Wellness University (Well U.) Newsletter

The Healthy Scoop

Tools and tips to create a healthier, happier you

Fall 2015

Dean's Corner

Stress is a constant in our lives. How is your department taking active steps to improve stress levels? We want to hear your tips and strategies (email Jennifer_M.Warren@lvhn.org).

Looking to better manage stress? Don't forget about Preferred EAP!

Walking the Walk

Colleagues at the Weight Management Center have been making some major strides in everyday wellness. Deans of Wellness Jerry Rodriguez and Joan Troutman report that one group has begun a 20-minute, rapid-pace walking program up the ramps and stairwells at the 1243 parking garage and another regularly traverses the hills of the Fish Hatchery in a 25-minute routine.

Think Outside the Brown Bag: Healthy Lunch Makeovers

Switch up your lunchtime routine with these concepts that can easily incorporate the season's best produce.

Lettuce Wraps

A simple alternative to a sub or sandwich roll, lettuce wraps are an easy way to slash your carb intake over the lunch hour. Use large leaves of iceberg or Boston lettuce to wrap the filling of your choice. Consider pairing some fresh produce with cottage cheese, chickpeas, or black beans for a fun and flavorful dish with substance.

Platters

They're not just for cocktail parties and high-end appetizer menus. Think outside the brown bag with a grazeable spread of hummus or babaganoush with pitas and veggies, or a plate of your favorite fruits and a few pieces of cheese.

Salads

Spotlight some of the stars of summer with a sweet strawberry spinach salad or a plate of fresh tomato and mozzarella with your favorite lettuce. Not a fan of leafy greens? Opt for a 3- bean salad or whole wheat pasta salad instead.

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How to Hold Yourself Accountable

We all have an image in our mind's eye of our best self. Whether it's your goal to lose weight or manage chronic stress, finding the motivation to stay the course can be challenging.

Here are a few simple ways you can hold yourself accountable and ultimately reach your health and wellness goals.

1. Be realistic. A sure-fire way to set yourself up for failure is to set a goal that is so lofty that you can't see the path to reaching it. It's good to dream big, but it's important to consider the concrete steps you will take to make your dream a reality. Challenge yourself to break down your goals into S.M.A.R.T. objectives that are Specific, Measurable, Attainable, Realistic and Timed – and stick to them.

2. Set a reminder. Don't allow yourself to use the go-to excuse of "I forgot" or "I was too busy." Build dedicated wellness time into your day. Stick a post-it somewhere you're sure to see it, block off time in your calendar or set a recurring reminder on your smart phone.

3. Tell someone. Let's face it, even the most positive self-starter is bound to have an off day. It helps to let someone in on your goals, such as a family member, close friend, or health coach who can lend you the motivation you may be lacking.

4. Enlist a buddy. If you're having trouble accomplishing a task alone, it's helpful to ask a friend to help. Try recruiting a partner with similar goals to share your wellness journey and make a plan to keep each other on task.

5. Reward yourself. Reaching your goals sometimes takes hard work and sacrifice. Take time to celebrate your successes! Treat yourself for remaining focused, so you have something extra to look forward to at every milestone.

Tip!

Next time you are feeling self-critical, make a list of the things you do well or like about yourself. Just as we are able to tell a family member or friend why we love them, so should we be able to describe our own strong points.

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We want to hear from you!

Send your stories and ideas to Jennifer_M.Warren@lvhn.org

Fruity Thai Pita Pocket

Bored with the same old sandwich at lunch? Liven up your lunch with this Thai-influenced pita pocket: a surprising blend of fruits, spinach and peanut sauce tucked in a very portable pita pocket.

Nutrition Facts

Serving Size 212 g

Amount Per Serving

Calories 370	Calories from Fat 150
	%Daily Value*
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1500mg	63%
Total Carbohydrate 42g	14%
Dietary Fiber 6g	24%
Sugars 13g	
Protein 13g	
Vitamin A 26%	• Vitamin C 90%
Calcium 8%	• Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Prep time 15 min.
Serves 4

INGREDIENTS

1 15-oz can Tropical Fruit Salad in 100% Juice
4 whole-grain pita pocket breads
4 cups fresh spinach, torn
¼ cup fresh cilantro (optional)

Spread

3 tbsp reserved juice from Tropical Fruit Salad
1/2 cup natural peanut butter, crunchy/chunky
3 tbsp fat-free cream cheese
1 tbsp low-sodium soy sauce

1. In a colander over a bowl, drain fruit salad well; reserve 3 tbsp juice.
2. In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
3. Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
4. Add sauce and toss.
5. Slice a small portion off each pita and tuck sliver inside at the bottom.
6. Fill each pita pocket with the fruit-spinach mixture.
7. Wrap individually in plastic wrap and refrigerate. Will keep well overnight.

Source: USDA, Center for Nutrition Policy & Promotion