

WELLNESS NEWSLETTER

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HEALTH OBSERVANCE

Heart Health Month

Dawn Koch, Health Coach – Orthus Health

According to the US Department of Health and Human Services, heart disease is a leading cause of death in the United States for both men and women. There are some risk factors that you can't control, such as age, gender, and family history. However, there are many modifiable risk factors that you have some control over. Cultivating a heart-healthy lifestyle is the most efficient way to reduce your risk of developing heart disease.

The first step is to know your risk and your numbers. High blood pressure and cholesterol are two major risk factors for heart disease. It is important to schedule regular screenings or physicals with your doctor to understand your blood pressure and cholesterol numbers. The next step is developing a proper course of action to improve any areas out of a safe range.

Here are some tips for reducing your risk of heart disease:

- If you smoke, quit. Ask for help.
- Aim for or maintain a healthy weight.
- Manage your stress. Learn how it affects you and ask for help from your doctor or a counselor if needed.
- Be more active. Aim for 150 minutes of moderate activity a week.
- Choose a heart-healthy diet. Try the Mediterranean or DASH diets.
- Get enough good quality sleep. Aim for 7-9 hours a night.

Learn about your risk and take charge of your life. No matter where you are with your health at this time, small steps over time can elicit big results. Choose one or two areas to focus on at a time. Once you have made new habits in those areas, add one or two more. Learn more about heart-healthy living at <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>.



WellBalance Health Corner What is Recreational Therapy

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions.

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Healthy Grocery Shopping Tips

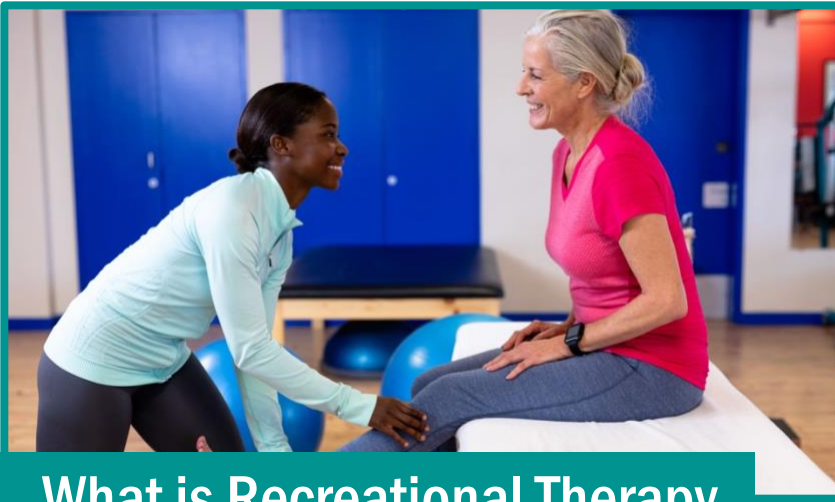
A New Year provides the opportunity for new beginnings, especially around cleaning up one's overall health, wellbeing, and food choices. Discover our top food shopping tips to use during your next trip to the grocery store.

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WelBalance

HEALTH TIP CORNER

Physical wellbeing is about understanding the balance between your mind, body, and spirit.



What is Recreational Therapy

Kellie Burke, Wellness Coordinator – Wellworks For You

What is Recreational Therapy?

Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions. Further, Recreational Therapy is designed to restore, remediate, and rehabilitate a person's level of functioning and independence in life activities.

Recreational Therapists (RTs) provide activities and coping strategies to help individuals achieve and maintain optimal levels of independence, productivity, wellbeing, and quality of life.

How is Recreational Therapy Beneficial?

Recreational Therapy enhances participant outcomes and reduces healthcare costs by:

- Providing active, outcome-focused care which achieves results
- Enabling the generalization of skills developed in treatment to their home and community environments
- Reducing the effects of primary and secondary disabilities
- Providing treatment through cost-effective means such as in small and large group settings
- Serving as a cost-effective means to enhance or replace other more costly services
- Addressing the whole person with the focus on enhancing independent functioning within physical, social, cognitive, and emotional domains
- Training individuals to identify and utilize community resources that enable independent functioning
- Focusing on skills that carry over to everyday life and can make a difference in a person's quality of life
- Providing a wide range of cost-effective interventions and significant durability across an individual's lifespan

Sources:

<https://www.atra-online.com/page/AboutRecTherapy>





Healthy Grocery

Shopping Tips

Cassidy Carre, Wellness Coordinator – Wellworks For You

Proper nutrition is a discipline worth pursuing. However, for busy professionals on the move, finding a well-balanced meal can be a daunting and time-consuming task. Understanding what to consider when roaming the store will give you the confidence to make healthy decisions and break certain habits. Below are several tips to help you plan for a healthy, well-rounded trip to the grocery store while keeping in a balance of treats too!

