

WORKS FOR YOUR HEALTH | SPRING 2017

Wellness News



April is Stress Awareness Month

- Avoid Stress Eating: Meal planning help
- Stress Management Strategies
- Check out the Stats on Stress



Want more information on our Wellness Programs?

Contact our Wellness Manager, Carrie Carville at 603-742-2163 x860 or email at Carrie.Carville@wdhospital.com

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BIOMETRICS

IN HOUSE! One stop for your Wellness Needs!
Ask us about it today!

2

HOW WE HELP EMPLOYERS

Did you know we can offer Corporate Wellness Programs on-site?

3

NOT A MEMBER?

Take advantage of our current Membership Offer! Details on our website!



Get Fit here

and enjoy **OUTSIDE** this spring! Check out our offerings!



NEW 90 Day Commit to Get Fit Program

Starts in May.



Testimonial

Read more from Commit to Get Fit participant, Robin!



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Dietitian's Corner

Meal Planning to Avoid Stress

By Brooke Gowdy-Johnson

It's Monday morning and you are running late for work. You thought you would have time to pack your lunch in the morning but you hit the snooze 2 times and ran out of time. You open the fridge and hope to find at least find a yogurt but there is nothing. You leave the house feeling stressed knowing that you will have to rely on the work vending machine for lunch.

This scenario does not sound like a good way to start the day. Not only does the day start off hectic and stressful but the food in the vending machine will be processed and leave you feeling gross. What if there was a way to make your mornings less stressful and your diet healthier?

Meal prepping can be a huge asset for minimizing stress, healthy eating and saving time. So what is meal prepping? It starts with planning what want to eat, making a grocery list, prepping and portioning the food. Since it is overwhelming to think you are going to prep all the meals for the week I suggest you start by choosing the meal that most pains you. Having one meal prepped will reduce your stress and help you eat healthier too!

There are 4 basic steps to implementing meal prep.

- 1) Choose the meal that you find most stressful to manage. For example, lunches are often a challenge for those who work.
- 2) Purchase the containers you will store the food in. Choose Pyrex or ceramic containers over plastic if you intend to heat the food in a microwave. An added bonus to prepping is portion control too!
- 3) Schedule a time every week to plan out the meals, purchase and prep the food. You may need to set an alarm on your phone until prepping becomes a habit.
- 4) Do it! Prepare the food and store in the containers.

Trust me, this may seem like a lot of work at first, but once you get used to having "ready to go" meals for the week, you will never want to live without them. Having "ready to grab", prepped meals is a life saver for anyone and is helpful for snacks too. It will help you eat more nutritious food, make less impulsive and often poorer food choices, eat less processed and take out food and even save you money. It is also a helpful tool for helping people meet their weight loss goals if they have one.

Looking for ideas of food to prep? Just Google "food prep" and you will see numerous resources to assist you. Change the meal from week to week to prevent boredom and incorporate seasonal foods into your rotation. But trust me, once food prepping becomes habit, you will never go back to not having a plan!



Brooke Gowdy-Johnson

Registered Dietitian, MS, RD, CSO, LD

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Brooke joined The Works community in 2015 to provide individual nutrition counseling, community education, group nutrition and corporate wellness programs. She is a Registered Dietitian and holds a Bachelor's degree in Bioscience and

Technology and Master's degree in Nutrition Science both from the University of New Hampshire. Brooke has a passion for helping people optimize their health and wellbeing through nutrition.

Interested in Dietitian Services? How to navigate your insurance:

Most medical insurance plans cover nutrition counseling and Brooke is in network with many carriers. To learn your coverage, call and ask:

- Do they cover the CPT code 97802?
- How many visits do they cover?
- If coverage is for specific diagnoses such as diabetes, prevention, obesity, overweight?
- If a referral or prior authorization is required? Please obtain and fax to 603-749-4907 prior to the appointment.
- If Brooke is in network?

Her NPI number is 1235443664 and she is listed under the Wentworth-Douglass Physicians Corporation.

Stress? What about it?

- Deplete self-control, lowers feeling of self-efficacy, and decrease energy and motivation
- Too much stress triggers negative emotions such as anxiety, anger, and sadness
- Stress causes weight gain from two main factors:
 1. Over eating / making poor food choices- increases body fat
 2. Stress derails the regulation of the body's hormones and metabolism- if cortisol levels are elevated over a long period of time; it puts our body at risk for negative health effects such as increased abdominal fat, high blood pressure, decreased metabolism, decreased muscle tissue, blood sugar imbalances, and depressed immunity.

