

## WEDNESDAY, APRIL 3 | NOURISHMENT

### “DIY Daily Wellness Toolkit” to Grow Your Wellness



Supporting individual and local participation. Participation information available via the intranet and ManageWell®.

- ✓ POSITIVE AFFIRMATION
- ✓ MANAGEWELL MINI CHALLENGE
- ✓ BREATHING EXERCISE
- ✓ RECIPE
- ✓ MOVEMENT
- ✓ COLORING PAGE

**I AM STRONG  
I AM CAPABLE  
I AM RESILIENT**

ManageWell<sup>2.0</sup>



### DIY Positive Affirmation: → I am Brave

Fears come in different shapes and sizes. No matter what they are, they can pose challenges if we let them control our day-to-day lives. Today's affirmations are about facing discomfort head-on. Even when we're scared, there are different things we can do to combat that feeling. We have the power to cultivate courage within ourselves.

By: Charm Woods, NJ, USA

Are you seeking a solution to help your child foster a positive outlook? Look no further than Charm Words - a #dailyaffirmations podcast. This powerful tool helps children tackle emotional distress while teaching key self-care skills. With simple, yet effective affirmations, Charm Words will guide your child towards a brighter and more confident future. Don't miss out on the chance to give your child the gift of emotional wellness. Try Charm Words today and watch your child soar.



### Key Employee Wellness Week Links

- [2024 Virtual Employee Wellness Week \(hitchcock.org\)](https://hitchcock.org)
- [2024 Employee Wellness Week Program Booklet](#)
- [Welcome Packet for Wellness Leaders](#)
- [Local Engagement Challenge Sharing Form](#)

## DIY ManageWell Mini Challenge: Bring Your Lunch to Work

### Your Challenge: Bring Your Lunch to Work

Reduce your risk of heart disease, diabetes and other nutrition-related chronic diseases - just by bringing your lunch to work. Most takeout foods have a lot of saturated fat, salt and sugar - factors associated with many diseases. Try taking your lunch to work 3 days a week. Start simple and make your own sandwich or bring leftovers. Don't forget the fruits and veggies.

### Will you eat a homemade lunch at least three days per week?

Log into [ManageWell](#) to register and start the mini challenge.



## DIY Breathing Exercise: Alternate Nostril Breathing

Focus on keeping your breath slow, smooth, and continuous. Focusing on your breath will help you to remember where you are in the cycle. You should be able to breathe easily throughout the practice.

- Sit in a comfortable position with legs crossed.
- Place left hand on left knee.
- Lift right hand up toward nose.
- Exhale completely and then use right thumb to close right nostril.
- Inhale through left nostril and then close left nostril with your fingers.
- Open right nostril and exhale through this side.
- Inhale through right nostril and then close this nostril.
- Open left nostril and exhale through left side.
- This is one cycle.
- Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.



## DIY Recipe: High-5 for Health Smoothie

Give a high-5 for this simple smoothie that packs a nutritional punch. 5-ingredients. 5-food groups. This whole-foods, plant-based smoothie is a good-for-your gut recipe. What makes this good-for-your gut? Probiotics (good bacteria) from the fermented dairy (yogurt or kefir) combine with prebiotics (non-digestible fibers that pass thru the GI tract and act as food for the probiotics). Bananas, berries, flax seeds, and oats are all good sources of prebiotics.

**Source:** Heather Wolfe, MPH, RDN, LD, NBC-HWC

**Makes:** 2 servings

**Serving Size:** 1 cup

### Equipment

- Blender

### Ingredients

- 1 cup berries, frozen or fresh
- 1 cup spinach leaves
- 1 cup yogurt or kefir
- ¼ cup rolled oats
- 2 tablespoons flax seeds or flaxseed meal
- 1 tablespoon honey (optional)
- 1 banana (optional)
- Milk, any type, used for thinning as needed



### Instructions

1. Add all ingredients into your blender. Why might you include the optional ingredients? The banana can add natural sweetness, the riper the banana the sweeter the smoothie. Honey can also be added to taste. Thin with additional milk as needed.
2. Blend until well combined.
3. Enjoy & Be Nourished!

