

Saint Thomas West Wellness Center

STWC

August

Fit and Flex Summertime Fitness Challenge Results!

Volume 3, Issue 12

Inside this issue:

Fit & Flex Results & New Fitness Challenge 1

5 Back to School Exercise Tips for Parents 2-3

How to Pack Cheap, Healthy Lunches 3-5

Combat Fit 6



We just wrapped up our latest fitness challenge! The **Fit and Flex Challenge** took place over 8 weeks and was geared towards seeing who could improve the most in strength, flexibility, and body composition. Participants were given weekly workout logs to track their workouts and stay consistent.

- We had 11 out of 47 people who turned in their weekly workout log sheets. They each received a **Wellness Center t-shirt**
- **Three \$100.00 Kroger gift cards** were given to the individuals who made the most improvement in strength, flexibility, and decrease of body fat percentage!

Also, as the weather starts to cool off, we'll launch our newest challenge **"Fall into Fitness"**! This challenge will take place from **September 15-October 31st**. Stay tuned for more details!

5 Back to School Exercise Tips for Parents

By Becky Fox

With the kids going back to school, it is a great time to get back into the swing of your workout routine that often goes astray during the summer. Summer can be a busy time with kids out of school, vacations, and well just so much to do! But if you don't get into the exercise habit before the holidays...well you know what can happen there so do I really need to say more?

So be sure to get in shape with these five back to school exercise tips for parents:

Plan Ahead to Stick to that Exercise Routine

It's important that you are prepared for your workouts. If not you'll find it's really easy to end up skipping them. The first step is to take a look at your schedule and see where you can squeeze those workouts into your day. By choosing a time to workout, you'll be more likely to stick to your workout program. And remember an effective workout can be done in 30 minutes or less!

Use Fast Effective Workouts

I don't know anyone who wants to workout for hours on end, so you shouldn't have to either. Be sure to get the most out of your workouts by using circuit training, compound movements, and interval training, which will all help you save time in the long run. If you're not sure where to begin be sure to check out my latest program [The 7 Day Foxy Body Challenge](#).

Find Something You Enjoy

If you pick a form of exercise and you absolutely hate it, chances are you won't stick with that routine. On the other hand, if you find an activity you enjoy you'll be a little more excited about working up a sweat. So if you hate running, don't do it. There's plenty of other ways to get in cardio such as biking, swimming, or taking a fitness class. Also, by participating in a variety of different activities it will help keep you from getting bored so be sure to spice things up every now and then.

Wear a Pedometer

A pedometer is a great way to be more active everyday. Most experts recommend getting 10,000 steps each day. By having a goal, such as reaching those 10,000 steps, it'll motivate you to walk more. So go get a pedometer and find ways to be more active such as taking the stairs instead of the elevator, parking further away from your destination, or taking mini walk breaks throughout your day so that over the course of the day you are taking extra steps that will help you to burn extra calories.

5 Back to School Exercise Tips for Parents Continued...

Include Your Kids

Watching TV and playing video games shouldn't be the typical family activities. These activities are simply a great way NOT to lose weight and to show your kids how to live an inactive lifestyle. Not good! Instead, get up and move around. It could be practicing a sport, going for a bike ride together, or playing on the playground with your little one. Whatever activity you choose, be sure to include the whole family and yes that means you too! You can even get your own workout in while they play with this [Foxy Body Playground Workout](#).

Source: foxfitness.com

The Only Formula You Need to Pack Cheap Healthy Lunches for Work



Bento lunch boxes have always been my go-to method for packing lunches for my girls. And lately I've been using the bento method to pack healthy lunches for work too. Not only are they quick, but bento lunches have also helped to streamline my meal-prep process—something I'll take more of any morning! The dietitian side of me also loves that the packing process helps me ensure that the lunches include options from several food groups. Another plus: packing bento boxes for my husband and myself is cheaper than eating lunch out every day.

So what took me so long to start packing my own "grown-up" bento box lunches? Perhaps it was their simplicity, or the fact that they're very similar to what I pack for my girls. Regardless, now that I've embraced the bento box concept, I can't get enough. Thinking through foods to pack—rather than recipes to make—makes eating a healthy lunch every day seem totally doable.

If you like the idea, but aren't sure where to get started, here's my simple formula for a healthy, satisfying lunch to pack for work: Protein + Veggie + Fruit + Extra.

