

Completely Well

February 2022



In This Month's Issue:

Importance of Stretching
Understanding Trauma
Repurposing Leftovers
Apps for Healthy Living



Importance of Stretching

Staying flexible is essential for everyday activities, and stretching regularly is an important step in staying flexible! Stretching keeps your muscles loose and flexible, allowing your body to move easily in its day-to-day activities with a reduced risk of injury.

Stretching has many benefits:

- Improves posture
- Decreases risk of injury
- Reduces muscle soreness after exercise
- Improves the ability to do daily tasks

Though flexibility can decrease as we age, you can improve flexibility through regular stretching.

- Stretch a warm muscle gently and hold for 20-60 seconds.
- Stretching a cold muscle can lead to an injury.
- Breathe during your stretch and do not bounce.
- Be sure to stretch all major muscles, including shoulders, arms, legs, back, and abdominal muscles.
- As you stretch, move all joints slowly and gently through their full range of motion.
- Be sure to stretch after exercising, after sitting for an extended period, and before going to bed.

Maintaining flexibility makes day-to-day activity easier and can increase circulation. Improved flexibility can also help with your balance, something that is important as we get older. Take time in your fitness routine and stretch. Consider yoga poses, which stretch a variety of muscles.

Understanding Trauma

In an ever more complex world, challenges and difficulties arise. Much of the time, we have the resources and support we need to navigate through the adversity. But sometimes, people experience events, either a single event or repeated events, that cause trauma. Trauma is defined by the American Psychological Association as an emotional response to a “terrible event.” The event is often so difficult that one’s sense of security is shaken, and the individual suffers psychological distress, physical distress, or both.

- **The psychological response to trauma** can cause a number of emotions. These include shock, sorrow, fear, anger, and shame.
- **The physical responses to trauma** include stomach ache, headache, fatigue, racing heart rate, and changes in sleeping patterns.

These symptoms of trauma may be short term or long term, and the severity of the symptoms depends on much more than the seriousness of the event. An individual’s temperament and personal history can impact the experience of trauma, as can the kinds and amount of support the individual has as well as any coping mechanisms already in place. Because of the complexity of trauma, it is essential that others don’t judge an individual’s response to a serious event. The variables that determine the emotional experience often cannot be seen by others.

Experiencing trauma creates a stress response. Over time, and often with help, this stress response can improve, and the individual can experience healing. For others, trauma can lead to post-traumatic stress disorder (PTSD). PTSD can develop shortly after a traumatic event or even many years later. It often manifests itself as a repeated reliving of the event as flashbacks, suffering frequent nightmares/bad dreams coupled with bouts of insomnia, and/or avoidance of places or people associated in some way with the event. PTSD almost always requires professional treatment, which could include therapy and, possibly, medication.

The experience of trauma is often an unseen wound that an individual carries. Recognition that people respond differently to events is the first step to open acceptance. If you have or are experiencing trauma, consider reaching out to your doctor, a therapist, or trusted clergy member. There is no shame in an authentic emotional response to serious events, and it is important that we do what is necessary for our overall health.





Repurposing Leftovers

Finding a good way to reuse leftovers is a great way to save money and to make your life easier. But how do you stretch leftovers to feed a whole family and still make it interesting and delicious? Here are a few tricks to try.

Make soup or stew! Many leftover meats and vegetables work well in a soup or stew. Keep broth, canned tomatoes, and dry or canned beans in your pantry. Also have carrots, onions, and celery on hand to make a mirepoix, the base for many recipes! Choose the herbs and spices to bring together the flavors, e.g. garlic, thyme, rosemary, and/or oregano. If you keep some ready to bake rolls in your freezer, dinner will be ready in no time!

Try a pizza! Pizzas can be more adventurous than simple cheese. And no one said a red sauce is the only choice for pizza! You can buy pre-made pizza crusts in most grocery stores or make your own. Choose a sauce (marinara, alfredo, or something else!) and chop your leftovers into small pieces and place on pizza. Sprinkle with a cheese of choice and bake! You can make your own barbecue chicken pizza with barbecue sauce, shredded chicken, and some cheddar cheese. Or try a taco pizza, with salsa, taco meat, and Monterey Jack cheese.

Another great use of leftovers is to set up a baked potato bar! Cook baked potatoes, regular or sweet potatoes, and reheat your leftovers. Set everything out and allow each person to choose the toppings for his/her potato! Consider warming up some sauce, any kind you want, to drizzle on top of the stuffed baked potatoes. If you have leftover potatoes, slice and toss in olive oil, bake for about 20 minutes at 350 degrees. Remove from the oven and lightly salt and pepper.

Repurposing leftovers a couple of times a month can help save you time and money. If you are choosing to reheat food, choose a lower temperature and stir frequently to avoid drying out the food. Experiment with what works best for you and your family!

