

HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

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

JANUARY 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.

HEALTHY LIVING

GET MOVING: EASY TIPS TO BE ACTIVE AT WORK!



Many of us have sedentary jobs, and work takes up a significant part of our day. With the New Year, think of what you can do to increase your physical activity during the work day? Here are a few tips to get your started...

- Brainstorm project ideas with a coworker while taking a walk.
- Create an exercise accountability partnership.
- Walk during business calls when you don't need to reference important documents.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Take along a jump rope or a resistance band in your suitcase when you travel. Jump and do calisthenics in your hotel room.
- Download some audio fitness coaching.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center or YMCA near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.
- Some have mastered the art of typing while on a treadmill by securing the laptop to the base. Be creative!
- Get a stand-up desk.

Source: heart.org

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WHAT'S HAPPENING AT THE Y?

PREVENTION, LIFESTYLE, SUPPORT.

Everyone needs a push, a pat on the back, a helping hand sometimes. A little encouragement goes a long way when you're making big changes. In the YMCA's Diabetes Prevention Program you'll spend a year surrounded by a group of supportive people with common goals who care about your well-being. Pre-registration required.

NEW CLASSES STARTING SOON!

Jackson R. Lehman Family YMCA
Monday, January 22, 2018
6:00 p.m.-7:00 p.m.

Parkview Family YMCA
Tuesday, February 20, 2018
6:00 p.m.-7:00 p.m.

Whitley County Family YMCA
Monday, February 26, 2018
5:30 p.m.-6:30 p.m.

Questions? Contact us at 260.755.4940.

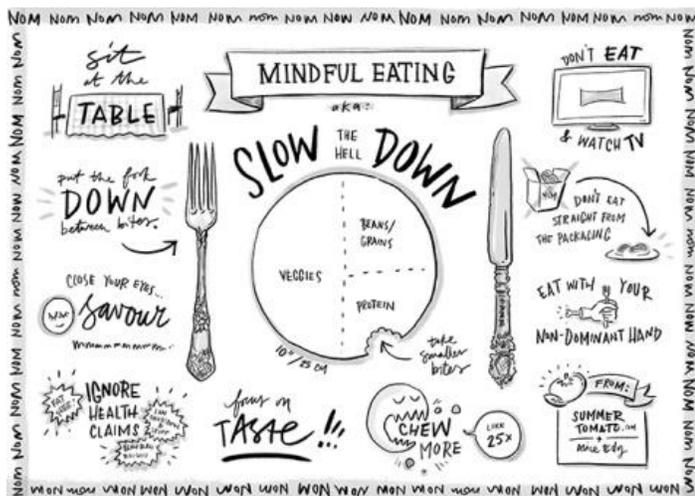
Visit our website at www.fwymca.org to find out what else is happening this month!

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact us at hereforyou@fwymca.org



LIVE HEALTHY

MINDFULNESS WHEN EATING

Happy New Year! It is time for a fresh start, time to resolve to make positive changes for a new beginning. Is your goal to lose weight or to get healthier this year? Is emotional eating standing in your way? Many people turn to food as a comfort in stressful, sad or overwhelming times. And it actually can help—in the short term. But in the long term, using food as an emotional crutch can leave you feeling defeated.

By using mindfulness techniques like thinking about your emotional state as you reach for food can help you get in tune with your true needs. Tune into your physical signs of hunger and consciously choose what you want to eat and allow yourself to fully enjoy it without guilt. You can also freely choose to not eat and can treat yourself to what you may need instead—maybe some quiet time alone to reflect or journal, a refreshing walk outside, a talk with a friend or a counselor, some silly fun or a good laugh.

While weight loss can feel good, this year resolve to care for yourself in all ways to be truly well. I recommend these great resources to help in your journey to be more mindful and balanced in your life.

- ➔ www.calm.com (or download the Calm app)
- ➔ www.amihungry.com
- ➔ www.eatingmindfully.com
- ➔ *Eat What You Love, Love What You Eat* (book by Dr. Michelle May)

Happy 2018!

Kyla Zehr, MA, RD
Parkview Health
Community Outreach
Dietitian



HEALTHY RECIPE

SMOKY CHICKEN CHILI

INGREDIENTS:

- 2 tbsp olive oil, divided
- 1 small white onion, 1/2-inch cubes
- 4 tomatillos, papery skin removed, quartered
- 2 cloves garlic, peeled
- 1 jalapeno chile pepper, halved and seeded
- 1 1/2 cups low-sodium chicken broth, divided
- 1 lb boneless, skinless chicken thighs, 1-inch chunks
- 2 tsp smoked paprika
- 1 tsp each ground cumin and sea salt
- 1/2 tsp ground black pepper
- 1 small carrot, finely chopped
- 1 cup halved grape tomatoes

DIRECTIONS:

1. Preheat oven to 400°F. On a large baking sheet, drizzle 1 tbsp oil on onion, tomatillos and garlic and roast for 8-10 minutes, until lightly caramelized. In a blender or food processor, purée roasted vegetables, jalapeño and 1/2 cup broth.
2. In a bowl, toss chicken with paprika, cumin, salt and pepper. In a large saucepan on medium-high, heat 2 tsp oil. Add chicken and cook, turning occasionally, until browned, 4-6 minutes. Transfer to a bowl.
3. In same pan, heat remaining 1 tsp oil on medium. Add carrots and cook, stirring occasionally, until softened, 2-3 minutes. Add remaining 1 cup broth and reserved puréed vegetables; bring to a simmer. Return chicken to pan. Reduce heat to medium-low; simmer for 10 minutes. Add tomatoes; simmer until tomatoes are softened and chicken is cooked through, 5-7 minutes more.

Servings per recipe: 4. Calories: 255, Carbohydrate 11 g, Cholesterol 107 mg, Fat 13 g, Fiber 3 g, Protein 25.5 g, Saturated Fat 2 g, Sodium 629 mg, Sugar 4 g, Monounsaturated Fat 7 g, Polyunsaturated Fat 2 g Source: cleaneatingmag.com

TIP OF THE MONTH

MOVE 20 MINUTES A DAY

A sedentary lifestyle slowly erodes our health. So it's important to schedule a combination of full-body strength or resistance training mixed with cardio. Walking, biking and swimming are all low-impact and good for the lungs and heart. Or you can play outside with kids or grandkids, have a cardio dance party or try a yoga or Pilates class. Whatever you choose, make it fun!

Source: Kroger MyMagazine