



WELLNESS CONNECTION



A Health & Wellness Newsletter
for the Oshkosh Community YMCA

MINDFULNESS THROUGH THE HOLIDAYS

Written By: Jessica Corkin, MS, ACSM– CPT

With the hustle of the holiday season, rather than feeling hopeful, happy and present, many of us may feel stressed, burned out, and tired. Holidays, although generally happy, can also be a source of stress. However, you can implement strategies to feel more present in the holiday season and beyond. One way to combat the holiday blues is to practice mindfulness.

Mindfulness is the ability to be fully present and aware of where we are and what we are doing. Rather than being reactive to what is around and within us, we can instead focus on cultivating innovation within ourselves. Anyone can do it, and it can be a way of life when practiced consistently. Here are a few simple ways you can practice mindfulness in daily living:

- Take advantage of “waiting.” While waiting for the doctor, the bus, your group exercise class, or other moments of waiting, take a few deep breaths. You can also focus on taking in the space around you or check in with your feelings.
- Check in with yourself during exercise. While participating in a YMCA group exercise class or while exercising in the wellness center, take the time to think about how you are feeling during movement. What muscle groups are you using? How is your breathing? Do you feel fully present during your workout or are you going through the motions? Check in with yourself before, during, and after activity.
- Practice mindful eating. Whether you are attending a nutrition workshops or you are eating at home, be present while you are consuming meals. Chew slowly and thoughtfully. Think about the aroma and how it enhances the flavor of what you are eating. How will this food nourish your body? Is this food helping fight disease or illness?

...Continued on Page 2



OSHKOSH COMMUNITY YMCA WINTER 2019

20TH AVE

3303 W. 20th Ave
(920) 230-8439

DOWNTOWN

324 Washington Ave
(920) 236-3380

TENNIS CENTER

640 E. County Road Y
(920) 236-3400

EVENTS

NOW AVAILABLE
General sports
massage therapy

New for 2019
Phase 3 Cardiac
Rehab program

Free Beyond Limits
Veteran's Program

MINDFULNESS THROUGH THE HOLIDAYS Continued from Page 1

Written By: Jessica Corkin, MS, ACSM– CPT

- Listen fully. When was the last time you gave someone your complete and undivided attention? Listen to others rather than merely “hearing” them. With the bustle of life, we often are waiting for others to finish speaking just so we can respond. Aim to pay closer attention, maintain eye contact, and ask follow-up questions. This allows insights for you and helps to cement relationships.
- Make alone time. With the holidays, many of us may be around a lot of people, or perhaps we may be on our own. Either way, take advantage of any alone time you may have. Check in with your mind and your body. What would help you live your best and healthiest life? Try to give your body what it needs. Self-care is important all year and looks different for everyone. Read a book, use an essential oil diffuser, meditate, journal, or stretch (among many methods of self-care). If you feel like the winter season or the holidays are more than you can handle, do not be afraid to ask for help.

Do you enjoy reading the Wellness Connection? If you have comments or suggestions for future content, please email Lindsey McMullin at lindseymcmullin@oshkoshymca.org. We appreciate your feedback!

FEATURED RECIPE

CRANBERRY APPLE QUINOA SALAD



Ingredients:

- 3 cups cooked quinoa
- ½ cup diced red onion
- ¾ cup diced green apple
- ½ cup diced yellow bell pepper
- 1 cup drained chick peas
- ¼ cup dried cranberries
- ¼ cup chopped walnuts
- 1 teaspoon fresh chopped chives
- 1/3 cup vinaigrette

Instructions:

1. Place the quinoa in a large bowl and add the onions, green apples, bell peppers, chick peas, cranberries and walnuts.
2. Pour the vinaigrette dressing over the quinoa salad and stir to combine.
3. Garnish with chives before serving.
4. Serve at room temperature or chilled.

CLINICIAN'S CORNER: The Carb Truth

Written By: Kate Harrell, MS, RD, CCSSD, LD | Chelsea Schouten, Dietitian Student

Carbohydrates have been in the limelight lately with the current popularity of low carb diets. So much so, many have built a fear around consuming carbs of any type. Common statements you may be hearing include: carbs are fattening, carbs are unhealthy, don't eat fruit because it contains too much sugar, a low-carb diet will help you lose weight, and all carbs are all the same. Here's the conclusion before the content...carbohydrates CAN BE a healthy part of our diet when we select the right TYPE of carbohydrate and consume them in MODERATION.

What are healthy carbohydrate foods?