1. Protein

Think lean meats and fish, like skinless rotisserie chicken breast, cubed ham or turkey, tuna, thinly sliced grilled flank steak and cooked shrimp, as well as vegetarian proteins like black beans tossed with a vinaigrette, a cooked grain pilaf with a sprinkle of nuts and cheese, fresh mozzarella balls, cheese sticks, peanut butter and almond butter.

Now that you've got a protein, this is where the fun and creativity can really start.

Money-Saving Tip: Go Meatless

Try to include vegetarian proteins in your lunch for the week. Choosing plant-based proteins over meat, even a couple of times a week, can help save money, since meat is usually the most expensive part of a meal. Canned chickpeas or hummus, lentils, nut butter, quinoa and hard-boiled eggs are good vegetarian protein options.



2. Veggies

The options really are endless. Keep it simple with veggies like baby carrots, cherry tomatoes or ripe summer tomato slices, roasted broccoli florets, steamed green beans, salad greens, cucumber slices or bell pepper slices, and pack a little dressing or hummus on the side if desired.

Money-Saving Tip: Choose Conventional Veggies (Sometimes)

Organic produce is usually more expensive. If you can afford it, great. If not, conventional vegetables are better than no veggies at all. If you're worried about pesticides, just focus on the "Dirty Dozen" list of the most contaminated fruits and vegetables to buy organic—and choose conventional for the rest.

3. Fruit

You get a little freedom here. I love to have a little fresh fruit included—berries, grapes, peach slices, clementines—because it satisfies my sweet tooth. But if you're not a fruit fan or don't have any on hand, packing an additional veggie is just as good. The bottom line is we all need more fruits and veggies, so get them however you can.

Money-Saving Tip: Choose Seasonal Fruit

Many of us have gotten used to eating whatever fruit or vegetable we want to year-round, regardless of whether it's in season. But eating in season can save you money. For example, strawberries will be less expensive in the summer, and oranges will be a cheaper option in the winter.



4. Extra

Add one more food to round out the meal and ensure satiety. This is where I look at what I've got, and then fill in the gap. I might add a carbohydrate-rich food like crackers, pita chips, edamame or roasted chickpeas, a dairy item like Greek yogurt, or a little dark chocolate.

Meal-Prep Tips for Packing Lunch

Money-Saving Tip: Plan Ahead

When you make dinner, think about what you're going to eat for lunch tomorrow. If you're making a salad, make a little extra and put it in a container, undressed. And what about your leftovers? If you have a little extra chicken or half a can of beans, toss that in with your lunch salad.

Learn to Love Leftovers:

Identifying a protein can be the biggest roadblock for some, so don't overthink it. My go-to lunch protein is often the leftover protein from dinner the night before. Plan to cook a little extra at dinner to save for your bento box. Or, make a quick chicken or tuna salad Sunday evening to have for lunch boxes.

Take Veggie Shortcuts:

Go ahead and prep some fresh veggies or roast extra veggies the night before to pack for lunch. Also, buying precut veggies is one splurge I recommend if you know you've got a busy week.

Mix It Up:

Don't feel like you have to keep food groups separate. The formula is simply a guide to ensure you get variety. Mix tuna into a cooked grain, add almond butter to apple slices, or top yogurt with nuts and berries.

Keep It Simple:

Don't feel like it's got to be fancy either, though. A bento box with whole-grain crackers, turkey slices, grapes and yogurt can be just as healthy as a gourmet one.

Source: *Holley Grainger, M.S., R.D. is a culinary nutrition and lifestyle expert and the “Mommy Dietitian in the Kitchen” who instructs families on how to make practical, doable and delicious meals. eatingwell.com*





Combat Fit

WHEN:

- Monday, Wednesday, Friday from 12:15pm- 12:45 p.m.

WHERE:

- Saint Thomas West Wellness Center, 3rd Floor of S & E Building, Beside Employee Health
- 615-222-2056, www.StHealth.com/WellnessCenters

WHAT:

- 30 min. **high intensity class** that combines conditioning elements from kickboxing, boxing, and mixed martial arts to get you toned and in the best shape of your life!
- Core work, strength training, and cardio included for a total body workout
- Glove up, hit the pads, and relieve stress!

PARTICIPATION:

- **FREE** to all Wellness Center members!
- \$10 drop-in for non-members.

