



Wellness ... Get on the Bus!

12 Total Body Wellness Rules to Live by:

1. Set one realistic health and wellness goal today (but don't promise yourself too much)!
2. Color your health happy by planning at least one meatless day into your week (think colorful vegetables).
3. Pamper your brain and fuel it well with carbohydrates like fruit, vegetables and whole grains plus beneficial fats from nuts, seeds, fish and avocado.
4. Keep your pantry, fridge and freezer free of foods with a lot of added sugar, solid fat and salt.
5. Add healthful foods into your day, such as whole grains, fruits, vegetables, fat-free or low-fat dairy products, and lean proteins.
6. Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.
7. Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly.
8. Factor in dietary fiber with vegetables, fruits, whole grains, nuts, seeds and beans, peas and lentils.
9. Sit less today – stand while working with a standing desk, pace during conference calls and walk at lunchtime.
10. Slow down your eating by taking at least 20 minutes to eat breakfast, lunch and dinner (it takes 20 minutes to feel fullness).
11. Forge ahead – don't let a bump in the road of your healthy lifestyle get you down. Keep your goals top of mind and move forward.
12. Make time for restful sleep. Aim for 7 to 9 hours every night.

Energizing Foods

All foods contain calories, which provide energy, but not all foods are equal when it comes to how long that energy lasts. Foods high in added sugar and low in dietary fiber, protein and fat will give you a quick boost of energy, but it won't last long.

For sustained energy, try to eat meals that contain foods with a combination of dietary fiber, as well as lean protein and healthy fat. Fuel your body regularly — about every three to four hours — with either a healthy snack or meal to keep energy levels stable throughout the day.

Here are examples of meals and snacks that provide sustained energy:

- One whole-wheat English muffin, 1 tablespoon nut butter and 1/2 cup fresh berries
- Six whole-grain crackers, 1 ounce low-fat cheddar cheese and a handful of grapes
- 1/2 cup cooked oats, 1 cup low-fat milk, 1 ounce pistachios and 1/4 cup raisins
- 1 cup plain low-fat yogurt, 1/2 cup fresh or frozen berries and 1 ounce hemp seeds

Excerpted from: *Total Body Diet For Dummies* by Victoria Shanta Retelny, RDN, LDN and the Academy of Nutrition and Dietetics; Wiley, 2016.

S.T.O.P. Stress

When you're stressed, your body reacts by releasing adrenaline that causes your breathing and heart rate to speed up and your blood pressure to rise. Over time, constant stress can be harmful to your heart. That's why it's important to recognize how stress affects you, then develop healthy habits to ease your stress. Here's a tip: when you recognize your personal stress triggers, just S.T.O.P.:

S: stop what you are doing,

T: take a few deep breaths

O: observe your body and smile

P: proceed with kindness and compassion

LAYERED MEXICAN CASSEROLE

A spritz of fresh lime juice is the perfect finishing touch to this casserole, which is a handy way for using up leftover chicken breasts.



INGREDIENTS

- 1 10-ounce package frozen brown rice
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 4-ounce can chopped green chiles, undrained
- 1/4 cup snipped fresh cilantro
- 1 1/2 cups cubed cooked skinless chicken breasts, cooked without

- salt (about 7 1/2 ounces cooked)
- 1/2 cup reduced-fat shredded Mexican-blend cheese
- 1 medium lime, quartered

PREPARATION

Preheat the oven to 350°F.

Prepare the rice using the package directions. Spread in an 8-inch square baking pan. Stir in the cumin. Drizzle with the oil. Using the back of a spoon, smooth the surface. Spoon the chiles over the mixture. Top, in order, with the cilantro, chicken, and cheese. Cover with foil.

Bake for 15 minutes, or until the cheese melts.

Serve with the lime wedges.