Carbohydrates are contained in a majority of foods, but the main sources of healthy carbs are fruits and vegetables, whole grains, dairy, and beans. Less healthy sources would be those that are simple, most often found in processed/packaged foods especially baked goods, sweet-type foods, sugar sweetened beverages & more! (I know you know this list!)

You may have heard about simple and complex carbohydrates. Simple carbohydrates are a source of quick energy and are broken down very fast. As you can likely relate, this usually leaves a person feeling hungry soon after and ultimately wanting more of the same. Some examples of simple carbohydrates would be candy, sugar, white bread/pasta, low fiber cereals and other sugar sweetened products. Fruits and dairy products also contain simple carbohydrates, but they are a natural source of sugars and provide us with essential nutrients in our diet as well as fiber (fruit) and protein and/or fat (dairy).

Carbohydrate benefits: ENERGY

Carbohydrates are the body's main source of energy, especially for the brain. Our body is able to run off alternate sources of energy, such as ketones such as discussed with the keto diet, but carbohydrates are an efficient fuel source and our primary fuel source during high intensity exercise. When we are depleted in carbs, we often feel fatigued or even moody.

Carbohydrate Recommendations:

- The American Heart Association recommends limiting added sugar to less than 25g per day for women and less than 36g per day for men.
- Limiting processed food will help you significantly reduce your added sugar intake.
- Make at least half your grain choices whole.
- Try something new! Oats, barley, quinoa to name a few.
- Be mindful of your portions even if coming from whole grains
- For example, 1oz of pasta or rice = ½ cup cooked. Most people need between 4-6oz of grains in a day. This adds up very quickly especially when eating out.
- Make ½ your plate fruits and vegetables.
- Try to include the rainbow of colors of fruits and vegetables for the most phytonutrient benefit.
- Aim for whole fruits and vegetables first. Frozen is a great option but be mindful of added sugars or sauces for some fruits and vegetables.

Easy ways to integrate more wholesome, healthy carbs into the diet is to look at your meals and work to swap in healthful carbs into each of those meals. Breakfast could include oatmeal vs. sugary cereal, fruit (fresh or frozen), and/or yogurt (be mindful of added sugars). Lunch and dinner could include a moderate portion of whole grains, plentiful vegetables, and/or legumes. Instead of drinking fruit juice – eat the fruit! The fruit will contain fiber which will help keep you full longer.

Hopefully this article calms your fears about carbohydrates. Carbohydrates can be a healthy part of our diet when we select the right type of carbohydrate and consume them in moderation.



MEMBER HIGHLIGHT: SALLY RICHTER

I started coming to the YMCA 5 years ago. After having spent many years trying different diets with mixed success, **I knew I wanted to make a permanent change in my lifestyle.** At first, I took advantage of the walking track that the YMCA offers to the community for free. I came to walk every Monday through Friday. I was finally starting to see changes in my body. I was losing weight and keeping it off just by incorporating exercise into my daily routine. Over the years, I was always interested in the exercise machines that I would see when I walked by the Health and Wellness Center, but felt a little in-

timidated by it all. I had made some pretty good progress by walking and staying active every day, but knew I wanted to do something more. When I got my Silver Sneakers membership through my insurance, I finally decided to take the plunge and asked for a new member orientation.

I was shown how to use some of the cardio machines and weightlifting machines, and was also given a beginners workout routine to follow. As I started seeing more improvements in my health and became stronger, I began seeking out and experimenting with new machines and exercises. Eventually I asked about getting a workout refresher, another free service offered to YMCA members. I was shown how to use more of the cardio equipment and some of the more complicated weightlifting machines to add some more intensity to my exercise routine. I credit the YMCA with helping me to lead a healthier and more balanced lifestyle. The progress that I have seen in my body motivates me to keep working out every day. **I love the atmosphere here; the staff provides such a great and safe environment.** Everyone here is so friendly, and the machines are always neat and clean. I hate to miss a day. Even when I have a busy schedule, I always try to find some time to come in to exercise, because I know how good I'm going to feel afterwards.

GIVE FOR A BETTER US

» Every dollar donated to the Oshkosh Community YMCA has a lasting impact on the people of our community.

☐ \$5,000 ☐ \$1,500 ☐ \$1,000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ Other \$ _____

Name _____ Address _____

City _____ State/ZIP _____

Home Phone _____ Work Phone _____

Email _____

Formal name(s) for recognition _____

☐ Check enclosed (payable to Oshkosh Community YMCA) ☐ Bill at once ☐ Remind me during the month of _____

☐ Visa ☐ Mastercard ☐ Discover

Card number _____ Exp date _____ Security code _____

☐ My employer has a matching-gift program. Employer Name: _____