### Notes:

- Berry seeds, flax seeds and oats will maintain some texture even after blending, so this smoothie will not have a completely smooth mouth feel.
- Oats are a good source of soluble fiber. They will absorb liquid, so the smoothie will thicken as time goes on. Thin leftover smoothie with additional milk if desired.

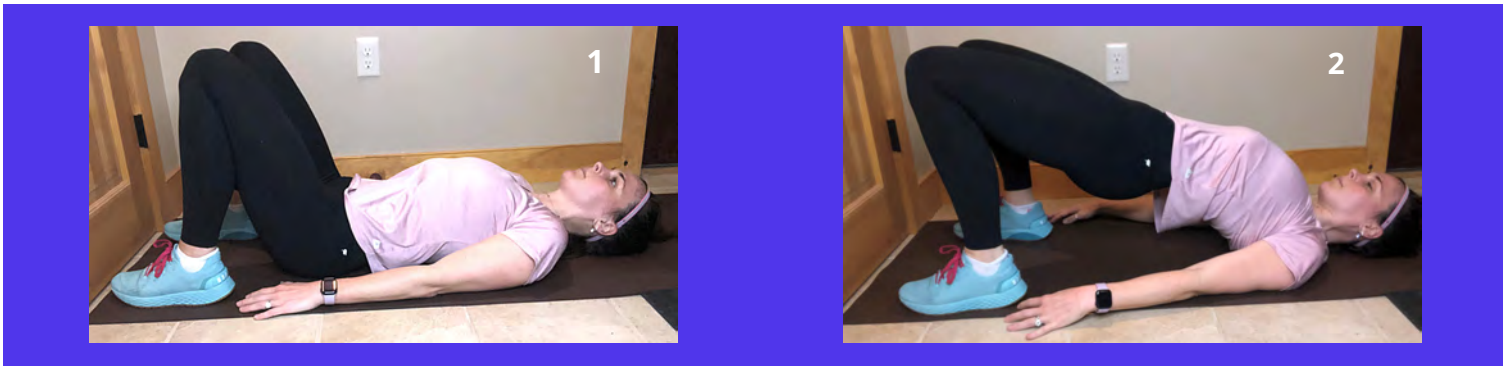
### **Nutrition** (per serving using low-fat kefir and banana):

Calories 225, Total Fat 5g, Saturated Fat 0.5g,  
Carbohydrate 37g, Fiber 10g, Protein 10g, Sodium 20mg

# Bridge

From: Kara Maville, M.Ed, AFAA, CHC

The bridge exercise is a great way to isolate and strengthen the gluteus (butt) muscles and hamstrings (back of the upper leg). If you do this exercise correctly, you also will find that it is a good core stability and strength exercise that targets the abdominal muscles as well as the lower back and hip muscles. Finally, the bridge exercise is considered a basic rehab exercise to improve core and spinal stabilization.



For more support around the Bridge, contact Kara Maville.

### Execution:

- Lie on your back with your knees bent and your feet flat on the floor shoulder width apart (1).
- Place your hands down by your side so that your fingers point towards your heels (1).
- Raise your hips off the floor so that your body forms a straight line from your shoulders to your knees (2).
- Pause at the top then slowly lower your body back to the floor (1).
- Complete as many reps as you can while keeping proper form, working your strength up to 2-3 sets of 15-20 repetitions.

### Progression:

- There are many Bridge variations that can be done to increase the intensity of this exercise. Two of my favorites are:
  - Adding weight: Grab a dumbbell or anything with added pounds and place on your stomach. Use your hands to keep the dumbbell from falling.
  - The Tip Toe Bridge: Start by lying on your back with knees bent and lift your heels off the floor. Raise your hips up to form a straight line from your shoulders to your knees, squeeze your glutes and then lower your body back to the floor while keeping your heels lifted.



**Muscles used:** Hip adductors, gluteus maximus, hamstrings, quadriceps, rectus abdominas.

