



WELLNESS NEWS

NOVEMBER, 2022



Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content,
feel free to email me at **Marcymo@comcast.net** or call 617-431-6651
I would love to hear from you!



Health & Wellness

Optimal wellness is about much more than just diet and exercise. It is about balancing all aspects of our lives including family, career, stress, time management, lifestyle, and so many components that contribute to our overall health and well-being.

**He who has health has hope and
he who has hope has everything.**

Happening This Month

Couch to 5K

Have you ever thought about running or walking a 5K race? If you answered yes, we have a great program for you. The 6-week couch to 5K program is designed to help you train for and compete in a 5K race, even if you have never done anything like this before.

If you would like to join this fun program, [click here](#). This program is open to all employees and family members so get some friends together and start training!



Stress Less, Sleep More

So many stressful events are happening at this time of year. Turning the clocks back, preparing for the holidays, and simply living your busy life can cause stress and at times, insomnia.

I have found some great experts on stress and sleep to help you feel better, manage stress, and get better sleep - win-win-win!

[Click here to start the program.](#) You will be very happy you did!



Coming Soon

Healthy Happy Holidays -
Maintain, Don't Gain

This program helps you maintain your healthy habits throughout this very unhealthy holiday season. The aim is to enjoy the festivities but not wind up with extra weight on January 1st! Watch for the email with all of the information next week.

Clean eating

Clean eating means eating foods that are as close as possible to their natural state. This encourages us to make our meals from scratch to make them as “clean” as possible.

The main reason to take on clean eating is the health benefits of consuming foods rich in nutrient content directly from the earth that have not been overly processed.

(Source - Mayo Clinic)



CHICKEN ORANGE STIR FRY

Recipe of the month Orange Chicken Stir Fry

This recipe is great for the whole family and is perfect for these cooler, shorter fall days.

Substitute quinoa for the rice if you want to try something a bit different. Quinoa and brown rice are both whole grains and are both healthy options. Don't use white rice - it is a starch and is not a healthy option.

CHICKEN ORANGE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
397 kcal
7g Fats
53g Carbs
34g Protein



GF DF
MP HP



WHAT YOU NEED

For the sauce:

- 1 orange, juice only
- ½ cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. sriracha (or as needed)
- 1 tbsp. buckwheat flour

For the stir fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 sprigs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 minutes until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onions, cooking for 1 minute. Keep stirring to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 minutes. Add in cooked rice and mix well with the vegetables.

Next, add in the cooked chicken, grated carrots and the sauce. Stir well.

Garnish with sesame seeds and more green onions to serve.

Getting out into nature

Nature

It's fall and in New England it is a perfect time of year to get out and try exercising in nature.

Studies show that regular use of woods or parks for physical exercise reduced the risk of poor mental health, whereas no such pattern was found in non-natural settings like gyms.

Other benefits of outdoor exercise are:

Lowers blood pressure

Helps with insomnia

Sunshine gives you a dose of Vitamin D

Improves mood

Creates opportunities for social interaction

Improves balance

If you want to find an outdoor recreation or park in your area, try looking at Park Finder

<https://findyourpark.com/park-finder>

or contact your town's parks and recreation office for outdoor walking/running/biking trails near you.



Nature can generate many positive emotions, such as calmness, joy, and creativity, and can facilitate concentration. Nature connectedness is also associated with lower levels of poor mental health, particularly lower depression and anxiety.



Mindfulness – gently noticing what is going on for us, in the present moment, without passing judgment.



Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Meditation is the habitual process of training your mind to focus and redirect your thoughts.

"Your calm mind is the ultimate weapon against your challenges". (Bryant McGill)

Several disciplines and practices can cultivate mindfulness, such as yoga, tai chi and qigong, but most of the literature has focused on mindfulness that is developed through mindfulness meditation — those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration

Remember to practice gratitude



Benefits of developing a meditation practice

- Relieves stress and anxiety
- Lowers blood pressure
- Reduces chronic pain
- Improves sleep
- Increases memory
- Decreases cognitive decline
- Reduces anxiety
- Decreases Depression
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(See a pattern here? Mindfulness and meditation can help you with all aspects of your life!)



Meditation

There are so many benefits to developing a regular meditation practice but so many people just don't know how to start.

Below are a few easy, guided meditations to get you started. Developing a consistent meditation practice can not only improve your mood and manage your stress but can also:

Lower blood pressure
Improve sleep
Help control pain
Decreases the risk of anxiety and depression
Improve memory
Alleviate gastrointestinal difficulties

[20-minute meditation for sleep](#)

[17 minute guided meditation for sleep if you have pain](#)



Minuteman Nashoba Health Group