Workplace Wellness Newsletter

September 2014

Bite-Sized Goals Can Help You Achieve a Plate of Success!

Are January resolutions a forgotten memory? Many health-related resolutions start strong at the beginning of the year, but unfortunately, they lose steam. Use September as a time to revive your motivation. Finish this year strong by swapping big, unrealistic ideas with more realistic and attainable goals. Feel good about any changes you are making, even the tiny ones!

Registered Dietitian Nutritionist Ashley Rosales shed some light on how this works. "If you set yourself up for a lofty thing and you fail, it's a de-motivator on every level, and it stops all other motivation for change," Rosales said. "I really believe in choosing tiny goals that you can achieve." Read Rosales's inspiring advice in the article "This New Year's, Think Tiny" written by Registered Dietitian Nutritionist Claire St John.

Instead of a lofty or vague goal ...	... make a smaller goal.
I will eat healthier.	I will pour a glass of milk instead of a soft drink with dinner.
I'm going to lose 50 pounds.	I will set a time each week to walk with a friend.
I will spend more time with family.	I will put family game night on the calendar the first of every month.
I'm going to save more money.	When I walk into a store, I'll stick to the shopping list I made on my phone.

Move of the Month

Step Up Your Workout!

Looking for a challenging yet simple move? Try step aerobics for a heart-pumping workout at work or home. All you need is a staircase or sturdy platform that's one foot off the ground, and you are ready to burn about 10 calories per minute!

Step onto the platform with your left foot. Bring your right foot up and lift leg to a 90-degree angle. Lower right foot to the ground. This is one rep. Do 20 reps on each leg. For a challenge, hold a pair of dumbbells. *Move and image courtesy of FitSugar.com.*

Recipe of the Month

Think outside the box for a great source of calcium that kids will love to make.

No-Bake Macaroni and Cheese

Courtesy of EatingWell

Ingredients:

8 ounces (2 cups) whole-wheat elbow Noodles
1 package (10 ounces) frozen chopped Broccoli
1 ¾ cups low-fat Milk, divided
3 tablespoons Flour
½ teaspoon Garlic powder
½ teaspoon Salt
¼ teaspoon ground white Pepper
¾ cup shredded extra-sharp Cheddar cheese
¼ cup shredded Parmesan cheese
1 teaspoon Dijon Mustard

Preparation:

Cook pasta four minutes in a large pot of boiling water. Add frozen broccoli and continue cooking, stirring occasionally, until pasta and broccoli are just tender, four to five minutes more.

Meanwhile, heat 1 ½ cups milk in another large pot over medium-high heat until just simmering. Whisk the remaining ¼ cup milk, flour, garlic powder, salt and pepper in a small bowl until combined. Add flour mixture to simmering milk. Return to a simmer and whisk constantly until thickened, two to three minutes. Remove from heat and whisk in cheddar, Parmesan and mustard until cheese is melted.

Drain pasta and broccoli and add to cheese sauce. Return to medium-low heat and stir until heated through, about one minute.

Note:

If not a broccoli fan, substitute a frozen vegetable of your choice!