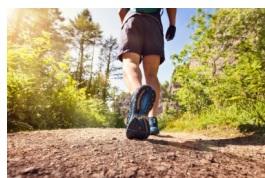


Wellness Works Coordinators' Bulletin

April 2018

Providing your wellness committee
with updates and relevant health
information!



Choose a Perfect Running Shoe

Tips to figure out
your best fit.

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Build Health Into Your Day

Your good health is
your most important
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Sustainable Eating

It's healthful for your
body...how about the
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Why You Shouldn't Eat at Your Desk

It seems like a convenient way to get through your day.

Rather than take a break to eat lunch, you grab a bite and eat while you're at your desk. But, this may be leading the way to unhealthy habits.

Here's why you should escape your workspace for your meals:

- You need a mental break. Getting up and eating away from your desk can help you clear your mind and boost mental energy.
- Moving more is better. A 5-10 minute walk is better than no walk at all. Being active and sitting less will improve your health.
- You may eat more mindfully. If you munch on food while working or watching a screen, you may eat more than you need to. Instead, sit down away from a screen and focus on your food. This can help you pay attention to your feelings of hunger and fullness.
- You could be missing out on fun. Bonding with others at your workplace can be fun and enjoyable. You may even look forward to social lunch breaks, which could increase your happiness at work.

Source: American Institute of Preventative Medicine, 2018



Sustainable Eating

Sometimes, we should stop and ask: is our food sustainable? Sustainable eating is about choosing foods that are healthful

to our environment and our bodies. Unless you're a farmer, the best way to support the benefits of sustainable farming is to eat sustainably.

Shop locally, it's a healthy and fun way to support your community. It keeps your money in the community in which you live, supports the families producing your food and fosters a healthy environment of diversity. Plus, getting to know the people producing your food is like getting to know a neighbor. Through this relationship we can know exactly how the food we eat is produced.

Grow something. It could be herbs in a pot, tomatoes on a patio or a small plot in your yard. Not much gives you a greater appreciation for what it takes to create food than to grow your own. You understand the multitude of

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Healthy Lunch, Healthy Wallet \$\$

Packing a healthy lunch can help you steer clear of the vending machine or other unhealthy options —plus, bringing your own lunch may be healthy for your wallet.

The average American spends \$53 a week on lunch and coffee expenses during the workday. That adds up to more than \$2,700 a year!



Choosing the Perfect Running Shoe

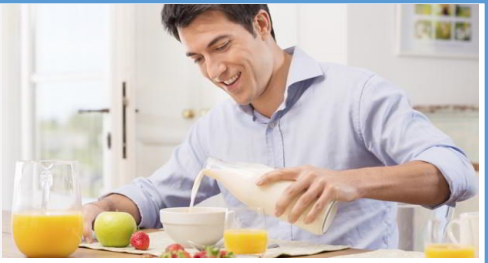
Spring is in the air and many are thinking about digging out their running shoes to jumpstart their summer exercise regimen or to start combating the winter weight that somehow snuck on...regardless of the reason, the good news is that the only thing between you and the open road is a great pair of running shoes. But choosing a pair can often feel like a shopping marathon.

There's no shortage of options or opinions on what shoe is right for you, but experts recommend that you ask the staff at a local running club for suggestions. The salespeople at a specialty shoe store should be better able to suggest the right styles for your feet (even if you take that advice and go shopping online).

Here are some basic shoe-shopping tips for a good running shoe:

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Build Health Into Your Day



Too often, our health takes a backseat to the things that “HAVE” to get done every day. It is too easy to put off exercise until our schedules allow or just order out for lunch because we didn't have time to plan or prepare a lunch...the list goes on and on. But without your health, how would the rest of your day function? You are your most important asset—practice these tips to ensure you are treating yourself right:

1. Eat breakfast

An empty stomach can't maintain stable blood sugar levels. Without stable blood sugar we tend to gain weight as we grab for pastries, donuts and other less healthy choices. Start your day with a breakfast that stabilizes blood sugar with healthy sources of protein, fat and whole grain, fiber-rich carbohydrates.

