



# Wellbeing



Living a Better, More Vibrant Life

# Insights

March | 2014

## Be Inspired to Move:

## You ... Yes, You! Sign up for that 5k in May!



You can go from the Couch to 5k (C25k) in 8 weeks with a program that anyone, no matter what their fitness level, can do. This C25k program is designed to condition your body for running – so instead of giving your body a sudden shock, your body is introduced to running gradually, giving you time to adapt, get fitter and succeed!

work out on consecutive days. Start and finish each workout with a 5 minute walk to warm up and cool down. Begin the program when you can walk comfortably for an hour; if you can't, don't worry, build up your walking first and then start the program. The target is to do a 5k in eight weeks but you can take longer if things get too hard for you, but repeat a week rather than miss a week. Push yourself! – while it is hard at first, don't just flop over without a fight... give yourself a push. There's nothing wrong with some puffing and panting – and when you've reached your target for the day you will feel so great about yourself. Promise yourself a treat after you have achieved your 5k goal – make it something nice!

This is a 3 day per week program, choose any three days but don't

### Here's How It All Comes Together

#### Week 1

Day 1 – Run 1 min, Walk 2 min, x8  
Day 2 – Run 1 min, Walk 2 min, x6  
Day 3 – Run 1 min, Walk 2 min, x10

#### Week 2

Day 1 – Run 2 min, Walk 2 min, x7  
Day 2 – Run 2 min, Walk 2 min, x6  
Day 3 – Run 2 min, Walk 2 min, x8

#### Week 3

Day 1 – Run 3 min, Walk 2 min, x6  
Day 2 - Run 3 min, Walk 2 min, x5  
Day 3 - Run 3 min, Walk 2 min, x7

#### Week 4

Day 1 - Run 5 min, Walk 3 min, x4  
Day 2 - Run 5 min, Walk 2 min, x3  
Day 3 - Run 5 min, Walk 3 min, x5

#### Week 5

Day 1 - Run 8 min, Walk 3 min, x3  
Day 2 - Run 7 min, Walk 2 min, x3  
Day 3 - Run 8 min, Walk 3 min, x3

#### Week 6

Day 1 - Run 9 min, Walk 3 min, x3  
Day 2 - Run 8 min, Walk 2 min, x3  
Day 3 - Run 10 min, Walk 3 min, x3

#### Week 7

Day 1 - Run 15min, Wk 5min, x2  
Day 2 - R 15 min, Wk 5 min,  
R 10min  
Day 3 - R 20 min, Wk 5 min,  
R 15 min

#### Week 8

Day 1 - R 20 min, Wk 5 min,  
R 15 min  
Day 2 - R 10 min, Wk 3 min,  
R 20 min

## Event Day – Run 5K Non-Stop

*“No matter how slow you go, you're still lapping everybody on the couch”*



## Multivitamins



In a study that followed 7,728 women aged 50 – 79 with invasive breast cancer, it found that women who took multivitamin and/or mineral supplements were 30% less likely to die from the breast cancer than women who didn't. The doctors adjusted for all lifestyle factors including smoking, race, ethnicity, weight, depression, and age. Multivitamins helped them survive!

**Note to Self:** Maybe you should take one for good measure!

# What is the PALEO Diet?

**Eat like a caveman** and shed pounds. That's the theory behind the Paleo Diet. The diet has nothing to do with carving hunks of red meat off the bone – it's about a lifestyle based on the idea that in the past 40,000 years, our DNA has changed very little. Therefore, eating processed foods like cereals, dairy products, and refined sugars invite disease and weight gain.

On a Paleo nutrition plan you'll eat a lot of fresh lean meats (chicken, turkey, bison, duck) and fish, fruits, and vegetables, and healthier fats. You can also eat eggs, nuts and seeds and healthy oils like olive oil and coconut oil. These choices provide a rich supply of vitamins, nutrients and antioxidants. You'll want to stay away from highly processed meats and meats that are very high in fat (stuff like spam, hot dogs are other low-quality meat), but if it used to moo, quack, oink or make some other sound – it's almost certainly paleo.

Almost all vegetables foods are on the paleo diet as well, but vegetables with a

high starch content – such as potatoes, and squashes - tend to have low nutritional value for the amount of starches/carbs/sugars they contain so they are not part of the plan.

You can't eat any processed foods or packaged meals on this diet. Also, say goodbye to wheat and dairy of any kind, along with other grains and legumes (such as peanuts, peas, soy and beans). Other foods not part of this nutrition plan include: processed snacks, sweets, soda, energy drinks, alcohol, refined sugar, salt and refined vegetable oils such as canola.

