can be found here

Ingredients

Blue Banana Smoothie

8 ounces milk (use your favorite such as fat-free, low-fat, reduced-fat, almond, soy)

1/2 cup frozen banana slices

1/2 cup frozen blueberries

Directions

In blender, puree everything until smooth. Serve immediately.

The frozen fruit gives the smoothie a thick texture. Add water if you want a thinner consistency or add ice if you want it even thicker.

Add "smoothie boosts" such as fresh baby spinach (1 cup), plain low-fat yogurt (1/2 cup), oatmeal (1/4 cup), ground flaxseeds (1 to 2 tablespoons), unsweetened cocoa powder (1 tablespoon), honey (to taste) or cinnamon (to taste).

Nutrition Information

Serving size: 1 smoothie

Serves 1

Calories: 190; Total Fat: 1g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 105mg; Total Carbohydrate: 38g; Dietary Fiber: 4g; Sugars: 27g; Protein: 10g.

