



# wellnews

March 2021

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## ASK THE EXPERT

Your Questions Answered by Health Professionals

### What is Noom?

by Jackie Geib BA, Certified Wellness Coach



Noom is an online health and wellness platform designed to help create long term results through habit and behavior change, not through restricted dieting. Upon visiting their website, you will be asked to answer a survey about the behavioral and psychological components of your lifestyle. Once this is complete you will receive a plan specific to your needs. You will be asked to pay a monthly fee in order to continue and follow your personally designed plan. Once you have registered you receive virtual support from Noom coaches and staff to assist you in your journey. For more information visit [www.noom.com](http://www.noom.com)

### I am so sore after exercise, what can I do?

by Scott Haase BA, Health Coach & Personal Trainer

The answer is all about expectation. For starters, some “soreness” is expected from a good workout. It can come a day or two after a workout and can last for 2-3 days. Expect that hydration and nutrition will also play a big part in your recovery. And lastly, expect that sleep will have an enormous impact on your recovery. In addition, stretching, gentle movement and breathing can have immediate effects on soreness. An app I recommend is GOWOD. It tests and improves your mobility. Those with sore muscles will benefit greatly from the movements and breathing in the videos. For more information go to [www.gowod.app](http://www.gowod.app)



## Hoosier School Benefit Trust Health & Wellness Center

### HSBT Harding St.

6925 S. Harding Street, Suite B1  
Indianapolis, IN 46217  
317.497.6140

### HSBT Speedway

1011 Main Street, Suite 255  
Speedway, IN 46224  
317.497.6140

### HSBT East Washington Street

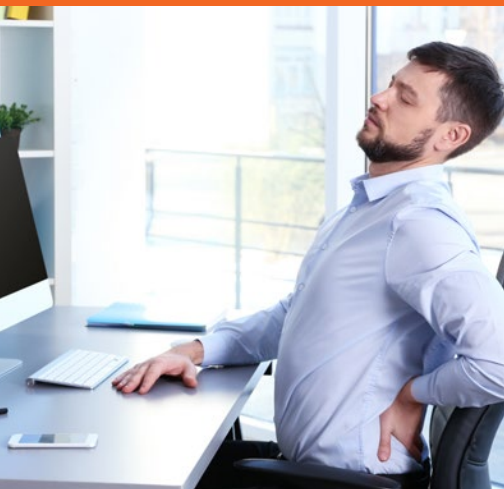
7910 E Washington St. Suite 350  
Indianapolis, IN 46219  
317.497.6140

### HSBT Health Coaches

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### March Madness is here!

Stadium Jams - playlist by BGREGS INDY | Spotify – [tinyurl.com/hoj3kh2t](https://tinyurl.com/hoj3kh2t)



## FITNESS

# The Importance of Good Posture

by Chris Garrity MS, ACE Certified Personal Trainer

*“Never slouch, as doing so compresses the lungs, overcrowds other vital organs, rounds the back, and throws you off balance.” — Joseph H. Pilates*

That is a powerful statement about the importance of our posture. In the days of “Tech Neck” (looking downward at handheld devices for prolonged periods leading to habitual poor posture and possible pain issues), let’s be more aware of our body position. Right now, how is your posture? In addition, how do you feel? Simple reflections done regularly throughout the day can be the first step in dealing with problems related to misalignment. Here are some of the important reasons we should focus on good posture along with strategies to improve it.

### Benefits

1. **Better breathing and digestion**—forward rounded posture constricts internal organs.
2. **Less body pain**—the whole body is interconnected, and pain can emerge just about anywhere with poor posture over time.
3. **Higher confidence perceived by self and others**—think of Superman versus a timid teenager with arms crossed.
4. **Movement is more efficient with less injury risk**—muscles work better in concert leading to improved balance and function.

### Strategies to Improve Posture: (modify any tip as needed)

1. Get up and move regularly every 30 minutes
2. Create an optional sit to stand desk
3. Position screens straight ahead versus a downward angle
4. Use a lumbar support pillow for prolonged sitting
5. Practice lying flat on your back for short periods, with knees bent and palms up
6. Perform corner squeezes (place your back and head on a corner, squeeze shoulder blades 10 times)
7. Perform standing posture checks and make subtle corrections (head up, chin tucked back, shoulders down and pulled back, spine and pelvis neutral)
8. Stretch and strengthen regularly, such as yoga or Pilates

For more information visit [spine-health.com](http://spine-health.com). Here’s a closing quote to encourage good posture and avoid your own tech neck.