There's no calorie counting, and the Paleo diet allows for some cheating, especially at first. You can eat what you want for 3 meals a week, or you can challenge yourself to just one "what you want meal" per week.

You'll need to stock up on the allowed foods and cook from scratch on the Paleo diet, so plan for shopping time and kitchen time.



## Paleo Trout Almondine



- 6 fresh, whole, boned trout
- 1 T. flaxseed oil
- 1/2 c. olive oil
- 1 c. sliced almonds
- 1/4 c. raisins
- 2 scallions, sliced thin
- 1/2 c. fresh parsley, chopped
- 1/2 tsp. pepper
- 1/2 fresh lemon, thinly sliced
- 3-4 sprigs fresh parsley
- 10-12 seedless red grapes

Wash trout thoroughly and set in large baking dish greased with flaxseed oil. Heat olive oil in skillet and gently sauté almonds for 5 min. Add raisins, onions, parsley, and pepper and mix well. Removed from heat and stuff inside each trout. Cover and bake at 350 degrees for 20 min. or until trout flakes easily with a fork. Garnish with lemon, fresh parsley sprigs, and grapes. Enjoy!

# Decluttering to Improve Your Life



**Did you know** cleaning your closets can have a profound impact on your emotional and physical wellbeing?

Feng Shui, the ancient art of placement, teaches the power of how changing your environment can change your life. It is based on the idea of life force, the energy that runs through all of creation.

Items that sit unused block the flow of life force and cause the energy in your home or office to stagnate. This stagnant energy can make you feel fatigued, listless and unmotivated. The visual impact of mess and piles creates mental chaos. So, you may need to scan your home with a critical eye and remove things you don't need or use.

Shelves and closets are not for storing things you don't know what to do with.

## How to Enlighten Up:

1. Pick one closet or room per week/month on which to focus
2. Remove unused, oversized, undersized, broken and outdated items; be ruthless
3. Clean, dust, sweep and mop to freshen the space
4. Organize and arrange remaining items attractively (e.g., colorful bins)
5. Enjoy the new energy

By clearing your physical space, you create mental space: the effect is palpable. You will be amazed what a difference you will feel. Your mind will feel calmer and sharper, your heart will be lighter, you will have more physical energy, and new ideas and insights about your problems you have been struggling to solve will flow.

## “Catch a Phrase”

There are powerful little phrases that can have a huge impact on our attitude, focus, strength and performance. Consider Diana Nyad, the marathon swimmer who, after five attempts, completed her non-stop swim from Cuba to Florida. The words she uttered constantly in her head were “Find a Way.”

A mantra is effective because a command is embedded within it. Repeated in our mind, it is capable of giving us inspiration, focus or invigoration. Some mantras calm frazzled nerves while others kick us in the backside. It's important to have several in our brain library.



Consider these tips:

- Create several mantras now – think of situations where you'll most likely need them
- Pull from strengths you have inside, think of qualities you most admire
- Make sure they drive your behavior; test them to ensure you feel a reaction (e.g. “Fierce and Strong” is better than “hang in there”)

## Here's Are A Few Ideas for Your Mantras

*“Make it happen”*

*“Courage follows fear”*

*“Let it go”*

*“Be the beast”*

*“Gratitude attitude”*

*“Take it as it comes”*

*“Champions win in the home stretch”*

*And of course ... “Find a way.”*

## *How Smart is Your Right Foot?*



- 1. While sitting in front of your computer, lift your right foot and make clockwise circles.**
- 2. Now, while doing that, draw the number “6” in the air with your right hand. Your foot will change direction ... and there’s nothing you can do about it!**

## Smoking is Deadlier Than It Was 50 Years Ago



**If we look around**, we probably count far fewer smokers among our workplace and other public places than we did in decades past, but the new U.S. Surgeon General’s report highlights a grim irony:

Smokers today face a much higher risk of lung cancer and lung disease than smokers in 1960’s. That’s because the tobacco industry’s sophisticated engineering has made today’s cigarettes more toxic than ever before. Certainly the risks have changed, and the need and responsibility to protect our health and wellbeing becomes our own more than ever. Reach out to those you care about – especially the teenagers (today 400,000 young people under age 18 become daily smokers each year) – and let them know they have your support to “Lose the Pack.”

## What Happens in One Minute on the Internet

- Amazon has \$83,000 in sales
- 204 million emails are sent
- 6 million Facebook views
- 100,000 new tweets
- 2+million Google search queries
- 47,000 apps are downloaded
- 30 hours of video uploaded on YouTube



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