

HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

347 W. Berry St., Fort Wayne, IN 46802

FEBRUARY 2018

www.fwymca.org

The YMCA of Greater Fort Wayne is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



IN THIS ISSUE

Healthy Living
LiVe Healthy
Healthy Recipe
Tip of the Month

WHAT'S HAPPENING AT THE Y?

PARENT'S NIGHT OUT

Need an evening out? Let the Y provide dinner and entertain the kids while you have an evening out. There will be swimming, rock wall climbing, playing in the gym and getting messy with an art project. For more information about fees, times and dates please contact your local YMCA branch or visit us at fwymca.org.

WELLNESS FOR LIFE

This is a free 7-week coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and your coach will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. Register and set up your first appointment at the Membership Desk. Free; member only program.

Visit our website at www.fwymca.org to find out what else is happening this month!

ENJOY THIS ISSUE?

Share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact us at hereforyou@fwymca.org

HEALTHY LIVING

VOLUNTEERISM: IT'S GOOD FOR THE HEART

Volunteerism has been shown to help reduce stress, increase self-esteem, and lower toxic chemicals in your body, according to Dr. Mark O'Shaughnessy, Cardiologist with Parkview Heart Institute. At the 2017 Workplace Wellness Awards, Dr. O'Shaughnessy made a strong connection between well-being in mind, body, and spirit - and how volunteerism can be an effective way to become healthier. In addition to Dr. O'Shaughnessy's talk, Andrew Hoffman, Executive Director of NeighborLink, highlighted the ways that local companies are volunteering in the community - extending neighbor to neighbor love, care and service.

For 2018, the YMCA and NeighborLink are partnering together to launch the second year of Be A Good Neighbor Week, Monday through Saturday, July 9 - 14 as a way to make it easy and convenient for you and your co-workers to volunteer together to make a difference in the lives of our neighbors. If your workplace is interested in meeting with NeighborLink to learn more about how your company could put a team and project together, contact us at HereForYou@fwymca.org or [click here](#) to read more.

SAVE THE DATE: 2018 WORKPLACE WELLNESS AWARDS -
WEDNESDAY, OCTOBER 24, 2018 AT THE PARKVIEW MIRRO CENTER



LIVE HEALTHY

FOUR HABITS FOR GREATER WELL-BEING IN 2018

1. Eat a Healthy Breakfast.
 - a. Breakfast improves memory, creativity and focus, and helps maintain a healthy weight!
 - b. Include a variety of fruits, whole grains, protein, and calcium rich foods!
2. Eat more fruits and vegetables.
 - a. The fantastic nutrients in fruits and vegetables help prevent illnesses, help you learn, and boost energy.
 - b. Fruits and vegetables help with weight control.
 - c. Eat at least 2 cups of fruits and 3 cups of vegetables daily!
3. Limit sweet drinks and hydrate.
 - a. Water keeps skin, joints, and muscles healthy.
 - b. Reduce or eliminate sweet drinks like soda, lemonade, sports drinks, and coffee drinks.
 - c. Sweet drinks are linked to obesity, weak bones, diabetes and tooth decay.
 - d. Aim for 6-8 cups of water daily for good health!
4. Limit sitting time.
 - a. Get up and move at least every hour whether you are sitting at a desk, in the car, at the computer or tv, or on your phone!
 - b. Too much sitting is tied to diabetes, heart disease, and obesity.

Choose one area to work on this coming month and see what difference it makes in your well-being!

Wishing you a healthy month,

Kyla Zehr, MA, RD
Parkview Health
Community Outreach
Dietitian



HEALTHY RECIPE

UNBAKED COOKIE DOUGH BARS

NO BAKE • GLUTEN-FREE • EGG FREE • VEGAN



INGREDIENTS:

- 1 can chickpeas or white beans
- 2 tsp pure vanilla extract
- scant 1/4 tsp salt
- 1/4 tsp baking soda
- 2 tbsp nut butter or allergy-friendly sub
- 2 tbsp coconut oil or additional nut butter
- 1/2 cup pure maple syrup, agave, or honey
- 1 1/2 cups rolled or quick oats or flaxmeal
- 1/4 cup chocolate chips, or more if desired
- chocolate coating, listed below

DIRECTIONS:

1. Line an 8x8 pan with parchment or wax paper. Drain and rinse beans very well. Add all ingredients except chocolate chips to a food processor, and blend until very smooth. (A blender will work if you must, but you should routinely stop the blender and stir to ensure all ingredients blend evenly.) Stir in the chocolate chips. Smooth into the prepared pan. Freeze.

Chocolate Coating: Once pan is chilled (3-4 hours), either melt 1/2 cup chocolate chips with 2 tsp oil to form a thin sauce OR stir together 1/4 cup cacao or cocoa powder, 2 tbsp melted coconut oil, and 1/4 cup pure maple syrup or agave to form a sauce. Spread over the bars, then re-freeze to set the chocolate. Cut into bars. Store leftovers in the freezer, and thaw before eating.

Servings per recipe: 20 bars. Serving size: 1 bar. Calories: 103, Carbohydrate 15.6 g, Cholesterol 0 mg, Fat 3.7 g, Fiber 1.7 g, Protein 2.6 g, Saturated Fat 1.4 g, Sodium 48 mg, Sugar 8.3 g,

Source: chocolatecoveredkatie.com

TIP OF THE MONTH

TAKE TIME AWAY FROM THE NEWS

We all want to feel connected to the larger world around us, but if national and international news is causing you to feel irritable, anxious or depressed, it may be time to take a news break. Limit your exposure to the computer, television or radio—whatever your main source of world news. You may find that even limited time away reduces your stress levels and helps you put events into perspective.

Source: PHP Health News; Summer 2017