

# WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

September 2017



## It's Childhood Obesity Awareness Month!

Today about 1 in 3 kids is overweight or obese. Studies show that overweight kids are likely to become overweight and obese adults. Obese and overweight children are at risk for a number of serious health problems, such as diabetes, asthma and heart failure. This month, focus on changes your family can make together for lifelong health

### My Glass is Why

Make sugary drinks a thing of the past

2

**Wacky Water**

*Nutrition Addition: Sugar Edition*

### My Taste is Why

Tame your taste buds by reducing the sodium in your diet

3

**Sodium Shocks**

*Sandwich Swap Out*

### My Movement is Why

Make physical activity fast, simple and fit in any schedule

4

**Walk this Way**

**Exercise isn't a Chore!**

#lifeiswhy

life is why

**Family Health Challenge™**

Take the 4-week challenge to make simple, fast and healthy choices for you and your family every day, everywhere.

**It starts at home. It starts with you.**

### My Cart is Why

Make shopping for fruits and veggies a fun and easy activity

1

**What's Your Secret?**

**Color Your Plate**

# RECIPE OF THE MONTH

## Chipotle Lime Cauliflower Tacos



Here's a new take on Taco Tuesday!

Source: [EatingWell.com](http://EatingWell.com)

**Prep: 20 minutes**  
**Ready in: 40 minutes**  
**Makes: 8 servings**

### Ingredients:

¼ cup lime juice (from about 2 limes)  
1-2 tablespoons chopped chipotles in adobo sauce  
1 tablespoon honey  
2 cloves garlic  
½ teaspoon salt  
1 small head cauliflower, cut into bite-size pieces  
1 small red onion, halved and thinly sliced  
1 (15 ounce) can black beans, warmed and smashed  
8 corn tortillas, warmed  
½ cup crumbled queso fresco or feta cheese  
Sliced red cabbage, fresh cilantro, guacamole, jalapeño slices and/or lime wedges for serving

### Directions:

1. Preheat oven to 450°F. Line a large rimmed baking sheet with foil.
2. Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until mostly smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion on top.
3. Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes.
4. Serve the vegetables and beans in tortillas, topped with cheese and garnished with cabbage, cilantro, guacamole, jalapeños and/or lime wedges.

## Let Kids Shop & Cook!



The more we engage kids, allowing them to get hands-on in the kitchen, the more excited they get about nutritious choices!

- **Mean Green Cleaning Machine.** Let them wash fruits and vegetables when preparing for cooking or eating.
- **Pick A Peck!** When shopping, let them select a new fruit or vegetable to try ... or several!
- **Make It Snappy!** Let them snap the green beans, snap peas, or break the flowerets from the broccoli or cauliflower.
- **I Spy.** Play "I Spy" in the produce section when grocery shopping.
- **Tear It Up!** Let them tear the lettuce for salads and sandwiches.
- **Measure Up!** Let them measure the frozen vegetables before cooking them.
- **Peel & Slice.** Older children can peel and slice carrots, cucumbers, potatoes ... the list goes on!
- **Stir & Spice.** Make applesauce from fresh apples. Let them help stir and add the cinnamon.
- **A Sprinkle a Day...** Let them sprinkle herbs or other seasonings onto vegetables.
- **Monster Mash!** Pull out the potato masher!

Source:

<http://www.fruitsandveggiesmorematters.org/>



## Reasons to Exercise... besides losing weight!

You know that exercise is good for you — but it's good for a lot more than just losing weight or building muscle. Here are some other benefits.

### You'll Improve Your Memory

Do you feel like you think a bit more clearly after a good workout? Not only is your brain getting more energy and oxygen, but many studies have also shown that exercise can boost your memory and help you learn better. Of course, an intense workout right before a big exam could leave you more tired than smart—but the two are still undoubtedly linked.

### You'll Have Better Posture

Good posture is important, and one of the best ways to fix your posture is to exercise the muscles holding you back. Check out some of the most common posture problems people have, and which muscles you should work out to help fix them. Regularly exercising your abs, back, and other muscles can go a long way into fixing your posture, both sitting and standing.

### You'll Boost Your Confidence

Exercise can help you feel more accomplished and social (if you work out at a gym). Even if you don't see immediate results in your body, that effort will make you feel better—and a bit of confidence can go a long way.

### You'll De-Stress

We all have stress in our lives. Stress can wreak havoc with your mind, but studies have shown that exercise is a great way to combat it. Not only are those endorphins natural stress-fighters, but getting yourself into that exercise groove helps get your mind off other things.

### You'll Sleep Better

If you ever have trouble falling asleep at night, the National Sleep Foundation says at regular exercise can help you sleep better. The best time to work out is in the morning or the afternoon, rather than before bed—if you exercise too closely to bedtime, it can actually have the opposite effect! Luckily, there are other good ways to fill up that pre-bed relaxation time.

### You'll Have More Energy

It may seem counter-intuitive—after all, working out can drain your energy quite a bit—but regular exercise can actually make you feel more energized throughout the day. In fact, one study found that exercising in the middle of the day could leave you feeling more energetic and productive for the rest of the afternoon. You should still try to get in some walking throughout the day, but a midday workout could be a great pick-me-up.

### You'll Get Sick Less Often

Nobody likes getting sick, and exercise can help. A recent study found that people who exercised regularly were half as likely to get a cold as people who didn't—which is odds I'd gladly take. Taking a good steam afterward can help, too.

### You'll Live Longer

It's no secret that healthy living will keep you alive longer, but you might be surprised at how much. One study found that exercise improves life expectancy as much as quitting smoking. It really is true that sitting all day is killing you—and just a bit of regular exercise can stave off the reaper for a while.

### You'll Just Be Happier

All this put together equals a much happier you. It's not just those "runner's high" endorphins—regular exercise can actually improve your life in oh-so-many ways. All you need to do is make it a habit—the University of Bristol found that people's mood significantly improved on days they exercised, so find a way to fit a quick workout into your daily routine and you'll be well on your way.

Adapted from: Whitson Gordon Lifestacker

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