2. Be mindful

Mindful eating means paying attention to when you're tempted to reach for the first available "comfort" food. Take charge of your choices. Try meditation, yoga, listening to music or creating a personal ritual such as preparing and drinking tea.

3. Pack a lunch

Avoid takeout lunches, which tend to be expensive, oversized, heavy in fat and calories, and lacking in nutrients. Lunch is a great opportunity to make healthier eating habits. Bring a salad with chicken, nuts, beans and veggies.

4. Move more

Just a few steps at a time can add up. Walk to the water cooler, take the farthest spot in the parking lot —anything you can do to move your muscles. Better yet, schedule a workout. Physical activity can help offset stress and help you make better nutritional choices.

5. Eat with a friend

Try not to eat at your workstation unless you have to. It's important from a productivity standpoint to take a break. Chat with a friend or catch up on a book while eating your lunch.

Don't wait for it to be convenient...make health a part of your everyday routine and encourage others to do the same!

Source: Anthem Time Well Spent, 2018

(Choosing a Perfect Running Shoe, continued from Page 2)

- Look for lightweight choices. For example, 8 ounces or less for a woman's size 8, and 10 ounces or less for a man's size 9.
- The shoes should have little or no heel-to-toe "drop"—that's a difference in thickness from the heel cushion to forefoot cushion. And they should be "neutral"—skip any motion control or stability features, which can actually interfere with normal foot motion.
- As with all footwear, shop at the end of the day when feet are at their largest. The toe box should be wide enough so you can wiggle your toes and have at least a half-inch of space between them and the front tip of the shoe -- about the width of a thumb. Don't buy a tight shoe thinking it will "give" over time.
- Try out your selections in the store and ask about the return policy if you aren't happy with them.

If you're replacing an existing pair of running shoes, don't wait until they're no longer usable. You want to gradually transition to the new pair. At first, wear them for just a few minutes of each run, and then for longer and longer periods of time. Some people replace their shoes every 350 miles, but that's not a hard-and-fast rule. Check the soles daily. If lower layers of material are showing through in spots, you're overdue.

If you walk rather than run for fitness, you might be most comfortable in a walking shoe, which typically has a more flexible sole. If you participate in a few different activities, check out cross-trainers rather than buying a separate pair of shoes for each type of exercise.

Source: Health Day News, 2018

Anne offers a fantastic program to introduce people to the world of running and have you going from resting comfortably on the couch to running in a 5K in just a few short weeks. Consider offering her "Get Off Your Seat and Move Your Feet" class this spring and then enter your team in a local 5K...not only is this a great way to increase employees physical activity, but also boost morale! You can reach Anne at acharles@memun.org



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(Sustainable Eating, continued from Page 2)



factors involved in making plants thrive, the attention needed to successfully grow food and how precarious the process can be. Those insights likely will influence how you buy, use and dispose of food.

Initiate conversations about food. Talk with the farmers at your market, personnel at your grocery store and restaurateurs, or the growing number of people who are paying attention to how foods get on their plates. You can discover new tips, learn about new resources and find more local, sustainably-minded food producers and providers.

Eat seasonally. Blueberries don't grow in Montana during January, yet you can still buy "fresh" at this time. This means they're likely coming from far, far away. When possible, focus on foods that are available in season where you live and you'll be supporting sustainability.

Many of us forget about the liquids when we think sustainable eating. Liquids are some of the heaviest items to ship around the country and lots of fossil fuel is needed to tote them. Instead of purchasing bottled beverages, use a refillable bottle and fill it with water from the tap or filter.

Rethink your grocery list and think bulk foods, more minimally processed foods and more plant-based meals. Doing so translates into less packaging and waste, less energy used to produce certain foods and fewer artificial ingredients, those not found in nature, and chemicals in the food system.

Use your wallet and your fork as your voice to make a change. There's no better way to affect the direction of our food system and what grocers, restaurateurs and food companies produce and sell than to influence their bottom line. Ask your food providers to support local farmers, local producers and sustainable agriculture. Show support through your buying decisions. Remember, sustainability is about making the best possible choices for your health, the health of the community, the environment and those producing your food. **Contact Danielle at dyale@memun.org to schedule, "Clean Eating 101." For more information,**