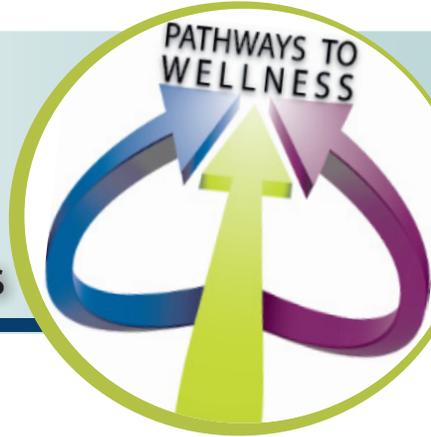




MAY '13

# Well NEWS

A Monthly Insight into Health and Wellness



## Mental Health Month

Wellness is essential to living a full and productive life. It's about keeping healthy as well as getting healthy. Wellness is more than just the absence of disease. It involves complete general, mental and social wellbeing. And mental health is an essential component of overall health and wellbeing. The fact is our overall wellbeing is tied to the balance that exists between our emotional, physical, spiritual and mental health.

### Clinical Depression: Common, Real and Treatable

Clinical depression is one of the most common mental illnesses. It can occur in anyone, at any age, and to people of any race or ethnic group. Unfortunately, too many people go untreated because they don't think that it is serious, they think that they can treat it themselves or they view it as a personal weakness rather than a serious medical illness. But clinical depression is very treatable: more than 80% of those who seek treatment show improvement.

Sypmtoms that you or someone you know may have depression:

- Persistent sad, anxious or 'empty' mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment (ex: chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

Depression can happen for no apparent reason. It can be biological, linked to cognitive patterns, gender, because of other medical conditions, medications, situational or even genetic. Remember it is a serious condition that can be helped. Don't ignore it!

## Exercise

### HIP RAISE



This exercise targets the muscles of your rear end and helps make your belly flatter!

Lie on your back on the floor with your knees bent and feet flat on the floor. Brace your core, squeeze your glutes, and raise your hips so your body forms a straight line from your shoulders to your knees. Pause at the top then slowly lower. Squeeze your glutes the entire time.

TAKE A LOOK INSIDE



P3

Enchiladas

52

P3

Tips Continued



# 52 Tips to Get Fit (part 2)

Feeling overwhelmed by how much you need to do to get in shape? Don't go on another diet or fall off of another exercise program. Focus on smaller obtainable goals, like losing 1 pound a week. This only requires a 500-calorie deficit each day. Slash about 250 calories from your diet and burn 250 calories through exercise. Here are the second 26 tips. Try to tackle one a week and by this time next year, you will be well on your way...