*“Never bend your head. Always hold it high. Look the world straight in the eye.”*  
— Helen Keller



## SLOW COOKER CHICKEN TACOS

- 2 tsp ground cumin
- ½ tsp salt
- ½ tsp black pepper
- 3 pounds boneless, skinless chicken thighs (about 12 thighs)
- 1½ tbsp canola oil, divided
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 1 medium jalapeño, sliced into thin rings (optional)
- 4 cloves garlic, minced
- 2½ cups salsa verde (green tomatillo salsa), divided
- ½ cup fat-free, reduced-sodium chicken broth
- 24 (6-inch) corn tortillas
- ½ cup crumbled queso fresco cheese
- ¼ cup fresh cilantro leaves

### DIRECTIONS:

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the chicken; cook until browned. Transfer to a 5- or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tbsp. oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 tsp. cheese, 1 tsp. salsa and ½ tsp. cilantro.

### Nutritional Information —

Serving Size: 2 tacos — 6 Servings  
 Calories: 340      Carbohydrate: 30g  
 Protein: 24g      Fat: 2g  
 Fiber: 14g      Sodium: 620mg

Recipe courtesy of EatRight.org

## NUTRITION Personalize Your Plate

by Jessica Robertson, MA, RD, CD

Every year in March, we celebrate National Nutrition Month. This year's theme is *Personalize Your Plate*, which supports the philosophy that there is no one-sized-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes!

National Nutrition Month is a great time to focus on healthier eating habits. This year's theme encourages us to think about the foods we choose. Your food preferences may be influenced by your family's history and culture. Personalize your plate to include foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

- A great place to start when personalizing your plate is to fill half your plate with fruits and vegetables. Get creative by trying vegetables that are new to you, or experiment with preparing your favorite vegetables in new ways.
- Experiment with different grains. Try substituting whole grains for refined grains in recipes.
- Choose lean protein foods. Vary your choices and prepare them in a healthy way, such as baked or grilled instead of fried. Include beans, peas, lentils, nuts and seeds as a plant based source of protein.

A Registered Dietitian can tailor a healthful eating plan that is specific for you and your nutrition goals. A healthy eating routine will not look the same for everyone, and that's okay! Visit [MyPlate.gov](http://MyPlate.gov) for more information or [EatRight.org](http://EatRight.org) to find a nutrition expert in your area.





## STRESS AND MINDFULNESS

# Be Your Own Health Advocate

by Jackie Geib BA, Certified Wellness Coach

You know yourself the best. You may not believe that sometimes, but only you live through all your feelings, pains, thoughts and actions. When something doesn't feel right to you, you may reach out to your doctor or health professional for advice. However, sometimes your "gut feeling" may not necessarily agree 100% with your health professional and can cause undue stress to your mind and body. When people take an active role in their health care, research shows that patients fare better, both in satisfaction and in how treatments work (Webmd.com).

Don't discount your natural instincts. It's important to be your own advocate. When you become your own health advocate, you not only gain a greater sense of control, but also an increased confidence over your decisions, better treatment adherence and even better health outcomes.

### *Key Things You Can Do to be Your Own Health Advocate.*

1. Understand how your health insurance works. Knowing how your insurance works can help you navigate the health care system and avoid costly bills.
2. Speak up! Don't be afraid to ask questions and present concerns to your medical professional. If this is hard for you, bring someone with you. Make a list so you don't forget to cover all necessary concerns with your provider. Office visits sometimes are only 15 minutes long.
3. Maintain your own records and review all your medical bills for errors. Keeping accurate records of both your health and your bills will help avoid any delays in sharing between professionals and billing departments.
4. Know when a second opinion is appropriate. If you are questioning a non-emergency surgery or any other information given to you, seeking a second opinion might be a good option.
5. Finally, take advantage of free preventative care and screenings to keep your health in check.

You can now get information from your health coach through social media!

**Click the links below:**