IDEA fitnographic | By Joy Keller and Lisa Quigley

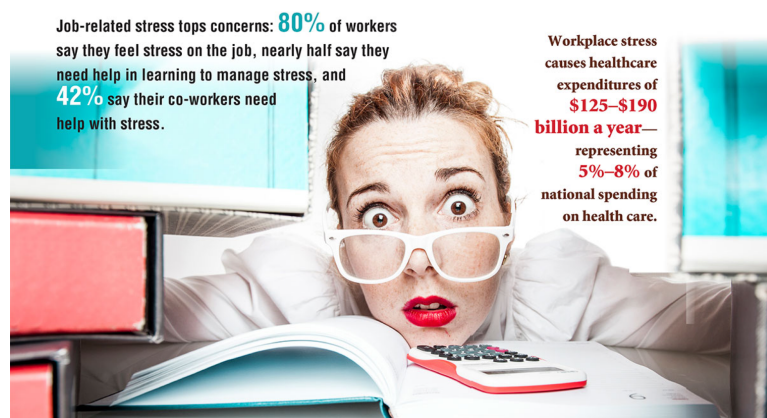
Stats on **STRESS**

Educate yourself about the dangers of an all-too-common problem.

Stress has been linked to a laundry list of ailments, including heart disease, depression, insomnia, anxiety and many more. There is even evidence that chronically elevated stress shrinks the brain! Although some researchers have found that acute (not chronic) stress may "prime the brain for improved performance," the reigning sentiment is that stress is detrimental to health, as the following data show.



Long-term activation of the stress-response system can disrupt almost all of the body's processes and increase the risk for numerous health problems.



Stress Management Strategies

Regular Physical Activity: research shows that physical activity can reduce feelings of depression, stress, and anxiety.

Diaphragmatic(Deep) Breathing: Breathing in deeply and more slowly helps the body and the brain to get all the oxygen needed to function normally, it also sends a message to the nervous system that it can return to its normal state of calm

Exercise:

1. Sit and lie comfortably, with loose garments
2. Put one hand on your chest and one on your abdomen
3. Slowly inhale through your nose or through pursed lips
4. As you inhale, feel your abdomen expand with your hand
5. Slowly exhale through pursed lips to regulate the release of air
6. Rest and repeat

Ratio Breathing- method to help calm the nervous system

- Done by engaging in diaphragmatic breathing in a prescribed rhythm of 1:2. For every count you breathe in, you would double that on the out-breath.

Progressive Muscle Relaxation (PMR)

- Technique for reducing stress and anxiety by alternately tensing and relaxing the muscles.

Start by sitting or lying down in a comfortable position. With eyes closed, the muscles are tensed for 10 seconds and relaxed for 20 seconds.

(Excerpts taken from our 90 Day Commit to Get Fit Genavix Program. Graphic shared from IDEA Fit: <http://www.ideafit.com/fitness-library/stats-on-stress>)

90 DAY *Commit to Get Fit!* PROGRAM

New Sessions Start:

May 18th, 2017 Class Meets from 5:30-7:30pm

June 14th, 2017 Class Meets from 5:30-7:30pm

Congratulations, Robin on her successes in our Commit To Get Fit Program!
Here are a few words about her time in the 90-Day Program!



the works
COMMIT TO GET FIT

*"I joined the Commit To Get Fit program because I wanted to feel better. I was feeling lethargic and felt like I couldn't do everything I used to do. I had always been an avid hiker but was feeling too tired and lazy, and my knees were starting to hurt. The Genavix program has been incredible for me and has gotten me back on track. The coaches of the class, Brooke and Sam, a dietitian and a fitness manager, were knowledgeable and entertaining. Every week we had a lesson on nutrition and also an hour of fitness. I loved the variety of fitness classes, everything from indoor cycling to Zumba. We were always given modifications for every exercise so that everyone could participate. The food logs we turned in every week helped keep us accountable. The instructors made everything fun and enjoyable. I ended up losing 25 pounds, and my cholesterol went from 220 to 186. I was thrilled with the results and I plan to continue on with everything that I learned. **I would recommend the Genavix program to anyone who is interested in improving their health and wellbeing. It is a program that can jumpstart a lifetime of improved health!"***

This is NOT just another diet or workout plan.

Just the beginning of a lifestyle built on fitness, nutrition and stress management education.

With over 2,000 people through the program, the results speak for themselves!

- Average weight loss: 15 pounds
- Average waist size reduction: 3 inches
- Average blood pressure drop: 11 points
- Average cholesterol drop: 15 points
- Average triglycerides drop: 37 points

How will the 90 Day Commit to Get Fit Program help me?

- Build a customized wellness plan
- Improve your health risk factors
- Reduce body fat and gain muscle
- Practice stress management and gain new energy

It's about results!

Commit to Get Fit!

Registration available online at:

www.TheWorksHealthClub.com

603-742-2163 x802

Email GenavixProgram@wdhospital.com for pricing