

May 2017

# Wellness ... Get on the Bus!



## Maintain Muscle Mass

Aging—It happens to all of us every day, but how you age is up to you! It's never too late to make choices that can make you feel better both mentally and physically.

Adults reach peak muscle performance by 20-30 years of age and can maintain for another 20 years. Around age 50, adults begin to lose 0.5-2% of muscle mass per year unless they are actively working against it. Muscle performance includes both muscle mass and muscle strength. It is essential to maintain both for activities of daily living such as

lifting boxes and climbing steps. The great news is that by sticking to a few simple tips, you can maintain your muscle performance throughout your life!

National agencies, such as the American Heart Association, recommend a minimum of 150 minutes per week of moderate intensity activity or 75 minutes of vigorous activity, plus two days of strength training. Individuals must be diligent in adding strength training to their program. This is the key to avoiding age related loss of lean muscle mass, also called sarcopenia.

High intensity interval training (HIIT) involves alternating periods of intense exercises with rest or recovery time. You can get benefits from this type of exercise after just 20 minutes, which makes it an easy addition to your daily activity! There are several benefits from doing HIIT training. It can help lower blood pressure, improve insulin sensitivity, and decrease cholesterol levels! Exercise in general helps reduce body weight (specifically abdominal fat), and maintain muscle mass. Most individuals can benefit from doing a HIIT workout 1-2 days per week. We always recommend checking with your physician to make sure it is right for you.

Strength training can help slow or reduce sarcopenia. The repetitions and sets can change depending on if you are using weights, bands, or your own body weight. Repetitions are the number of times you do an exercise in a row without stopping and sets are the groups of repetitions. If you are using weights, you can start doing 1 set of 12-15 reps and progress to 2-3 sets of 12-15 reps. If you are using bands or your own body weight, you can do more sets and reps. However, as individuals age, it is not recommended to increase the weight to the point of exhaustion as this can hinder breathing and cause joint pain. If you experience dizziness and/or nausea, you should stop exercising and contact your healthcare provider right away.

There are a few important things to realize when strength training:

- Doing exercises correctly and safely helps prevent injury. Proper body alignment is necessary before increasing intensity. Once you are comfortable with doing the exercise properly, you can increase the challenge.
- Design a program that will keep you motivated and encourages you to stick with it for the long-term.
- To avoid hitting a plateau, be sure to change the reps and sets for a workout

Although we can't stop the aging process, every day is an opportunity to make choices to benefit our health.



# Time Management

## Effective Time Management Steps:

- 1) **Prioritize:** Rank responsibilities and tasks in their order of importance. To assist you, try this method: **ABC rank-order method:** Create a list of priorities using A (high priority), B (medium priority), and C (low priority).
- 2) **Schedule:** Allocate time for prioritized responsibilities. To assist you, try this method: **Boxing:** Break down your day into “morning, afternoon, and evening.” In each time box, designate 1 or 2 specific responsibilities.
- 3) **Execute:** Implement your schedule. To assist you, try this method: Break large projects down into smaller tasks, and assign a deadline for each task.

## Effective Time Management Tips:

- Establish healthy boundaries with technology
- Schedule personal time in each day
- Schedule for interruptions
- Develop organizational skills
- Clean your workspace/room once a week
- Create personal boundaries
- Do one activity at a time

Track below to see where you are spending your time each day. This will help you to evaluate the changes that need to be made or how to continue with a time-managed schedule.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hrs/Day	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours
Sleep							
Getting Ready							
Eating							
School/Work							
Homework							
Other Activities							
Cleaning							

## “Deskercise”

*If a mid-day slump starts to hit, try these easy and discreet workplace exercises for a quick pick-me-up!*

**Desk Pushups** – Place both hands on desk, walk feet back to 45 degrees, lower body toward desk, and push yourself back up

**Book Press** - Take a heavy book and hold it overhead with both hands. Keep your elbows forward, slowly lower the book behind head to 90 degrees, and raise it back up

**Shoulder Blade Squeezes** – Pretend to squeeze a pencil between your shoulder blades, hold for 10 seconds before releasing

**Chair Squats** – Stand six inches in front of a chair, lower yourself down until rear touches the chair making sure that your knees do not extend past your toes, and slowly stand back up

**Calf Raises** – Stand with one hand on the back of a chair for balance, raise up on toes, hold 10 seconds, and then lower heels back down to floor

**Back Arch & Twist** - Raise arms overhead, stretch upward and gently bend backwards. Straighten and stretch side to side. Lower arms to your sides, slowly twist to one side and hold for 10 seconds. Repeat on the other side.

**Shoulder Shrugs and Rotations** – Raise shoulders towards ears, release, and then rotate shoulders forward and backward

**Neck Rotations** - Gently rotate neck in small circles, and then side to side by slowly lowering your ear toward each shoulder

Suzanne Toon, MS, CPT, Health Coach



## Southwest Mason Jar Salad

Having healthy lunches during the day doesn't have to take a ton of time. Plan your grocery list for the week on Sunday and prepare these salad jars for the week ahead.

**Serving size: Makes 5 mason jar salads**

### Ingredients:

- 1 cup tomatoes, chopped
- 1 cup bell pepper, diced
- ½ cup red onion, chopped
- 1 cup yellow corn kernels
- 2 cups cooked chicken
- 8 cups romaine lettuce

### Dressing:

- 2 limes, juiced
- 5 TB olive oil
- 1 TB agave syrup
- Pinch of garlic powder
- Pinch of salt
- Pinch of cumin

### Directions:

Wash and dry a large, wide mouth mason jar. Combine all ingredients for the salad dressing in a small bowl and mix. Pour the dressing into the bottom of an empty mason jar. Next, layer the ingredients for the salad in the jar in the order they are listed: tomatoes, bell pepper, red onion, yellow corn, chicken, and lettuce. Screw on the lid and refrigerate. When ready to eat, shake the jar to mix the salad ingredients and pour out onto a plate. Enjoy!

### Nutritional Information per Serving:

- Calories: 317
- Total Fat: 16.5 grams
- Cholesterol: 52 milligrams
- Protein: 23 grams
- Total Carbohydrates: 22 grams
- Dietary Fiber: 5 grams
- Sugars: 6 grams
- Sodium: 126 milligrams



## 5 WELLNESS BREAKS YOU CAN START TODAY



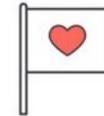
TAKE A 3 TO 5-MINUTE  
MINDFULNESS  
MEDITATION BREAK



TAKE A WALKING  
BREAK--5 MINUTES OR  
20 MINUTES, YOU  
DECIDE!



TAKE A SOCIALIZING  
BREAK--PREFERABLY  
WITH SOMEONE WHO  
MAKES YOU SMILE!



TAKE AN  
APPRECIATION  
BREAK--WRITE A  
THANK YOU NOTE!



TAKE A STRETCHING  
BREAK--YOUR BODY  
WILL THANK YOU!