Never go to the grocery store hungry!

If you go on an empty stomach, you are more vulnerable to putting things in your cart that may be a quick fix to satisfy your current craving. Eat a snack before going to avoid the temptation.

Go in with a game plan

Take time to make a list before you head to the store breaking down meals for the week to include breakfast, lunch, dinner, and snacks. After you brainstorm your meal prep, break down the meals by specific ingredients for each meal; i.e. chicken stir fry = chicken, broccoli, red peppers, brown rice, sesame seeds, onion, minced garlic, etc. This way you can categorize items by sections of the store to shop efficiently through the aisles.

Shop the perimeters of the store.

A great goal would be to shop primarily around the outer edges of the store for the bulk of your groceries since they contain the most wholesome items, such as your fruits, vegetables, fish, lean meats and whole grains. Last, make your way through the center aisles for pantry staples like spices, nuts, olive oil, dry pasta, oatmeal, jarred tomato sauce, or frozen fruits.

Shop with the season.

Learning what produce is in season when you shop will provide a better-quality selection, be less expensive, and align you with what nature intended for your body! See a seasonal list by The American Heart Association: [seasonal fruits and vegetables](#).

Frozen and canned options.

If fresh produce isn't an option, finding your way into the freezer aisle for fruits and vegetables is the next best thing. Frozen fruit can be easily thrown into a blender for a nutrient-dense smoothie. As for canned fruits and vegetables, search for ones stored in either water or their juice to avoid unnecessary additives and sweeteners.

Treat Yourself!

The best thing you can do is crowd your plate with more wholesome options. However, you don't have to deprive yourself of things you enjoy. Instead, try to find a balance by adding in a few treat snacks or splurging on 1-2 treat meals a week to keep your mindset happy!

Try a new healthy recipe.

Menu planning can get a bit boring after you've filtered through your tried-and-true recipes, which then may lead to the temptation to order take-out or fast food. Try a new recipe once a week or bi-weekly to spice up your menu. New recipes will bolster your weekly menu and bring a variety to your overall diet.

Order grocery pick up or delivery!

As a modern-day convenience, we can now order groceries online with options for same-day delivery or pick-up. This is not only a huge time saver, but will also encourage you to stick to that original shopping list and not be tempted to add in-store extras! Try adjusting your shopping trips to be both in-store and online to see which works better for your health goals.

Sources:

[9 Grocery Shopping Tips | American Heart Association](#)

FEATURED RECIPE

Chicken Tortilla Soup

1 Serving



INGREDIENTS

- 4 boneless, skinless chicken thighs
- (1) 4 oz. can chopped mild green chiles, drained
- 2 cloves garlic, minced
- 1 yellow onion, diced
- (2) 15 oz. cans diced tomatoes, undrained
- 1 cup chicken broth
- 1 tsp. cumin
- Salt and freshly ground pepper to taste
- 2 Tbsp. chopped fresh cilantro
- 4 corn tortillas, sliced into ¼ inch strips
- ½ cup shredded Monterey Jack cheese
- 1 avocado, peeled, diced and tossed with lime juice to prevent browning
- Juice of 1 lime

DIRECTIONS

1. Place chicken in slow cooker.
2. Combine chiles, garlic, onion, tomatoes, ½ cup broth and cumin in small bowl, then pour over chicken.
3. Cover and cook on high 3 hours or on low for 6 hours. Once chicken is tender, shred the meat and return to slow cooker. Adjust seasonings and add additional broth if necessary.
4. Just before serving, add the tortillas and cilantro to slow cooker and stir to blend.
5. Serve in soup bowls topping each serving with cheese, avocado and a squeeze of lime juice.

NUTRITION

Per serving: Each serving 1 cup: 226 calories, 15g protein, 20g carbohydrate, 5g fiber, 11g fat, 47mg cholesterol, 910mg sodium.

Source: January Contest Winning Submission

MONTHLY DRAWING

Post your response on our Facebook page's February Giveaway post to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card.



If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month. You can also email your response to info@wellworksforyou.com if you do not use Facebook.

Like our page on Facebook: facebook.com/wellworks4you

What are your grocery shopping do's and don't's?

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NEW BLOG STREAM ADDED



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