SPRING BUCKET LIST

- 0 Make a Bird Feeder
- 0 Visit a Farm
- 0 Fly a Kite
- 0 Go on a Nature Hunt
- 0 Decorate Easter Eggs
- 0 Swing at the Playground
- 0 Jump in the Puddles
- 0 Plant Flowers
- 0 Eat Ice Cream
- 0 Go for a Bike Ride
- 0 Game Night
- 0 Feed the Ducks
- 0 BBQ Dinner
- 0 Look at the Stars
- 0 Go to the Farmer's Market
- 0 Blow Bubbles
- 0 Paint a Rainbow
- 0 Wash the Car
- 0 Draw with Sidewalk Chalk
- 0 Make Homemade Play-Doh
- 0 Have an Outdoor Tea Party
- 0 Read Books Outside
- 0 Look for Insects
- 0 Spring Clean
- 0 Play Tag
- 0 Watch the Sunrise
- 0 Watch the Sunset
- 0 Look for Four Leaf Clovers
- 0 Family Movie Night
- 0 Spring Crafting Day
- 0 Eat Dirt Pudding
- 0 Go Bird Watching
- 0 Play Catch
- 0 Go to a Museum
- 0 Jump Rope
- 0 Visit the Library
- 0 Paint Rocks
- 0 Bake Cupcakes
- 0 Paint Together
- 0 Play with Water Beads
- 0 Have a Picnic at the Park
- 0 Go Barefoot in the Grass
- 0 Look for Shapes in the Clouds
- 0 Hunt for Bugs
- 0 Visit a New Park
- 0 Play Go Fish
- 0 Shaving Cream Play
- 0 Go for a Run
- 0 Make a Paper Airplane
- 0 Play Hopscotch

Luck O' the Irish Circuit

7
Shamrock Star Jumps
Jump up while spreading out legs and arms. Like a lucky star

7
Leprechaun Leaps
Squat then jump up and tap heels together

7
Irish Inchworms

Walk hands out to plank. Do push up. Return to plank. Jump feet out and in. Walk hands to forward bend and back out to plank

7
Kissing Kayaks

Sit in V-Sit. Make loose fist. Kiss knuckles to ground on each side (R-L = 1)

Do entire circuit
7 Rounds for
extra LUCK!



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Prevention and Treatment of High Cholesterol

Too much cholesterol in the blood can lead to cardiovascular disease. Heart disease is the number one cause of death in the United States. Over 2,100 Americans die of cardiovascular disease each day, an average of one death every 40 seconds. The good news is, you can lower your cholesterol and reduce your risk of heart disease and stroke.

Working with your doctor is key.

It takes a team to develop and maintain a successful health program. You and your healthcare professionals each play an important role in maintaining and improving your heart health.

Work with your doctor to determine your risk and the best approach to manage it. In all cases, lifestyle changes are important to reduce your risk for heart attack and stroke. In some cases, cholesterol-lowering statin medicines may also provide benefit.

Learn how to make diet and lifestyle changes easy and lasting. Also make sure you understand instructions for taking medication because it won't work if you don't take it as directed.

Lifestyle Changes

Your diet, weight, physical activity and exposure to tobacco smoke all affect your cholesterol level.

Know Your Fats

Knowing which fats raise LDL cholesterol and which ones don't is the first step in lowering your risk of heart disease.

Cooking for Lower Cholesterol

A heart-healthy eating plan can help you manage your blood cholesterol level.

Understand Drug Therapy Options

For some people, lifestyle changes alone aren't enough to reach healthy cholesterol levels. Your doctor may prescribe medication.

Avoid Common Misconceptions

Learn the difference between common misconceptions and the true story about cholesterol.

Source: [American Heart Association](#)

Knowing that it takes about 10,000 steps — the equivalent of walking 5 miles — to burn 250 calories, might put things in a different perspective for you when you go through your fast food chain. In order to lose 1 pound of fat, you need to burn 3,500 calories, which is typically done in a week's time. So results don't typically come as quick as we like. When we are always on the run and are looking for quick foods, we could really be putting a beating on our bodies. Here are some calorie facts.

| Restaurant | Calories | Steps Needed / Day To Maintain |
|---------------------|----------|--------------------------------|
| McDonalds | 790 | 31,600 |
| Pizza Hut (1 piece) | 410 | 16,400 |
| Wendy's | 970 | 38,800 |
| Subway | 760 | 30,400 |
| Burger King | 1360 | 54,400 |
| Starbucks | 561 | 22,440 |
| KFC | 580 | 23,200 |
| Sonic | 980 | 39,200 |
| Taco Bell | 960 | 38,400 |
| Dunkin' Donuts | 470 | 18,800 |



When you think about the steps that you have taken in a day, are you matching up to what you are putting into your body or are you exceeding the steps needed in order to lose the weight that you want? It's inevitable that we need fuel for our bodies in order to lose weight, but we **MUST** be smarter about what we are eating. A ratio of what we are eating, to how we are exercising, will build a strong body!