1. **Scour the web for fitness blogs** written by people like you. Tap in to them the next time you feel like skipping a workout.
2. **Parents: You do more for your children than for yourself.** Use that to your advantage! When you find yourself reaching for a doughnut, think of your kids: Do you want to saddle them with a morbidly obese, Type 2 diabetic parent?
3. **Do some year end, rear-end projections.** If you slash your Oreo consumption in half from eight cookies a week to four, you'll save more than 11,000 calories and lose nearly 4 pounds!
4. **If you have a salad bar at work, use it.** Bring a protein from home - grilled chicken, hard-boiled eggs, tuna - and drop it onto some salad bar greens.
5. **Many people plan weekday meals and go wild over the weekend.** Plan your weekend meals too, even if you know you are going to be eating out more.
6. **Let co-workers take the elevator.** You take the stairs.
7. **Keep a food journal, but don't beat yourself up about the findings.** Instead, like a detective, use the journal to spot bad habits and find a way to gently correct them.
8. **Don't skip meals.** Ever! If you miss breakfast, there's an extremely good chance you will end up overeating at some point during the day.
9. **Prepare for the apocalypse.** Have healthy snacks, such as almonds or beef jerky, in your desk drawer, in your glove compartment, in your purse and in your gym bag.
10. **Supermarket survival tips:** Just don't buy it and don't shop hungry. If you don't put it in your cart, you can't devour it at 3 a.m. And how many times have you purchased chips and scarfed half of them before you pulled the car into the driveway?
11. **When you hear the candy dish** at work calling you, ask yourself, "Will that get me closer to my goals?"
12. **One personal trick:** I like to download audio books. But I have a rule: I cannot listen unless I am exercising.
13. **Get a good night's rest.** You are more likely to make poor food choices and skip workouts when you're tired and cranky. Plus, your body needs the rest when it's worked out regularly.
14. **Most Americans eat** 250 to 300 grams of carbohydrates a day, the equivalent of 1,000 to 1,200 calories. The National Institute of Medicine recommends 130 grams. Find easy ways to cut carbs.
15. **When you splurge, splurge smart.** Example: Those stale store bought cookies at the holiday party? Not worth it. Homemade holiday cookies from mom? Enjoy in moderation.
16. **Find ways to relieve stress that do not involve food.** Pray, Meditate, Exercise.
17. **Take small, steady steps** toward slashing your diet of processed food. Read the labels of anything you're considering buying. If you see ingredients you cannot pronounce, or lots of sweeteners, put it down and walk away.
18. **Sugar makes** you want more sugar. That has nothing to do with self-control. You're not weak, You're human. And ask yourself: Do you want to control what you eat or do you want what you eat to control you?
19. **Get Mad** at all the ads that bombard you with enticements to eat and drink yourself silly. Get in the habit of noticing those cues, and come up with a mantra to silently repeat to yourself when you see them, such as, "I am not a billy goat. I don't eat trash."
20. **What's your favorite music?** That's what you should be working out to.
21. **If you don't like running and weights,** don't do them. Find something you do enjoy and stick with it!
22. **Would you like someone to scare** you into eating fewer carbs? Read "Wheat Belly" by Dr. William Davis.
23. **If you do a lot of casual or fast-food dining,** read the calorie counts. Instant appetite suppressant.
24. **If you tend to watch too much TV,** make a deal with yourself: no screen time till the workout is done.
25. **Consider your routines.** How can you fit in some "flash fitness"? Ride your bike to work one day a week? Get your fruits and vegetables during a long stroll around the farmers market? Park further from the dry cleaners?
26. **Realize that maybe the real reason** you eat too much junk food is because you are normal. Our lives are filled with more stresses and demands than ever. Sad but true, food is one enjoyable thing we can do for ourselves each day.

# Inspiration

*The pain you feel today will be the strength you feel tomorrow.*

*positivelifetips.com*



## Newsletter Quiz

1. Clinical Depression is a serious medical illness. True or False
2. What body parts does the hip raise exercise work?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by May 31, 2013.

## Healthy **RECIPE**

### Spinach and Turkey Enchiladas



#### Ingredients

1 lb lean ground turkey  
1 medium onion, chopped  
1 box (9oz) frozen chopped spinach  
1 can (4.5 oz) chopped green chiles  
1/2 teaspoon ground cumin  
1/2 teaspoon garlic-pepper blend  
1/2 cup fat-free sour cream  
3/4 cup shredded reduced-fat Colby-Monterey Jack cheese blend  
1 can enchilada sauce  
8 flour tortillas (8 inch)  
1 medium tomato, chopped

#### Preparation

1. Heat oven to 350F. Spray 13x9inch glass baking dish with cooking spray. In skillet, cook turkey and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until turkey is no longer pink.
2. Stir in spinach, cook until thawed. Stir in green chiles, cumin, garlic-pepper blend, sour cream and 1/4 cup of the cheese.
3. Spread about 1 teaspoon enchilada sauce on each tortilla. Top each with about 1/2 cup turkey mixture. Roll up tortillas; place seam sides down in baking dish. In small bowl, mix remaining enchilada sauce and the tomato; spoon over enchiladas. Sprinkle with remaining 1/2 cup cheese.
4. Spray sheet of foil with cooking spray; cover baking dish with foil sprayed side down. Bake 40 to 45 minutes or until thoroughly heated.

#### Nutrition

Per serving: 270 calories; 7g fat (2.5g sat); 50mg cholesterol; 31g carbohydrates; 20g protein; 2g fiber; 720mg sodium.