

Deans of Wellness: Healthy lifestyle advocates

The Department of Education held its first annual Office Olympics in September. The deans put together a number of events to celebrate the 2016 Summer Olympic Games in Rio, and to emphasize the importance of physical activity among colleagues in the department.

Participants enjoyed events such as rhythmic chair gymnastics, golf putt, garbage can basketball, and an old-fashioned typing test. They even made a torch and awarded medals. It was a fun time for all!



Department of Education Deans of Wellness pose with the display and torch they created for their first annual Office Olympics

Let us know what you're up to

We invite all Deans of Wellness to send us updates and photos about your department activities. Forward them to sarah.engler@lvhn.org.

How to “maintain, not gain” over the holidays

Tips from Tiffany Ritter, RD, LDN, CHWC



Choose your favorites. During the holidays you may want to taste-test food selections that are not normally available in your daily menu. However, choose three things you normally wouldn't eat and enjoy them in small portions. From there, fill up your plate with healthier options to keep you feeling satisfied.

Ask yourself, “Have I had this before and will I have it again?” At holiday buffets, everything looks so good. But if we remember we have probably eaten

what's being offered before, asking this question may take the pressure off saying “yes.” It reminds us that we know what a food tastes like and we will probably have it again, but in this moment we can choose not to.

Use a smaller plate. This really does help. People are visual. We like to see a plate filled. If the plate is too big and we are properly portioning our food, we naturally want to fill the plate because it looks empty. If you go back for seconds or thirds using an oversized plate, it can mean two to four times the serving size per plate.



Skip the crust. One way to cut the calories in pie or cheesecake is to just eat the filling. A serving size of crust can easily add 50-150 calories to your slice. For me, the crust really isn't worth it, so I skip it and save the calories.

Beverages. Try dazzling up your drinks with seltzer water. Add some citrus or frozen fruit for flavor. When it comes to alcohol, try alternating alcohol with nonalcoholic beverages. This can help cut the alcohol calories in half.

Go easy on: Cream sauces, gravies, cheese, nuts, butter, and whipped cream. Cutting back on these items can help you shave off calories.

Add games and fun activities to the holidays. Take the focus off food and onto spending time with loved ones by bringing family and friends together over a board game, cards, group conversations, or a long walk.

Good luck! Remember every step counts, but we take steps one at a time. Be encouraged in small changes because in time they can add up to big differences. Let's support one another on our journey toward health.

Happy holidays!

Mindfulness can help you enjoy the holidays

It's easy to get lost in the food this holiday season. We can sometimes overlook the blessing of simply being able to have food and the means to freely spend time with others. Practicing mindfulness helps us appreciate these simple pleasures. Here are ways to begin considering two important aspects of the holiday season:

Mindful Socializing

Be present when talking with others. Take the time to engage in a meaningful way, giving each interaction the time and attention it deserves. Value the person you are with and give them your full attention. Friends and family are a gift, so take this opportunity to bond.

Mindfulness with food

Take your time while eating. It takes 20 to 30



minutes for your brain to receive the signal of fullness, so slow and steady wins the race. Be careful not to gulp your food in just minutes; savor every bite. Set down your utensils often between bites to lengthen mealtime and as a reminder to taste the flavors of the foods you're eating. Sip water throughout your meal to help prevent overeating, as water assists in fullness.

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Editorial Team & Contributors:

Kristin Behler, MPH, MCHES, Manager
 Sarah Engler, MCHES, Health Educator
 Lori McFerran, Editorial Coordinator
 Tiffany Ritter, RD, LDN, MCHC, Health Coach

Turkey Leftovers: Festive Rice Salad

Directions

- In a small bowl, whisk together the vinegar, lime juice, oil, honey, and ginger for the salad dressing; set aside.
- In a large bowl, combine the rice, turkey, cranberries and green onion. Toss with ginger dressing until the rice is fully coated.

Calories 203 Carbs 30g
 Protein 15g Saturated Fat 0.5g
 Total Fat 2.9g Total Fiber 2g

Ingredients

- 2 tablespoons rice vinegar, lime juice
- 1 tablespoon olive oil, honey
- 1 teaspoon ground ginger
- 3 1/2 cups cooked brown rice
- 1 1/2 cups chopped, boneless, skinless, cooked turkey breast
- 1/3 cup dried cranberries
- 1 bunch chopped green onions

Source: American Heart Association

