



Spring 2016

MNHG Wellness Newsletter - Spring 2016

Spring is in the air!! In the upcoming months, you will see numerous great fitness, nutrition, disease management, and stress management programs to name just a few. You will be able to participate in any of the wellness programs that you like. We hope that you will find the programs fun, non-intimidation, and educational. As always, our goal is to help you make healthy choices, so you and your families can live the healthiest life possible. If you visit our website, you will have the most updated information about the programs and specific campaigns that we will be offering each month. You can click on the Minuteman icon at the top of this newsletter, or visit our website at www.minuteman-nashoba.org-wellness

Upcoming Events:

We want to create fitness, wellness, and health programs at your location! If you would like to have a yoga program, a healthy cooking class, or a gentle boot camp program at your worksite, please contact Marcy Morrison at Marcymohealth@verizon.net or call 561-271-1655.

Weight Loss Program:

If you missed the last weight loss program that we offered, you can still participate! All of the calls were recorded, and are still available for you to hear. For more information about the weight loss program, contact Marcy Morrison at Marcymohealth@verizon.net or call 561-271-1655.



Spring Cleaning

It seems that every spring, people survey their homes, and decide to take care of things they may have neglected during the winter, and to clean out junk. This would be great time to do the same for your health.

Winter is full of heavy clothing and near hibernation for us here in MA. That does not always bode well for our health. So, now it's time to take care of some things that may have been neglected over the winter.

Here are a few things you can do this spring to ensure a healthy year:

- ***Take your Personal Health Assessment*** from your insurance carrier. This will give you a baseline for your overall health, and help with areas that need improvement.
- ***Get your annual physical*** with your primary care physician.
- ***Make and Keep all wellness appointments*** in addition to your annual physical. These include mammograms, yearly exams for women, and colonoscopy for those who are over 50.
- ***Know your numbers.*** After your physical, ask to see your cholesterol (both LDL and HDL) blood pressure, blood sugar, and BMI.
- ***Move More:*** Movement is one of the best ways to get healthy. Moving more means walking during lunch, taking a yoga or boot camp

class, or trying to prepare for a 5K. Just consistently move more than you already move.

- **Eat more veggies.** *You have heard this since you were a small child, and it holds true for your entire life. Greens and other colorful vegetables can help lower cholesterol, blood pressure, blood sugar and BMI.*
- **Drink water:** *So many people say they don't like water, but it is one way to help prevent weight gain and dehydration. Water with a bit of fruit infused is fine, but sugary or even "diet" drinks should not take the place of 6 - 8 glasses of water every day.*

Find a Workout Buddy

The benefits of a [workout buddy](#) are endless. Here are three valid reasons:

1. With a buddy it's more fun, you're going to do it more, stick with it longer and in the end you'll get better results.
2. This person is counting on you to be on track with them. It makes you more accountable in regards to proper eating habits.
3. You're planning your workouts in advance and making sure you are there for your buddy and for yourself.



Remember, exercise isn't just to look good in shorts. It could save your life some day!

Healthy Recipe of the month: Crustless Spinach Quiche

Total Time: 40 minutes Serves: 4



INGREDIENTS:

- * 1 tbsp coconut oil
- * 1 onion, chopped
- * 1 package frozen chopped spinach, thawed and drained
- * 8 eggs, beaten
- * 3 cups shredded raw cheese
- * ¼ tsp sea salt
- * 1/8 tsp black pepper

DIRECTIONS:

- 1 Preheat oven to 350 degrees F and grease a 9 in pie pan with coconut oil
- 2 Heat coconut oil, and onions over medium heat in sauce pan until onions are soft. Stir in spinach and cook until excess moisture has evaporated.
- 3 In a bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and blend
- 4 Scoop into pan and bake for 30 minutes.



THIS IS WORTH RE-POSTING!
Want some additional great recipes?

The ADA (American Diabetes Association) has come out with new healthy recipes that are perfect for everyone...even those who do not have diabetes. There are meal plans, budget

friendly recipes, everything you need to start your year off eating healthy and staying on track! Click [here](#) for the link or see below.

<http://www.diabetes.org/mfa-recipes/index.jsp?autologin=true>

Contact

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Wellness Works
Prevention Pays
Participate in the MNHG
employee wellness program