

BELIEVE IT ~ ACHIEVE IT WELLNESS NEWSLETTER



“Believe it ~ Achieve it” challenges all staff to participate in a fitness “event” of their choice by the end of the 2015-16 school year. Last year we focused on a 5K walk or run, and this year we are going to expand to other events such as fun walks/runs, cycling, Zumba-thon, triathlon, marathon, half marathon, etc. The length or difficulty of the event does not matter – we all have to start somewhere! The goal is to get active! For each event one participates in, he/she will have his/her name entered in a drawing for end of year prizes. The more you participate the better your chances will be for awesome prizes. Please send a picture of yourself wearing your event tag/number, along with information that includes your name, the event you participated in, and the date of the event to wellness@nwoesc.org by June 10, 2016. Prizes will be distributed at our annual fall staff meeting in August! Please make sure that you receive a reply from one of the Wellness Committee members when you send your event participation email, this verifies that your photo has been received and you will be entered into the drawings.



We would also like to encourage you to post your event and picture on our Facebook page! If you have not already joined, please do so by searching for “Nwoesc Wellness” while logged into Facebook and request to join.

(please note that if you do post on the FB page, you still need to notify the Wellness Committee when you have participated in an event 😊)

Nwoesc Wellness Committee

Founded and sponsored by NCADD, Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus, make seeking help more readily available to those who suffer from this disease.

An integral part of NCADD Alcohol Awareness Month is Alcohol-Free Weekend, which takes place on the first weekend of April to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.





4 Metabolism Myths and Facts

Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity. Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running.

It's tempting to throw up our hands and blame weight issues on a slow metabolism, but there are ways to support metabolism and maintain a healthy weight.

Claim: Our metabolic rates can't change.

The truth: While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing lean muscle mass. Muscle burns more calories per hour than fat, which means that people with lean, muscular bodies need more calories to function than people with a higher percentage of body fat.

Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process by picking up the weights to help lessen this decline.

Claim: A diet of green tea and chili peppers will boost metabolism.

The truth: No magic food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift isn't enough to offset eating too many calories.

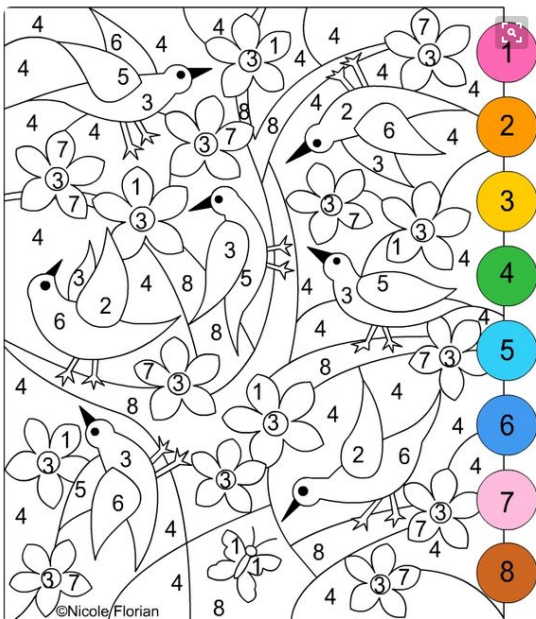
The path to healthy weight loss is through portion control and a balanced diet filled with nutrient-rich foods, not through a diet doused in chili peppers.

Claim: Eating late at night slows metabolism.

The truth: It's the extra calories — not when you eat them — that cause weight gain. There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television. Calories in these snacks add up, and that can cause weight gain.

Claim: Very low calorie diets and skipping meals can jumpstart weight loss.

The truth: Weight loss is all about creating an energy deficit — ingesting fewer calories than your body expends each day — but creating too large of a calorie deficit can backfire. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.