Apps for Healthy Living

Whether you're team Android or IOS, tied to your phone or on your tablet daily, apps are a great way to both monitor and improve your health. Here are some highly rated apps that you may want to check out:

Tried and True Apps

- MyFitnessPal - Track what you eat to monitor your calorie intake. If you wish to lose weight, MyFitnessPal is a great help. You can scan the barcode of many foods, search the over 300,000 foods on the database, and access the MyFitnessPal community, all on the free version. If you wish to purchase the premium version, you can track more precisely, setting goals for carbohydrate and/or fat intake. You can also access meal plans and recipes and experience the app without ads.
- Calm - The Calm app has been a high rated app for years, designed to reduce stress and improve sleep. Calm includes a

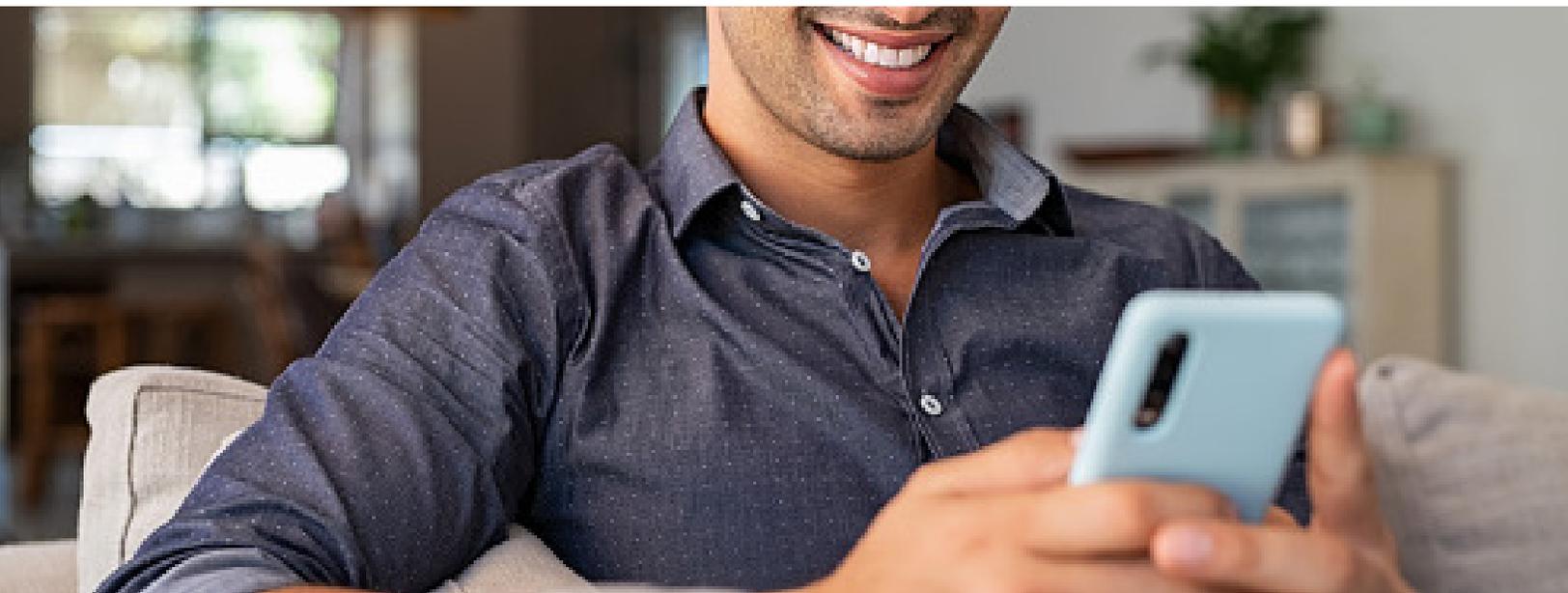
wide variety of meditation lessons and programs, music for relaxing, and beautiful images that are stress reducing. You can also find stories to listen to before bed! Calm can be tried for free, but content is purchased through either a monthly subscription or annual subscription.

- Sworkit - If you need exercise motivation, Sworkit may be right for you! Sworkit provides many types of exercises, including bodyweight work, yoga, pilates, and more! There are a variety of workout plans of varying lengths as well as guided videos. You can subscribe monthly or annually.

Other Apps to Try

- For nutrition and food tracking - Lifesum, ShopWell, Fooducate
- For relaxing and building habits - Endel, Sleepscore, Habitbull
- For exercise and fitness - C25K, JEFIT Workout Planner, Runkeeper
- For medical information - HealthTap, Apple Health App, WebMD

If you find an app that interests you, be sure to read the information carefully, including what organization created the app and the cost of the content. Remember that an app cannot diagnose or treat an illness or injury. Contact your medical professional if you are experiencing any concerning symptoms.



Produce of the month:

Leeks



Related to onions and scallions, leeks are a surprising mild vegetable that are great as a side dish or in a soup. They look like extra-large scallions: white bulb and green leafy tops. With a few quick tips, leeks are an easy and sophisticated addition to any dinner.

The Basics: Leeks are available year-round at the grocery store but are considered in season beginning in September and throughout the winter. Look for leeks that are shaped more like a cylinder rather than with a rounded bulb, and choose ones that are not larger than one and one-half inches in diameter. The larger leeks can be less tender. Store your leeks unwashed and well wrapped in the refrigerator as their odor can contaminate other foods. Uncooked leeks will keep in the refrigerator for 1-2 weeks. It is important when preparing leeks to wash them thoroughly as dirt may get trapped in the layers of the vegetable. Trim the roots and some of the green tops, especially any that feel overly “woody.” There is no need to cut all of the green off as it cooks well and is delicious to eat. Cut and cook according to your recipe. Cooked leeks will last a couple of days in the refrigerator.

Try This: Leeks can be sautéed like onions and added to any number of other vegetables or as a garnish to pork loin or beef. They are especially good when chopped and sautéed and added to mashed potatoes. There are many potato and leek soup recipes, so look around for one that fits your family’s dietary needs and taste.

The Facts: Leeks are low calorie and are a good source of vitamin C, iron, manganese, vitamin B6 and folate



Want to know more?

Connect with Wellfit for more information on wellness programs and how they can help you reduce healthcare costs and improve employee well-being.



info@wellfitcorporate.com
5799 E. Newcomer Ave.
Terre Haute, IN 47805