



Lifestyle Letter

Wellness News

Reclaim your Life in 2011

I would like to share with you a small portion of my journey in making necessary lifestyle changes that have allowed me to enjoy better health now than I did 10 years ago.

When I joined the Creating Wellness team several years ago, I felt very fortunate to work for a company that was interested in the wellness of their employees and clients. At that time I did not realize that my busy lifestyle and work demands were taking a toll on my life and health. I did not think much about the declining physical strength I was experiencing or the increase in my blood sugar levels, as I felt this was just part of the aging process. Having survived colon cancer at age 40, I just felt fortunate to be alive. Looking back it seems unrealistic that I did not strive to be healthier. Joining Creating Wellness has resulted in more than just a great place to have a career but it also offered an opportunity to change the outcome of my life.

*I, like so many of our clients, needed to lose over 20 pounds that I put on over the years from too many bad food choices and little to no exercise. My journey began with my Wellness Quotient, a number that indicates your level of wellness. Sure, I was concerned about what I might find out and if I could make the necessary changes towards wellness. With the help of a Creating Wellness coach and the on-line wellness tools, I had the support I needed. The wellness meetings provided inspiration as I would hear the success stories from other members at each meeting. One of the hardest things for me to do was to empty my food cabinets of unhealthy foods. But once completed, I was ready to begin a new chapter in my wellness journey. I now make sure that I give my body the nutrients that it needs and always have healthy snacks available. I have **Reclaimed my Life** and I hope my story will inspire you to **Reclaim your Life**. You desire it!*

The Creating Wellness program not only provides weight loss but it's also a three dimensional wellness program – Eat Right, Be Fit, Think Well -- which provides the tools needed to maintain a more energized life. At Creating Wellness we know that unless you look at all three dimensions it's hard to make long-term lifestyle changes. It's great to watch the changes on your scale but it's motivating to watch your Wellness Quotient (WQ) move towards Excellent. The Creating Wellness Assessment includes a measurement of all three dimensions of your life. First, you complete an on-line questionnaire that considers over 50 factors that are indicators of your overall wellness. Next, a scientific test measures your strength, body composition, vital lung capacity, resting heart rate, blood pressure, stress response and more. Once the assessment is completed your Wellness Quotient number is determined. This number value indicates where your level of wellness falls on the (WQ) scale from Very Challenged to Excellent. I encourage you to talk to your chiropractor about what program is best for you. I look forward to meeting you on our on-line wellness community.

From all the doctors and staff at Creating Wellness we wish you the very best health and wellness in the New Year.

*Debra Cassera
President and CEO
Creating Wellness Alliance*

Be Fit.

Eating Right for Exercise

You need energy to exercise and energy comes from food. It's important to make sure you eat adequately before any fitness activity and to refuel by eating afterwards.

The amount of food a person needs will vary with age, sex, weight, and activity level. Be sure to divide your calories between carbohydrates, protein and fat in order to keep your body working in peak condition.

Carbohydrates. Carbohydrates, sugars and starches are broken down by the body into glucose, which the muscle uses for energy. Some good sources of carbohydrates are fruits, vegetables, and brown rice.

Protein. Protein should be a part of each of your meals because it will help slow the absorption of carbohydrates. Fish, chicken, lean meats and beans are excellent sources of protein.

Fat. You need some fat in your diet as well. Healthy oils, such as olive and coconut will give you the fat your body needs. Avocados are also a good source of healthy fat.

Be sure to include foods from each category to balance your diet and keep blood sugar levels stable. Don't forget to drink fluids before, during and after exercising, even if you're not thirsty, its important to keep your body hydrated.

Think Well.

Resolutions to stick with

The promise of a fresh new year often sparks the desire to get healthy and organized. Unfortunately, these types of resolutions are often forgotten after a few weeks. For a change, start a new approach which includes setting goals for your emotional well-being.

Learn to Laugh. Being able to engage life positively is crucial to mental and even physical health. Start a resolution to chuckle, giggle and laugh out loud a little more this year.

Practice Forgiveness. Holding a grudge takes a lot of energy and can add to your stress. Commit to forgiving those who have hurt you and to forgive yourself as well. Make forgiveness a resolution and enjoy the emotional benefits it brings.

Having fun with Family and Friends. Spending time and relaxing with family and friends is an easy resolution to keep and lowers your stress levels. Feeling emotionally connected eases loneliness and can improve your overall well-being.

Donate your Time to Others. Add "Volunteer" to your goal-setting list this year. People who volunteer were found to be more physically and mentally healthier than people who didn't. Set a resolution to be more involved with your community. You'll feel good that you made a positive difference in other peoples lives.

Eat Right.

Winter Squash and Chicken Tzimmes

Ingredients

- 9 cups squash, butternut
- 1 cup prunes, pitted dried
- 3 cloves of garlic
- 2 medium shallots
- 1 teaspoon cinnamon, ground
- 1 teaspoon oregano, dried
- 1 teaspoon thyme, dried
- 1 teaspoon salt
- 1/2 teaspoon pepper, ground
- 8 pieces chicken thighs
- 1 cup broth, chicken, reduced-sodium
- 1 teaspoon orange peel (zest), grated
- 1/4 cup orange juice

Preparation

1. Preheat oven to 350°
2. Place squash, prunes, garlic, shallots, cinnamon, oregano, thyme, 1/2 teaspoon salt and pepper in a large bowl and mix well. Transfer to a 9-by-13 inch baking dish. Sprinkle chicken with the remaining 1/2 teaspoon salt and place on top of the vegetables. Mix broth, orange zest, and juice in a small bowl and pour over the chicken. Cover the baking dish with foil.
3. Bake for 40 minutes. Uncover and continue baking until the vegetables are tender and the chicken is cooked through, basting often, about 1 hour more.

Makes 8 servings.

Per Serving: Cal. 398., Sat Fat. 3g, Fiber 7g, Carbs. 46g, Protein. 32g.

Be sure to visit "My CreatingWellnessSpace" for more recipe ideas!