Squeeze in Strength Training during Commercial Breaks

If you see/hear a commercial about this...	Do This!
junk food	25 jumping jacks
celebrity endorsement	10 pushups
general pharmaceuticals	30 seconds downward dog stretch
music that's peppy	30 seconds jogging in place
healthy food	10 single-leg hops
baby items (including diapers)	50 crunches
beauty or hair care	10 walking lunges
politics	10 burpees
clothing store	10 dips on chair or sofa
men's health	30 seconds high knees
women's health	30 seconds faux jump roping
nightly news promo	15 back extensions (Supermans)
perfume	10 bridges
diet pills	45-second wall sit
TV show promo	20 reverse crunches
cars	60-second plank
soda	20 burpees
local business	10 push-ups
movie preview	20 push-ups
electronics	20 bicycle crunches

How Much Do You Really Need to Drink?



You've probably heard from lots of sources that adults should drink eight (8-ounce) cups of water each day. But you might be surprised to know that there is no scientific evidence that supports this general advice. In fact, most experts aren't even sure exactly where that recommendation came from. One source of this myth might be a 1945 article from the National Research Council, part of the National Academy of Sciences, which noted that a "suitable allowance" of water for adults is 2.5 liters a day, although much of that already comes from water in the foods that you eat.

So why emphasize water drinking? Here are a few reasons:

- Most people today drink way too many of their calories from other beverages like soda, juice, flavored coffees and teas, sports drinks, fruit drinks, artificially sweetened drinks, etc. Drinking eight cups of plain water a day—in place of, not in addition to—these caloric beverages can help with weight management. Plus, most of these beverages don't offer any health benefits, while water does.
- Starting a healthy lifestyle can be overwhelming. Even if you can't exercise five times a week, for example, you can probably still drink more water each day. By focusing on simpler goals like drinking water, you can begin to build momentum to reach other goals.
- When it comes to weight loss, water can also help you feel fuller. Thirst is often mistaken for hunger, so drinking a cup of water at the first sign of hunger is a good way to determine whether you really need to eat.
- If you are following healthy, high-fiber diet, drinking additional water can help promote regularity and prevent the cramp and discomfort that often comes when you begin eating more fiber.
- While you can get a lot of water from foods like water-rich fruits, vegetables, soups and more, following a reduced-calorie diet (for weight loss) means you're eating fewer foods in general. Eating less food means you're getting less water from food, so drinking plain water can help you meet your needs when food alone can't.
- If you are exercising, then you're losing water through increased sweating, which needs to be replaced.
- Muscle is made up of mostly water, so the more you train, the greater your body's water needs will be.

Some people worry that they could be drinking too much water. Water intoxication results when a dehydrated person drinks too much water without any accompanying electrolytes. You usually need to drink an excessively large volume of water in a very short period of time to be in danger of this, which is why it's not common. If you drink eight cups throughout the day, you should be fine.

So do you really need eight cups each day?

Like most recommendations, it varies. Everyone's needs are different and dependent on several factors, such as your weight, how much you exercise, how many water-rich foods you eat, the amount of muscle mass you have, the weather (such as heat and humidity) and more. But eight cups a day is still a good goal for the average person. The best way to find out how much water you need is to check the color of your urine. It should look like you squeezed a lemon in it. If it's much darker, try drinking a little more water. SparkPeople.com

SUMMER IN A CUP SMOOTHIE

★★★★★
5.0 from 5 reviews

Prep time	Total time
5 mins	5 mins

Simple 5-ingredient smoothie that tastes like summer in a cup! Raspberries, frozen banana, 2 pure fruit juice and creamy almond milk make the healthiest, tart-sweet smoothie ever.

Author: Minimalist Baker
Serves: 2

Ingredients

- 1 1/4 cup frozen raspberries
- 1 large ripe, sliced and frozen banana (~1 cup)
- 1/2 cup pomegranate juice
- 3/4 cup orange juice
- 3/4 cup [Plain Unsweetened Almond Breeze Almond Milk](#)

Instructions

1. Add all ingredients to a blender and blend until creamy and smooth, scraping down sides as needed.
2. Taste and adjust flavor as needed. Add more milk or fruit juice if too thick. Add more frozen banana if not sweet enough. Serve immediately. Freezes well (or make into popsicles).

Nutrition Information

Serving size: 1 of 2 smoothies Calories: 183 Fat: 1.6g Saturated fat: 0g Carbohydrates: 41g Sugar: 26g
Sodium: 72mg Fiber: 7.3g Protein: 2.5g



PRINT FRIENDLY VERSION

